ADRMOP,CLOSED,E-ProSe,ProSe

U.S. District Court
California Northern District (San Francisco)
CIVIL DOCKET FOR CASE #: 3:24-cv-09325-AMO

Fouts v. Commonwealth of Kentucky, et al
Assigned to: Judge Araceli Martinez-Olguin
Cause: 42:12101 Americans w/ Disabilities Act (ADA)

Date Filed: 12/18/2024
Date Terminated: 01/15/2025
Jury Demand: Plaintiff
Nature of Suit: 440 Civil Rights: Other
Jurisdiction: Federal Question

Plaintiff

John R. Fouts

represented by **John R. Fouts**
2904 Sitka Dr
L29
Louisville, KY 40299
(502) 956-0052
Fax: (502) 996-8246
Email: fouts.john@gmail.com
PRO SE

Plaintiff

J. A. F.
Minor Child

V.

Defendant

Commonwealth of Kentucky

Defendant

Cabinet for Health and Family Services
(CHFS)

Defendant

Department of Community-Based Services
(DCBS)

Defendant

Medicaid Services
(DMS)

Defendant

Louisville Metro Housing Authority
(LMHA)

Defendant

Property Management of Louisville
(PMOFL)

Defendant

Centers for Medicare and Medicaid Services
(CMS)

Defendant

Equifax Workforce Solutions
(EWS)

Defendant

Norton Healthcare, Inc.

Defendant

Baptist Health Louisville

Defendant

The Marion House

Defendant

The Ole Homeplace ADHC

Defendant

Access ADHC Adult Day Healthcare LLC

Defendant

Bloom Elementary School, JCPS

Defendant

USDA Food and Nutrition Services
(FNS)

Date Filed	#	Docket Text
12/18/2024	1	COMPLAINT against Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, Medicaid Services, Louisville Metro Housing Authority, Property Management of Louisville, Centers for Medicare and Medicaid Services, Equifax Workforce Solutions, Norton Healthcare, Inc., Baptist Health Louisville, The Marion House, The Ole Homeplace ADHC, Access ADHC Adult Day Healthcare LLC, Bloom Elementary School, JCPS, USDA Food and Nutrition Services (Filing fee: IFPP). Filed by John R. Fouts, J. A. F.. (Attachments: # 1 Civil Cover Sheet)(slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	3	ADA and Fee Waiver Letter filed by John R. Fouts, J. A. F. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	4	MOTION for Preliminary Injunction, Permanent Restraining and Protective Orders, and Punitive and Compensatory Damages filed by John R. Fouts, J. A. F.. Responses due by 1/2/2025. Replies due by 1/9/2025. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	5	Statement of Venue re 4 MOTION for Preliminary Injunction by John R. Fouts, J. A. F.. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	6	Cover: Urgent Filing re 4 MOTION for Preliminary Injunction by John R. Fouts, J. A. F. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	7	MOTION for Leave to Proceed in forma pauperis filed by John R. Fouts. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	8	MOTION for Leave to Proceed in forma pauperis filed by John R. Fouts. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	9	CONSENT/DECLINATION to Proceed Before a US Magistrate Judge by John R. Fouts. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	10	Proposed Summons. (slh, COURT STAFF) (Filed on 12/18/2024) (Entered: 12/23/2024)
12/18/2024	11	**Initial Case Management Scheduling Order with ADR Deadlines: Case Management Statement due by 3/27/2025. Initial Case Management Conference set for 4/3/2025 at 10:00 AM in San Francisco, Courtroom 10, 19th Floor.** **Notice: The assigned judge participates in the Cameras in the Courtroom Pilot Project. See General Order No. 65 and http://cand.uscourts.gov/cameras. (Attachments: # 1 Notice of Eligibility for Video Recording)(slh, COURT STAFF) (Filed on 12/18/2024)** **Any non-CM/ECF Participants have been served by First Class Mail to the addresses of record listed on the Notice of Electronic Filing (NEF)** **(Entered: 12/23/2024)**
12/23/2024	2	EXHIBITS to 1 Complaint filed by John R. Fouts, J. A. F.. (Related document(s) 1) (slh, COURT STAFF) (Filed on 12/23/2024) (Entered: 12/23/2024)
12/23/2024	12	**ORDER TO SHOW CAUSE. Show Cause Response due by 1/23/2025. Signed by Judge Araceli Martinez-Olguin on December 23, 2024. (amolc2, COURTSTAFF) (Filed on 12/23/2024)** **Any non-CM/ECF Participants have been served by First Class Mail to the addresses of record listed on the Notice of Electronic Filing (NEF)** **(Entered: 12/23/2024)**
12/30/2024	13	EXHIBITS re 2 Exhibits *Unified Defendants Listing Clarified Consolidated Exhibit* filed byJohn R. Fouts. (Related document(s) 2) (Fouts, John) (Filed on 12/30/2024) (Entered: 12/30/2024)
12/30/2024	14	First MOTION to Compel *defendants to accommodate disability needs under the ADA* filed by John R. Fouts. Responses due by 1/13/2025. Replies due by 1/21/2025. (Attachments: # 1 Exhibit ADA ACCOMODATION REFUSALS AND OTHER)(Fouts, John) (Filed on 12/30/2024) (Entered: 12/30/2024)
12/30/2024	15	RESPONSE TO ORDER TO SHOW CAUSE by John R. Fouts . (Attachments: # 1 Exhibit EXHIBIT ADA ACCOMMODATION REFUSALS AND OTHER, # 2 Exhibit EXHIBIT MISC EXAMPLES OF VIOLATIONS, # 3 Exhibit EXHIBIT CRIME-JTOWN, # 4 Exhibit EXHIBIT UNIFIED DEFENDANTS LISTING CLARIFIED CONSOLIDATED)(Fouts, John) (Filed on 12/30/2024) (Entered: 12/30/2024)
01/02/2025	16	EXHIBITS re 4 MOTION for Preliminary Injunction *EXHIBIT-OPTHALMOLOGICAL-RECORDS-HIGHLIGHTING-CRITICAL-UNMET-MEDICAL-NEEDS* filed byJohn R. Fouts. (Related document(s) 4) (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)
01/02/2025	17	EXHIBITS re 4 MOTION for Preliminary Injunction *EXHIBIT-HUD-CORRESPONDENCE-HIGHLIGHTING-SYSTEMIC-FAILURES-DISCRIMINATION-ADA-VIOLATIONS-NEGLECT.pdf* filed byJohn R. Fouts. (Related document(s) 4) (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)

01/02/2025	18	EXHIBITS re 4 MOTION for Preliminary Injunction *Exhibit Lack of Concern and Neglect in Ophthalmological Care by Dr Richard Andrew Eiferman* filed byJohn R. Fouts. (Related document(s) 4) (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)
01/02/2025	19	Letter from John R. Fouts - Use of AI to aid in drafting per court rules to notify. *John R. Fouts*. (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)
01/02/2025	20	OBJECTIONS to re 4 MOTION for Preliminary Injunction *Objection to Videotaping - Cameras In The Courtroom* by John R. Fouts. (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)
01/02/2025	21	First ADMINISTRATIVE MOTION Clarification of Summons Issuance and Correction of Defendants List re 1 Complaint,, filed by John R. Fouts. Responses due by 1/6/2025. (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)
01/02/2025	22	Letter from John R. Fouts, Pro Se' Litigant . (Fouts, John) (Filed on 1/2/2025) (Entered: 01/02/2025)
01/05/2025	23	EXHIBITS re 4 MOTION for Preliminary Injunction *EXHIBIT NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES* filed byJohn R. Fouts. (Related document(s) 4) (Fouts, John) (Filed on 1/5/2025) (Entered: 01/05/2025)
01/05/2025	24	EXHIBITS re 4 MOTION for Preliminary Injunction *Exhibit-DR-PENDLETON-AND-BAPTIST-HEALTH-SYSTEMIC-RETALIATION-VIOLATIONS* filed byJohn R. Fouts. (Related document(s) 4) (Fouts, John) (Filed on 1/5/2025) (Entered: 01/05/2025)
01/05/2025	25	EXHIBITS re 23 Exhibits, 4 MOTION for Preliminary Injunction *EXHIBIT-KBMLS-NEGLIGENCE-LACK-OF-TRANSPARENCY-AND-COMPLICITY-IN-RIGHTS-VIOLATIONS* filed byJohn R. Fouts. (Related document(s) 23 , 4) (Fouts, John) (Filed on 1/5/2025) (Entered: 01/05/2025)
01/05/2025	26	EXHIBITS re 1 Complaint,, *EXHIBIT-SCN11A-PATHOGENICITY-ANALYSIS-CLINICAL-IMPLICATIONS-SYSTEMIC-NEGLECT* filed byJohn R. Fouts. (Related document(s) 1) (Fouts, John) (Filed on 1/5/2025) (Entered: 01/05/2025)
01/05/2025	27	Letter from John R. Fouts, Pro Se' LItigant *Urgent Letter Requesting Immediate Ruling on Emergency Injunction and Procedural Clarifications*. (Fouts, John) (Filed on 1/5/2025) (Entered: 01/05/2025)
01/07/2025	28	EXHIBITS re 27 Letter, 6 Notice (Other), 13 Exhibits, 4 MOTION for Preliminary Injunction, 1 Complaint,, 17 Exhibits, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA*, 12 Order to Show Cause, *EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS* filed byJohn R. Fouts. (Related document(s) 27 , 6 , 13 , 4 , 1 , 17 , 14 , 12) (Fouts, John) (Filed on 1/7/2025) (Entered: 01/07/2025)
01/07/2025	29	EXHIBITS re 2 Exhibits, 27 Letter, 18 Exhibits, 20 Objection, 23 Exhibits, 16 Exhibits, 25 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 15 Response to Order to Show Cause, 1 Complaint,, 17 Exhibits, 22 Letter, 12 Order to Show Cause, *EXHIBIT-PHYSICIAN-LETTERS-HIGHLIGHTING-MEDICAL-NECESSITY-AND-ONGOING-VIOLATIONS* filed byJohn R. Fouts. (Related document(s) 2 , 27 , 18 , 20 , 23 , 16 , 25 , 28 , 4 , 15 , 1 , 17 , 22 , 12) (Fouts, John) (Filed on 1/7/2025) (Entered: 01/07/2025)
01/08/2025	30	EXHIBITS re 2 Exhibits, 27 Letter, 6 Notice (Other), 28 Exhibits, 1 Complaint,, 17 Exhibits, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA MAIL TRACKING RECORDS DEMONSTRATING LMHA AND HUD NEGLECT* filed byJohn R. Fouts. (Related document(s) 2 , 27 , 6 , 28 , 1 , 17 , 14) (Fouts, John) (Filed on 1/8/2025) (Entered: 01/08/2025)
01/10/2025	31	Emergency MOTION to Reassign Case *For Immediate Relief* filed by John R. Fouts. Responses due by 1/24/2025. Replies due by 1/31/2025. (Attachments: # 1 Exhibit CRIME IN THE LOUISVILLE JTOWN (JEFFERSONTOWN) AREA INFORMATION IN KENTUCKY, # 2 Exhibit Procedural and Clerical Errors Document, # 3 Exhibit 2025-01-06-URGENT LETTER TO THE COURT REQUESTING IMMEDIATE RULING, # 4 Exhibit 2025-01-02-LETTER TO THE COURT REGARDING EMERGENCY INJUNCTION AND PROTECTIVE ORDERS.pdf, # 5 Exhibit 2024-12-30-Plaintiffs-Response-to-Venue-SUBMITTED, # 6 Exhibit UPDATED DEFENDANTS LISTING)(Fouts, John) (Filed on 1/10/2025) (Entered: 01/10/2025)
01/13/2025	32	EXHIBITS re 5 Statement, 2 Exhibits, 27 Letter, 24 Exhibits, 29 Exhibits,, 31 Emergency MOTION to Reassign Case *For Immediate Relief*, 30 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 1 Complaint,, *EXHIBIT Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties* filed byJohn R. Fouts. (Related document(s) 5 , 2 , 27 , 24 , 29 , 31 , 30 , 28 , 4 , 1) (Fouts, John) (Filed on 1/13/2025) (Entered: 01/13/2025)
01/13/2025	33	EXHIBITS re 5 Statement, 2 Exhibits, 27 Letter, 24 Exhibits, 21 First ADMINISTRATIVE MOTION Clarification of Summons Issuance and Correction of Defendants List re 1 Complaint,, , 6 Notice (Other), 29 Exhibits,, 31 Emergency MOTION to Reassign Case *For Immediate Relief*, 30 Exhibits, 32 Exhibits,, 13 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 15 Response to Order to Show Cause, 1 Complaint,, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA*, 22 Letter *EXHIBIT - Therapy - Evidence of Efforts to Support JAFs Emotional and Mental Health Needs* filed byJohn R. Fouts. (Related document(s) 5 , 2 , 27 , 24 , 21 , 6 , 29 , 31 , 30 , 32 , 13 , 28 , 4 , 15 , 1 , 14 , 22) (Fouts, John) (Filed on 1/13/2025) (Entered: 01/13/2025)
01/13/2025	34	Supplemental Brief re 5 Statement, 2 Exhibits, 24 Exhibits, 23 Exhibits, 29 Exhibits,, 25 Exhibits, 32 Exhibits,, 13 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 15 Response to Order to Show Cause, 1 Complaint,, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA Supplemental Memorandum Structural Abuse and Systemic Failures Under VAWA Principles* filed byJohn R. Fouts. (Related document(s) 5 , 2 , 24 , 23 , 29 , 25 , 32 , 13 , 28 , 4 , 15 , 1 , 14) (Fouts, John) (Filed on 1/13/2025) (Entered: 01/13/2025)
01/13/2025	35	EXHIBITS re 5 Statement, 2 Exhibits, 23 Exhibits, 29 Exhibits,, 32 Exhibits,, 13 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 15 Response to Order to Show Cause, 1 Complaint,, 17 Exhibits, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA EXHIBIT LONG COVID MICROCLOTS AND RELATED HEALTH MATTERS INVOLVED IN CHRONIC AND COMPLEX ILLNESS-JRF* filed byJohn R. Fouts. (Related document(s) 5 , 2 , 23 , 29 , 32 , 13 , 28 , 4 , 15 , 1 , 17 , 14) (Fouts, John) (Filed on 1/13/2025) (Entered: 01/13/2025)

01/13/2025	36	EXHIBITS re 5 Statement, 2 Exhibits, 27 Letter, 6 Notice (Other), 29 Exhibits,, 13 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 15 Response to Order to Show Cause, 1 Complaint,, 17 Exhibits, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA EXHIBIT-USDA-FNS-SNAP-Guide-To-Medical-Deductions-Handbook* filed byJohn R. Fouts. (Related document(s) 5 , 2 , 27 , 6 , 29 , 13 , 28 , 4 , 15 , 1 , 17 , 14) (Fouts, John) (Filed on 1/13/2025) (Entered: 01/13/2025)
01/14/2025	37	EXHIBITS re 5 Statement, 34 Supplemental Brief,, 28 Exhibits, 4 MOTION for Preliminary Injunction, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA*, 36 Exhibits,, *EXHIBIT-Justice Department finds Arizonas DCS discriminated against parents and children with disabilities-Pacific ADA Center* filed byJohn R. Fouts. (Related document(s) 5 , 34 , 28 , 4 , 14 , 36) (Fouts, John) (Filed on 1/14/2025) (Entered: 01/14/2025)
01/14/2025	38	EXHIBITS re 35 Exhibits,, 28 Exhibits, 4 MOTION for Preliminary Injunction, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA*, 36 Exhibits,, *EXHIBIT X-SYSTEMIC-FAILURES-IN-HEALTHCARE-DOCUMENTATION-SYSTEMS-AND-THE-RESULTING-HARM-TO-PATIENTS-RIGHTS-AND-HEALTH-OUTCOMES* filed byJohn R. Fouts. (Related document(s) 35 , 28 , 4 , 14 , 36) (Fouts, John) (Filed on 1/14/2025) (Entered: 01/14/2025)
01/14/2025	39	Supplemental Brief re 35 Exhibits,, 28 Exhibits, 4 MOTION for Preliminary Injunction, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA*, 36 Exhibits,, *NOTICE OF SUBMISSION OF EXHIBIT 10 SYSTEMIC INCONSISTENCIES IN MEDICAL RECORD SYSTEMS AND THEIR IMPACT ON INDIVIDUALS WITH RARE OR COMPLEX CONDITIONS* filed byJohn R. Fouts. (Related document(s) 35 , 28 , 4 , 14 , 36) (Fouts, John) (Filed on 1/14/2025) (Entered: 01/14/2025)
01/15/2025	40	EXHIBITS re 31 Emergency MOTION to Reassign Case *For Immediate Relief*, 30 Exhibits, 38 Exhibits, 28 Exhibits, 4 MOTION for Preliminary Injunction, 14 First MOTION to Compel *defendants to accommodate disability needs under the ADA EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS* filed byJohn R. Fouts. (Related document(s) 31 , 30 , 38 , 28 , 4 , 14) (Fouts, John) (Filed on 1/15/2025) (Entered: 01/15/2025)
01/15/2025	41	**ORDER TRANSFERRING CASE to the Western District of Kentucky. Signed by Judge Araceli Martinez-Olguin on January 15, 2025. (amolc2, COURTSTAFF) (Filed on 1/15/2025)** **Any non-CM/ECF Participants have been served by First Class Mail to the addresses of record listed on the Notice of Electronic Filing (NEF)** **(Entered: 01/15/2025)**
01/15/2025		Remark: Case file electronically transferred to the Western District of Kentucky. (msr, COURT STAFF) (Filed on 1/15/2025) (Entered: 01/15/2025)
01/15/2025	42	EXHIBITS re 23 Exhibits, 30 Exhibits, *Systemic Failures of LMHA and Station JTown in Compliance with Federal Standards* filed byJohn R. Fouts. (Related document(s) 23 , 30) (Fouts, John) (Filed on 1/15/2025) (Entered: 01/15/2025)
01/15/2025		Remark: Case transferred from California Northern has been opened in Western District of Kentucky as case 3:25-cv-00033 (msr, COURT STAFF) (Filed on 1/15/2025) (Entered: 01/15/2025)

PACER Service Center

Transaction Receipt

01/23/2025 17:07:12

PACER Login:	jfouts1979	**Client Code:**	
Description:	Docket Report	**Search Criteria:**	3:24-cv-09325-AMO
Billable Pages:	5	**Cost:**	0.50

JS-CAND 44 (Rev. 10/2020)

CIVIL COVER SHEET

3:24-9325 AMO

The JS-CAND 44 civil cover sheet and the information contained herein neither replace nor supplement the filing and service of pleadings or other papers as required by law, except as provided by local rules of court. This form, approved in its original form by the Judicial Conference of the United States in September 1974, is required for the Clerk of Court to initiate the civil docket sheet. *(SEE INSTRUCTIONS ON NEXT PAGE OF THIS FORM.)*

ORIGINAL

BY FAX

I. (a) PLAINTIFFS

John R. Fouts, MBA and Jackie A. Fouts (aka JAF) Minor

(b) County of Residence of First Listed Plaintiff *(EXCEPT IN U.S. PLAINTIFF CASES)*

(c) Attorneys *(Firm Name, Address, and Telephone Number)*

Pro Se - No Attorney

DEFENDANTS

See Exhibits A, B, and C for the complete list-defendants

County of Residence of First Listed Defendant *(IN U.S. PLAINTIFF CASES ONLY)* Franklin County - Frankfort, KY

NOTE: IN LAND CONDEMNATION CASES, USE THE LOCATION OF THE TRACT OF LAND INVOLVED.

Attorneys *(If Known)*

II. BASIS OF JURISDICTION *(Place an "X" in One Box Only)*

- ☐ 1 U.S. Government Plaintiff
- ☐ 3 Federal Question *(U.S. Government Not a Party)*
- ☒ 2 U.S. Government Defendant
- ☐ 4 Diversity *(Indicate Citizenship of Parties in Item III)*

III. CITIZENSHIP OF PRINCIPAL PARTIES *(Place an "X" in One Box for Plaintiff and One Box for Defendant)*

(For Diversity Cases Only)

	PTF	DEF		PTF	DEF
Citizen of This State	☐ 1	☐ 1	Incorporated or Principal Place of Business In This State	☐ 4	☐ 4
Citizen of Another State	☐ 2	☐ 2	Incorporated *and* Principal Place of Business In Another State	☐ 5	☐ 5
Citizen or Subject of a Foreign Country	☐ 3	☐ 3	Foreign Nation	☐ 6	☐ 6

IV. NATURE OF SUIT *(Place an "X" in One Box Only)*

CONTRACT
- ☐ 110 Insurance
- ☐ 120 Marine
- ☐ 130 Miller Act
- ☐ 140 Negotiable Instrument
- ☐ 150 Recovery of Overpayment Of Veteran's Benefits
- ☐ 151 Medicare Act
- ☐ 152 Recovery of Defaulted Student Loans (Excludes Veterans)
- ☐ 153 Recovery of Overpayment of Veteran's Benefits
- ☐ 160 Stockholders' Suits
- ☐ 190 Other Contract
- ☐ 195 Contract Product Liability
- ☐ 196 Franchise

REAL PROPERTY
- ☐ 210 Land Condemnation
- ☐ 220 Foreclosure
- ☐ 230 Rent Lease & Ejectment
- ☐ 240 Torts to Land
- ☐ 245 Tort Product Liability
- ☐ 290 All Other Real Property

TORTS

PERSONAL INJURY
- ☐ 310 Airplane
- ☐ 315 Airplane Product Liability
- ☐ 320 Assault, Libel & Slander
- ☐ 330 Federal Employers' Liability
- ☐ 340 Marine
- ☐ 345 Marine Product Liability
- ☐ 350 Motor Vehicle
- ☐ 355 Motor Vehicle Product Liability
- ☐ 360 Other Personal Injury
- ☐ 362 Personal Injury-Medical Malpractice

PERSONAL INJURY
- ☐ 365 Personal Injury – Product Liability
- ☐ 367 Health Care/ Pharmaceutical Personal Injury Product Liability
- ☐ 368 Asbestos Personal Injury Product Liability

PERSONAL PROPERTY
- ☐ 370 Other Fraud
- ☐ 371 Truth in Lending
- ☐ 380 Other Personal Property Damage
- ☐ 385 Property Damage Product Liability

CIVIL RIGHTS
- ☒ 440 Other Civil Rights
- ☐ 441 Voting
- ☐ 442 Employment
- ☐ 443 Housing/ Accommodations
- ☐ 445 Amer. w/Disabilities–Employment
- ☐ 446 Amer. w/Disabilities–Other
- ☐ 448 Education

PRISONER PETITIONS

HABEAS CORPUS
- ☐ 463 Alien Detainee
- ☐ 510 Motions to Vacate Sentence
- ☐ 530 General
- ☐ 535 Death Penalty

OTHER
- ☐ 540 Mandamus & Other
- ☐ 550 Civil Rights
- ☐ 555 Prison Condition
- ☐ 560 Civil Detainee–Conditions of Confinement

FORFEITURE/PENALTY
- ☐ 625 Drug Related Seizure of Property 21 USC § 881
- ☐ 690 Other

LABOR
- ☐ 710 Fair Labor Standards Act
- ☐ 720 Labor/Management Relations
- ☐ 740 Railway Labor Act
- ☐ 751 Family and Medical Leave Act
- ☐ 790 Other Labor Litigation
- ☐ 791 Employee Retirement Income Security Act

IMMIGRATION
- ☐ 462 Naturalization Application
- ☐ 465 Other Immigration Actions

BANKRUPTCY
- ☐ 422 Appeal 28 USC § 158
- ☐ 423 Withdrawal 28 USC § 157

PROPERTY RIGHTS
- ☐ 820 Copyrights
- ☐ 830 Patent
- ☐ 835 Patent–Abbreviated New Drug Application
- ☐ 840 Trademark
- ☐ 880 Defend Trade Secrets Act of 2016

SOCIAL SECURITY
- ☐ 861 HIA (1395ff)
- ☐ 862 Black Lung (923)
- ☐ 863 DIWC/DIWW (405(g))
- ☐ 864 SSID Title XVI
- ☐ 865 RSI (405(g))

FEDERAL TAX SUITS
- ☐ 870 Taxes (U.S. Plaintiff or Defendant)
- ☐ 871 IRS–Third Party 26 USC § 7609

OTHER STATUTES
- ☐ 375 False Claims Act
- ☐ 376 Qui Tam (31 USC § 3729(a))
- ☐ 400 State Reapportionment
- ☐ 410 Antitrust
- ☐ 430 Banks and Banking
- ☐ 450 Commerce
- ☐ 460 Deportation
- ☐ 470 Racketeer Influenced & Corrupt Organizations
- ☐ 480 Consumer Credit
- ☐ 485 Telephone Consumer Protection Act
- ☐ 490 Cable/Sat TV
- ☐ 850 Securities/Commodities/ Exchange
- ☐ 890 Other Statutory Actions
- ☐ 891 Agricultural Acts
- ☐ 893 Environmental Matters
- ☐ 895 Freedom of Information Act
- ☐ 896 Arbitration
- ☐ 899 Administrative Procedure Act/Review or Appeal of Agency Decision
- ☐ 950 Constitutionality of State Statutes

V. ORIGIN *(Place an "X" in One Box Only)*

☒ 1 Original Proceeding ☐ 2 Removed from State Court ☐ 3 Remanded from Appellate Court ☐ 4 Reinstated or Reopened ☐ 5 Transferred from Another District *(specify)* ☐ 6 Multidistrict Litigation–Transfer ☐ 8 Multidistrict Litigation–Direct File

VI. CAUSE OF ACTION

Cite the U.S. Civil Statute under which you are filing *(Do not cite jurisdictional statutes unless diversity)*:
42 U.S.C. § 1983, 42 U.S.C. § 12101 et seq. (ADA), 18 U.S.C. § 242, 18 U.S.C. § 241, and others

Brief description of cause:
Civil rights,constitutional , ADA violationsunder 42U.S.C.§1983&42 U.S.C.§12101.See Exhibits D-G, Letters A1-3

VII. REQUESTED IN COMPLAINT:

☐ CHECK IF THIS IS A CLASS ACTION UNDER RULE 23, Fed. R. Civ. P.

DEMAND $ 10,000,000.00

CHECK YES only if demanded in complaint:
JURY DEMAND: ☒ Yes ☐ No

VIII. RELATED CASE(S), IF ANY *(See instructions)*:

JUDGE

DOCKET NUMBER

IX. DIVISIONAL ASSIGNMENT (Civil Local Rule 3-2)

(Place an "X" in One Box Only) ☒ SAN FRANCISCO/OAKLAND ☐ SAN JOSE ☐ EUREKA-MCKINLEYVILLE

DATE 12/15/2024

SIGNATURE OF ATTORNEY OF RECORD /s/ John R. Fouts, MBA, Pro Se' Litigant

INSTRUCTIONS FOR ATTORNEYS COMPLETING CIVIL COVER SHEET FORM JS-CAND 44

Authority For Civil Cover Sheet. The JS-CAND 44 civil cover sheet and the information contained herein neither replaces nor supplements the filings and service of pleading or other papers as required by law, except as provided by local rules of court. This form, approved in its original form by the Judicial Conference of the United States in September 1974, is required for the Clerk of Court to initiate the civil docket sheet. Consequently, a civil cover sheet is submitted to the Clerk of Court for each civil complaint filed. The attorney filing a case should complete the form as follows:

I. a) Plaintiffs-Defendants. Enter names (last, first, middle initial) of plaintiff and defendant. If the plaintiff or defendant is a government agency, use only the full name or standard abbreviations. If the plaintiff or defendant is an official within a government agency, identify first the agency and then the official, giving both name and title.

b) **County of Residence.** For each civil case filed, except U.S. plaintiff cases, enter the name of the county where the first listed plaintiff resides at the time of filing. In U.S. plaintiff cases, enter the name of the county in which the first listed defendant resides at the time of filing. (NOTE: In land condemnation cases, the county of residence of the "defendant" is the location of the tract of land involved.)

c) **Attorneys.** Enter the firm name, address, telephone number, and attorney of record. If there are several attorneys, list them on an attachment, noting in this section "(see attachment)."

II. Jurisdiction. The basis of jurisdiction is set forth under Federal Rule of Civil Procedure 8(a), which requires that jurisdictions be shown in pleadings. Place an "X" in one of the boxes. If there is more than one basis of jurisdiction, precedence is given in the order shown below.

(1) United States plaintiff. Jurisdiction based on 28 USC §§ 1345 and 1348. Suits by agencies and officers of the United States are included here.

(2) United States defendant. When the plaintiff is suing the United States, its officers or agencies, place an "X" in this box.

(3) Federal question. This refers to suits under 28 USC § 1331, where jurisdiction arises under the Constitution of the United States, an amendment to the Constitution, an act of Congress or a treaty of the United States. In cases where the U.S. is a party, the U.S. plaintiff or defendant code takes precedence, and box 1 or 2 should be marked.

(4) Diversity of citizenship. This refers to suits under 28 USC § 1332, where parties are citizens of different states. When Box 4 is checked, the citizenship of the different parties must be checked. (See Section III below; **NOTE: federal question actions take precedence over diversity cases.**)

III. Residence (citizenship) of Principal Parties. This section of the JS-CAND 44 is to be completed if diversity of citizenship was indicated above. Mark this section for each principal party.

IV. Nature of Suit. Place an "X" in the appropriate box. If the nature of suit cannot be determined, be sure the cause of action, in Section VI below, is sufficient to enable the deputy clerk or the statistical clerk(s) in the Administrative Office to determine the nature of suit. If the cause fits more than one nature of suit, select the most definitive.

V. Origin. Place an "X" in one of the six boxes.

(1) Original Proceedings. Cases originating in the United States district courts.

(2) Removed from State Court. Proceedings initiated in state courts may be removed to the district courts under Title 28 USC § 1441. When the petition for removal is granted, check this box.

(3) Remanded from Appellate Court. Check this box for cases remanded to the district court for further action. Use the date of remand as the filing date.

(4) Reinstated or Reopened. Check this box for cases reinstated or reopened in the district court. Use the reopening date as the filing date.

(5) Transferred from Another District. For cases transferred under Title 28 USC § 1404(a). Do not use this for within district transfers or multidistrict litigation transfers.

(6) Multidistrict Litigation Transfer. Check this box when a multidistrict case is transferred into the district under authority of Title 28 USC § 1407. When this box is checked, do not check (5) above.

(8) Multidistrict Litigation Direct File. Check this box when a multidistrict litigation case is filed in the same district as the Master MDL docket.

Please note that there is no Origin Code 7. Origin Code 7 was used for historical records and is no longer relevant due to changes in statute.

VI. Cause of Action. Report the civil statute directly related to the cause of action and give a brief description of the cause. **Do not cite jurisdictional statutes unless diversity.** Example: U.S. Civil Statute: 47 USC § 553. Brief Description: Unauthorized reception of cable service.

VII. Requested in Complaint. Class Action. Place an "X" in this box if you are filing a class action under Federal Rule of Civil Procedure 23.

Demand. In this space enter the actual dollar amount being demanded or indicate other demand, such as a preliminary injunction.

Jury Demand. Check the appropriate box to indicate whether or not a jury is being demanded.

VIII. Related Cases. This section of the JS-CAND 44 is used to identify related pending cases, if any. If there are related pending cases, insert the docket numbers and the corresponding judge names for such cases.

IX. Divisional Assignment. If the Nature of Suit is under Property Rights or Prisoner Petitions or the matter is a Securities Class Action, leave this section blank. For all other cases, identify the divisional venue according to Civil Local Rule 3-2: "the county in which a substantial part of the events or omissions which give rise to the claim occurred or in which a substantial part of the property that is the subject of the action is situated."

Date and Attorney Signature. Date and sign the civil cover sheet.

Your Name: John R. Fouts
Address: 2904 Sitka Dr. L29 Louisville, KY 40299
Phone Number: (502) 956 - 0052
Fax Number: (502) 996 - 8246
E-mail Address: fouts.john@gmail.com
Pro Se Plaintiff

FILED
DEC 18 2024
CLERK U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

UNITED STATES DISTRICT COURT

NORTHERN DISTRICT OF CALIFORNIA

AMO

CV24-09325

John R. Fouts, MBA, Pro Se Litigant, and JAF, Minor Child

Plaintiff,

v.

Defendants: As listed in Exhibits A, B, and C.

Defendant.

Case Number [leave blank]

COMPLAINT

DEMAND FOR JURY TRIAL

Yes ■ No ☐

I. PARTIES

1. Plaintiff. [Write your name, address, and phone number. Add a page for additional plaintiffs.]

Name: John R. Fouts, MBA, Pro Se Litigant, and JAF, Minor Child
Address: 2904 Sitka Dr. Louisville, KY 40299
Telephone: (502) 956 - 0052 | Fax: (502) 996 - 8246

2. Defendants. [Write each defendant's full name, address, and phone number.]

Defendant 1:
Name: See Exhibits A, B, and C for the complete list of defendants including their names, addresses, and roles.
Address: See Exhibits A, B, and C
Telephone: See Exhibits A, B, and C

Defendant 2:

Name: See 1st Defendant above.

Address:

Telephone:

Defendant 3:

Name: See 1st Defendant above.

Address:

Telephone:

II. JURISDICTION

Usually only two types of cases can be filed in federal court, cases involving "federal questions" and cases involving "diversity of citizenship." Check at least one box.

3. My case belongs in federal court

■ under federal question jurisdiction because it involves a federal law or right.

Which federal law or right is involved?

Americans with Disabilities Act (ADA), Medicaid Act, SNAP Regulations, Civil Rights Act, and Federal Procedural Laws

☐ under diversity jurisdiction because none of the plaintiffs live in the same state as any of the defendants and the amount of damages is more than $75,000.

III. VENUE

The counties in this District are: Alameda, Contra Costa, Del Norte, Humboldt, Lake, Marin, Mendocino, Monterey, Napa, San Benito, Santa Clara, Santa Cruz, San Francisco, San Mateo, or Sonoma. If one of the venue options below applies to your case, this District Court is the correct place to file your lawsuit. Check the box for each venue option that applies.

4. Venue is appropriate in this Court because:

☐ a substantial part of the events I am suing about happened in this district.

☐ a substantial part of the property I am suing about is located in this district.

☐ I am suing the U.S. government, federal agency, or federal official in his or her official capacity and

I live in this district.

■ at least one defendant is located in this District and any other defendants are located in California.

IV. INTRADISTRICT ASSIGNMENT

This District has three divisions: (1) San Francisco/Oakland (2) San Jose; and (3) Eureka-McKinleyville. First write in the county in which the events you are suing about happened, and then match it to the correct division. The San Francisco/Oakland division covers Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, and Sonoma counties The San Jose division covers Monterey, San Benito, Santa Clara, Santa Cruz counties. The Eureka-McKinleyville division covers Del Norte, Humboldt, Lake, Mendocino counties, only if all parties consent to a magistrate judge.

1. Because this lawsuit arose in Jefferson (KY) - See Plaintiff Stmt of Venue County, it should be assigned to the Northern District of California Division of this Court.

V. STATEMENT OF FACTS

Write a short and simple description of the facts of your case. Include basic details such as where the events happened, when things happened and who was involved. Put each fact into a separate, numbered paragraph, starting with paragraph number 6. Use more pages as needed.

For a full and detailed statement of facts, please see the attached Motion for Emergency Preliminary Injunction and Emergency Injunction and Permanent Protective and Restraining Orders documents, which are incorporated by reference.

VI. CLAIMS

First Claim

Name the law or right violated:

Laws Violated: Americans with Disabilities Act (ADA), Medicaid Act, SNAP Regulations, Civil Rights Act, Defamation, and State/Federal Procedural Laws.

Name the defendants who violated it:

Defendants: See Defendants listed in Exhibits A, B, and C and accompanying Motion.

Explain briefly here what the law is, what each defendant did to violate it, and how you were harmed. You do not need to make legal arguments. You can refer to your statement of facts.

For a detailed explanation of the laws violated, each defendant's actions, and the resulting harm, please see the attached Motion for Emergency Preliminary Injunction and Emergency Injunction and Permanent Protective and Restraining Orders documents, which are incorporated by reference. These documents provide a full legal basis for claims of systemic medical neglect, ADA violations, falsification of records, defamation, and procedural violations.

Claim

Name the law or right violated:

Laws Violated: Americans with Disabilities Act (ADA), Medicaid Act, SNAP Regulations, Civil Rights Act, Defamation, and State/Federal Procedural Laws.

Name the defendants who violated it:

Defendants: See Defendants listed in Exhibits A, B, and C and accompanying Motion.

For a detailed explanation of the laws violated, each defendant's actions, and the resulting harm, please see the attached Motion for Emergency Preliminary Injunction and Emergency Injunction and Permanent Protective and Restraining Orders documents, which are incorporated by reference. These documents provide a full legal basis for claims of systemic medical neglect, ADA violations, falsification of records, defamation, and procedural violations.

VII. DEMAND FOR RELIEF

State what you want the Court to do. Depending on your claims, you may ask the Court to award you money or order the defendant to do something or stop doing something. If you are asking for money, you can say how much you are asking for and why you should get that amount, or describe the different kinds of harm caused by the defendant.

Please see the Relief Section of the attached Motion, and the attached Emergency Injunction and Permanent Protective and Restraining Order documents for a complete list of requested relief.

VIII. DEMAND FOR JURY TRIAL

Check this box if you want your case to be decided by a jury, instead of a judge, if allowed.

■ Plaintiff demands a jury trial on all issues.

Respectfully submitted,

Date: 12/17/2024

Sign Name: John R. Fouts

Print Name: John R. Fouts

Copy this page and insert it where you need additional space.

JS-CAND 44 (Rev. 10/2020)

CIVIL COVER SHEET

3:24-9325 AMO

The JS-CAND 44 civil cover sheet and the information contained herein neither replace nor supplement the filing and service of pleadings or other papers as required by law, except as provided by local rules of court. This form, approved in its original form by the Judicial Conference of the United States in September 1974, is required for the Clerk of Court to initiate the civil docket sheet. *(SEE INSTRUCTIONS ON NEXT PAGE OF THIS FORM.)*

ORIGINAL

BY FAX

I. (a) PLAINTIFFS

John R. Fouts, MBA and Jackie A. Fouts (aka JAF) Minor

(b) County of Residence of First Listed Plaintiff *(EXCEPT IN U.S. PLAINTIFF CASES)*

(c) Attorneys *(Firm Name, Address, and Telephone Number)*

Pro Se - No Attorney

DEFENDANTS

See Exhibits A, B, and C for the complete list-defendants

County of Residence of First Listed Defendant *(IN U.S. PLAINTIFF CASES ONLY)* Franklin County - Frankfort, KY

NOTE: IN LAND CONDEMNATION CASES, USE THE LOCATION OF THE TRACT OF LAND INVOLVED.

Attorneys *(If Known)*

II. BASIS OF JURISDICTION *(Place an "X" in One Box Only)*

- ☐ 1 U.S. Government Plaintiff
- ☐ 3 Federal Question *(U.S. Government Not a Party)*
- ☒ 2 U.S. Government Defendant
- ☐ 4 Diversity *(Indicate Citizenship of Parties in Item III)*

III. CITIZENSHIP OF PRINCIPAL PARTIES *(Place an "X" in One Box for Plaintiff and One Box for Defendant)*

(For Diversity Cases Only)

	PTF	DEF		PTF	DEF
Citizen of This State	☐ 1	☐ 1	Incorporated or Principal Place of Business In This State	☐ 4	☐ 4
Citizen of Another State	☐ 2	☐ 2	Incorporated *and* Principal Place of Business In Another State	☐ 5	☐ 5
Citizen or Subject of a Foreign Country	☐ 3	☐ 3	Foreign Nation	☐ 6	☐ 6

IV. NATURE OF SUIT *(Place an "X" in One Box Only)*

CONTRACT
- ☐ 110 Insurance
- ☐ 120 Marine
- ☐ 130 Miller Act
- ☐ 140 Negotiable Instrument
- ☐ 150 Recovery of Overpayment Of Veteran's Benefits
- ☐ 151 Medicare Act
- ☐ 152 Recovery of Defaulted Student Loans (Excludes Veterans)
- ☐ 153 Recovery of Overpayment of Veteran's Benefits
- ☐ 160 Stockholders' Suits
- ☐ 190 Other Contract
- ☐ 195 Contract Product Liability
- ☐ 196 Franchise

REAL PROPERTY
- ☐ 210 Land Condemnation
- ☐ 220 Foreclosure
- ☐ 230 Rent Lease & Ejectment
- ☐ 240 Torts to Land
- ☐ 245 Tort Product Liability
- ☐ 290 All Other Real Property

TORTS

PERSONAL INJURY
- ☐ 310 Airplane
- ☐ 315 Airplane Product Liability
- ☐ 320 Assault, Libel & Slander
- ☐ 330 Federal Employers' Liability
- ☐ 340 Marine
- ☐ 345 Marine Product Liability
- ☐ 350 Motor Vehicle
- ☐ 355 Motor Vehicle Product Liability
- ☐ 360 Other Personal Injury
- ☐ 362 Personal Injury-Medical Malpractice

PERSONAL INJURY
- ☐ 365 Personal Injury – Product Liability
- ☐ 367 Health Care/ Pharmaceutical Personal Injury Product Liability
- ☐ 368 Asbestos Personal Injury Product Liability

PERSONAL PROPERTY
- ☐ 370 Other Fraud
- ☐ 371 Truth in Lending
- ☐ 380 Other Personal Property Damage
- ☐ 385 Property Damage Product Liability

CIVIL RIGHTS
- ☒ 440 Other Civil Rights
- ☐ 441 Voting
- ☐ 442 Employment
- ☐ 443 Housing/ Accommodations
- ☐ 445 Amer. w/Disabilities–Employment
- ☐ 446 Amer. w/Disabilities–Other
- ☐ 448 Education

PRISONER PETITIONS

HABEAS CORPUS
- ☐ 463 Alien Detainee
- ☐ 510 Motions to Vacate Sentence
- ☐ 530 General
- ☐ 535 Death Penalty

OTHER
- ☐ 540 Mandamus & Other
- ☐ 550 Civil Rights
- ☐ 555 Prison Condition
- ☐ 560 Civil Detainee–Conditions of Confinement

FORFEITURE/PENALTY
- ☐ 625 Drug Related Seizure of Property 21 USC § 881
- ☐ 690 Other

LABOR
- ☐ 710 Fair Labor Standards Act
- ☐ 720 Labor/Management Relations
- ☐ 740 Railway Labor Act
- ☐ 751 Family and Medical Leave Act
- ☐ 790 Other Labor Litigation
- ☐ 791 Employee Retirement Income Security Act

IMMIGRATION
- ☐ 462 Naturalization Application
- ☐ 465 Other Immigration Actions

BANKRUPTCY
- ☐ 422 Appeal 28 USC § 158
- ☐ 423 Withdrawal 28 USC § 157

PROPERTY RIGHTS
- ☐ 820 Copyrights
- ☐ 830 Patent
- ☐ 835 Patent–Abbreviated New Drug Application
- ☐ 840 Trademark
- ☐ 880 Defend Trade Secrets Act of 2016

SOCIAL SECURITY
- ☐ 861 HIA (1395ff)
- ☐ 862 Black Lung (923)
- ☐ 863 DIWC/DIWW (405(g))
- ☐ 864 SSID Title XVI
- ☐ 865 RSI (405(g))

FEDERAL TAX SUITS
- ☐ 870 Taxes (U.S. Plaintiff or Defendant)
- ☐ 871 IRS–Third Party 26 USC § 7609

OTHER STATUTES
- ☐ 375 False Claims Act
- ☐ 376 Qui Tam (31 USC § 3729(a))
- ☐ 400 State Reapportionment
- ☐ 410 Antitrust
- ☐ 430 Banks and Banking
- ☐ 450 Commerce
- ☐ 460 Deportation
- ☐ 470 Racketeer Influenced & Corrupt Organizations
- ☐ 480 Consumer Credit
- ☐ 485 Telephone Consumer Protection Act
- ☐ 490 Cable/Sat TV
- ☐ 850 Securities/Commodities/ Exchange
- ☐ 890 Other Statutory Actions
- ☐ 891 Agricultural Acts
- ☐ 893 Environmental Matters
- ☐ 895 Freedom of Information Act
- ☐ 896 Arbitration
- ☐ 899 Administrative Procedure Act/Review or Appeal of Agency Decision
- ☐ 950 Constitutionality of State Statutes

V. ORIGIN *(Place an "X" in One Box Only)*

☒ 1 Original Proceeding ☐ 2 Removed from State Court ☐ 3 Remanded from Appellate Court ☐ 4 Reinstated or Reopened ☐ 5 Transferred from Another District *(specify)* ☐ 6 Multidistrict Litigation–Transfer ☐ 8 Multidistrict Litigation–Direct File

VI. CAUSE OF ACTION

Cite the U.S. Civil Statute under which you are filing *(Do not cite jurisdictional statutes unless diversity)*:
42 U.S.C. § 1983, 42 U.S.C. § 12101 et seq. (ADA), 18 U.S.C. § 242, 18 U.S.C. § 241, and others

Brief description of cause:
Civil rights,constitutional , ADA violationsunder 42U.S.C.§1983&42 U.S.C.§12101.See Exhibits D-G, Letters A1-3

VII. REQUESTED IN COMPLAINT:

☐ CHECK IF THIS IS A CLASS ACTION UNDER RULE 23, Fed. R. Civ. P.

DEMAND $ 10,000,000.00

CHECK YES only if demanded in complaint:
JURY DEMAND: ☒ Yes ☐ No

VIII. RELATED CASE(S), IF ANY *(See instructions)*:

JUDGE

DOCKET NUMBER

IX. DIVISIONAL ASSIGNMENT (Civil Local Rule 3-2)

(Place an "X" in One Box Only) ☒ SAN FRANCISCO/OAKLAND ☐ SAN JOSE ☐ EUREKA-MCKINLEYVILLE

DATE 12/15/2024

SIGNATURE OF ATTORNEY OF RECORD /s/ John R. Fouts, MBA, Pro Se' Litigant

INSTRUCTIONS FOR ATTORNEYS COMPLETING CIVIL COVER SHEET FORM JS-CAND 44

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b) **County of Residence.** For each civil case filed, except U.S. plaintiff cases, enter the name of the county where the first listed plaintiff resides at the time of filing. In U.S. plaintiff cases, enter the name of the county in which the first listed defendant resides at the time of filing. (NOTE: In land condemnation cases, the county of residence of the "defendant" is the location of the tract of land involved.)

c) **Attorneys.** Enter the firm name, address, telephone number, and attorney of record. If there are several attorneys, list them on an attachment, noting in this section "(see attachment)."

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(2) United States defendant. When the plaintiff is suing the United States, its officers or agencies, place an "X" in this box.

(3) Federal question. This refers to suits under 28 USC § 1331, where jurisdiction arises under the Constitution of the United States, an amendment to the Constitution, an act of Congress or a treaty of the United States. In cases where the U.S. is a party, the U.S. plaintiff or defendant code takes precedence, and box 1 or 2 should be marked.

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III. Residence (citizenship) of Principal Parties. This section of the JS-CAND 44 is to be completed if diversity of citizenship was indicated above. Mark this section for each principal party.

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(2) Removed from State Court. Proceedings initiated in state courts may be removed to the district courts under Title 28 USC § 1441. When the petition for removal is granted, check this box.

(3) Remanded from Appellate Court. Check this box for cases remanded to the district court for further action. Use the date of remand as the filing date.

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(6) Multidistrict Litigation Transfer. Check this box when a multidistrict case is transferred into the district under authority of Title 28 USC § 1407. When this box is checked, do not check (5) above.

(8) Multidistrict Litigation Direct File. Check this box when a multidistrict litigation case is filed in the same district as the Master MDL docket.

Please note that there is no Origin Code 7. Origin Code 7 was used for historical records and is no longer relevant due to changes in statute.

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Demand. In this space enter the actual dollar amount being demanded or indicate other demand, such as a preliminary injunction.

Jury Demand. Check the appropriate box to indicate whether or not a jury is being demanded.

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Date and Attorney Signature. Date and sign the civil cover sheet.

To accept charges shown below, click on 'View Document', otherwise click the 'Back' button on your browser.

Total Pages: 10
Total Cost: 1.00

View Document

PACER Service Center			
Transaction Receipt			
Thu Jan 9 07:56:12 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image1-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	8	**Cost:**	0.80

PACER Service Center			
Transaction Receipt			
Thu Jan 9 07:56:12 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image1-1	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	2	**Cost:**	0.20

View Document

CV24-09325

EXHIBIT A

AMO

DEFENDANTS LIST

(SUBJECT TO AMENDMENT)

ORIGINAL

FILED
DEC 18 2024
CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

BY FAX

EXHIBIT A: DEFENDANTS LIST

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

Case Title:

John R. Fouts, MBA ("Plaintiff" aka "JRF", "J.R.F."), and Jackie Fouts (a minor aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", "J.A.F.", "JAF", "Co-Plaintiff", "Child"), Plaintiffs,

v.

Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, and Other Named Defendants, Defendants – Action for Emergency Injunctive Relief, Permanent Restraining Order, Permanent Protective Order, Punitive and Compensatory Damages.

Plaintiff(s):

John R. Fouts, MBA, and Jackie A. Fouts (aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", J.A.F., JAF)

DEFENDANTS LIST

This list is submitted as part of the case and may be amended or supplemented as additional details are clarified or discovered.

Introduction:

This document contains a comprehensive list of named defendants in the case. This list is subject to amendment or supplementation as further details or evidence are clarified.

---

1. **Commonwealth of Kentucky**
   Address: 700 Capitol Avenue, Suite 100, Frankfort, KY 40601
   Contact: Governor Andy Beshear (in official capacity)
2. **Cabinet for Health and Family Services (CHFS)**
   Address: 275 East Main Street, Frankfort, KY 40621
   Contact: Secretary Eric Friedlander

EXHIBIT A: DEFENDANTS LIST

3. **Department of Community-Based Services (DCBS)**
   Address: 275 East Main Street, Frankfort, KY 40621
   Contact: Lucinda Lawrence

4. **Medicaid Services (DMS)**
   Address: 275 East Main Street, Frankfort, KY 40621
   Contact: Amanda Elliott, Amanda Ritchey, Ivy Sams, Erin Bickers

5. **Louisville Metro Housing Authority (LMHA)**
   Address: 600 South Seventh Street, Louisville, KY 40203
   Contact: Tracy Bell (Supervisor), Deborah Gilbert (Director)

6. **Property Management of Louisville (PMOFL)**
   Address: 1815 Frankfort Avenue, Louisville, KY 40206
   Contacts: Brian Stocker (Principal), Chad Guelda, Cullen Jones, Jerry Perchik

7. **Centers for Medicare and Medicaid Services (CMS)**
   Address: 7500 Security Boulevard, Baltimore, MD 21244
   Contact: General Administrator

8. **Equifax Workforce Solutions (EWS)**
   Address: 11432 Lackland Road, St. Louis, MO 63146

9. **Norton Healthcare, Inc.**
   Address: 200 E Chestnut St, Louisville, KY 40202
   Contacts: Norton Children's Medical Group, Norton Children's Hospital ER

10. **Baptist Health Louisville**
    Address: 4000 Kresge Way, Louisville, KY 40207
    Contacts: Dr. Michael Eli Pendleton, Dr. A. Murphy

11. **The Marion House**
    Address: [Insert Address]
    Contacts: LeAnna Franklin, Heather Gosser

12. **The Ole Homeplace ADHC**
    Address: [Insert Address]
    Contacts: Jessica Jones, Makayla McCloud, Zachary Grider

13. **Access ADHC Adult Day Healthcare LLC**
    Address: [Insert Address]
    Contacts: Sibal Khakiyeva, Samir Music, Samir Kambarov, Yailen Suarez

14. **Educational Institutions**

EXHIBIT A: DEFENDANTS LIST

- Bloom Elementary School, JCPS
  Address: [Insert Address]
  Contacts: Principal Dr. Jack Jacobs, Jonathan Kempf (Teacher), Crystal Walts-Paulin (Teacher)

15. **USDA Food and Nutrition Services (FNS)**
    Address: 1400 Independence Ave SW, Washington, DC 20250
    Contact: Krystal Clark

16. **Jane and John Does (1-125):**

    Unidentified individuals, entities, or agencies who, upon discovery, will be named for their involvement in or responsibility for the actions, omissions, and violations described in this case, including but not limited to violations of federal, state, and constitutional laws.

Note:
This list has been prepared to the best of Plaintiff's ability under extreme duress and physical disability. It is not exhaustive, and additional parties or details may be added as the case develops.

Date: 2024-12-12

ORIGINAL

EXHIBIT B

COMPREHENSIVE DEFENDANTS LIST (SUBJECT TO AMENDMENT)

BY FAX

EXHIBIT B: COMPREHENSIVE DEFENDANTS LIST

** DRAFT VERSION – SUBJECT TO AMENDMENT **

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

Case Title:

John R. Fouts, MBA ("Plaintiff" aka "JRF", "J.R.F."), and Jackie Fouts (a minor aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", "J.A.F.", "JAF", "Co-Plaintiff", "Child"), Plaintiffs,

v.

Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, and Other Named Defendants, Defendants – Action for Emergency Injunctive Relief, Permanent Restraining Order, Permanent Protective Order, Punitive and Compensatory Damages.

Plaintiff(s):

John R. Fouts, MBA, and Jackie A. Fouts (aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", J.A.F., JAF)

COMPREHENSIVE DEFENDANTS LIST - DRAFT

This list is submitted as part of the case and may be amended or supplemented as additional details are clarified or discovered.

1. **Commonwealth of Kentucky**
   Cabinet for Health and Family Services (CHFS)
   275 East Main Street, Frankfort, KY 40621
   Violations of Section 1915(c) of the Social Security Act, Section 504 of the Rehabilitation Act, and other federal laws.

EXHIBIT B: COMPREHENSIVE DEFENDANTS LIST

** DRAFT VERSION – SUBJECT TO AMENDMENT **

2. **Department of Community-Based Services (DCBS)**
   275 East Main Street, Frankfort, KY 40621
   Defendants:
   - **Lucinda Lawrence:** Ignored medical expense documentation and placed unlawful caps on medical expenses.
   - **Diane Barbour:** Hearings Officer – mishandling of hearings.
3. **Department of Medicaid Services (DMS)**
   275 East Main Street, Frankfort, KY 40621
   Defendants:
   - **Amanda Elliott**
   - **Amanda Ritchey**
   - **Ivy Sams**
   - **Erin Bickers**
4. **Home and Community-Based Waiver (HCBS) Providers**
   Address: Varies by provider
   - **Access ADHC:**
     - *Defendants:*
       - **Sibal Khakiyeva**
       - **Samir Music**
       - **Yailen Suarez**
   - **The Marion House:**
     - *Defendants:*
       - **LeAnna Franklin**
       - **Heather Gosser**

- **The Ole Homeplace ADHC:**
  - *Defendants:*
    - **Jessica Jones**
    - **Makayla McCloud**
    - **Zachary Grider**
- **2nd Home ADHC:**
  - *Defendants:*
    - **Lauren Flatgard**

5. **Louisville Metro Housing Authority (LMHA)**
   600 South 7th Street, Louisville, KY 40203
   Defendants:
   - **Deborah Gilbert**, Director
   - **Tracy Bell**, Supervisor
6. **Housing and Urban Development (HUD)**
   Louisville Field Office: 601 West Broadway, Louisville, KY 40202
   Defendant: **Frank McNeil**, Field Office Manager
7. **Property Management of Louisville (PMOFL)**
   1815 Frankfort Avenue, Louisville, KY 40206
   Defendants:
   - **Brian Stocker**
   - **Chad Guelda**
   - **Cullen Jones**
   - **Jerry Perchik (or Other Owner of 2321 Glenmary Avenue, Louisville, KY)**
8. **Norton Healthcare, Inc.**
   Defendants:

EXHIBIT B: COMPREHENSIVE DEFENDANTS LIST

** DRAFT VERSION – SUBJECT TO AMENDMENT **

- **Norton Children's Medical Group Germantown:** 1250 Eastern Parkway, Louisville, KY 40204
- **Norton Children's Medical Group Broadway:** 411 East Chestnut Street, Louisville, KY 40202
- **Norton Children's Hospital ER Psychiatric Department**

9. **University of Louisville Physicians**
   401 East Chestnut Street, Louisville, KY 40202
   Allegations: Neglect and failure to address medical needs.

10. **Seven County Services Acute Crisis Center**
    Address: Varies by service location
    Allegations: Failed to provide crisis intervention during a suicidal episode.

11. **Federal Agencies**

    - **Centers for Medicare and Medicaid Services (CMS):** Privacy violations, unauthorized checks of Equifax Workforce Solutions (EWS).
    - **USDA Food and Nutrition Services (FNS):** Mishandled SNAP cases.
      Defendant: **Krystal Clark**

12. **Kentucky Office of the Attorney General (KYOAG)**
    700 Capitol Avenue, Suite 118, Frankfort, KY 40601
    Defendants:

    - **Nick J. Hunt**
    - **Stephanie Presley**

13. **Defamation of Character Cases**

    - **Dr. Melissa Knuckles:** Threatened Plaintiff with false allegations of Munchausen's Syndrome.

14. **Educational Institutions**

EXHIBIT B: COMPREHENSIVE DEFENDANTS LIST

** DRAFT VERSION – SUBJECT TO AMENDMENT **

- **Bloom Elementary School, JCPS:**
  Address: 1627 Lucia Avenue, Louisville, KY 40204
  Defendants:
  - **Dr. Jack Jacobs**, Principal
  - **Crystal Walts-Paulin**, Teacher

15. **Other Individuals and Entities**

- **Lisa Hinkle**, McBrayer Firm Attorney
- **Equifax Workforce Solutions (EWS)**
- **Liberty Financial**, Allegations of repeat thefts.
- **Serv-Pro**, Incomplete mold remediation at 2321 Glenmary Avenue.

ORIGINAL

EXHIBIT C

DEFENDANTS LIST RELATED TO COLOR OF LAW VIOLATIONS

This exhibit identifies individuals, agencies, and entities alleged to have violated the Plaintiff's and Plaintiff's Child's rights under 18 U.S.C. § 242, also known as the "Color of Law" statute. The list includes actions taken under the authority of government roles or positions, which resulted in the deprivation of federally protected rights, discrimination, neglect, or other forms of systemic harm.

This document highlights:

1. Names and Roles: The specific individuals and their positions during the alleged violations.
2. Agencies Involved: The government entities responsible for oversight and policy enforcement.
3. Alleged Violations: A summary of actions that led to harm, including neglect, harassment, and malicious intent.
4. Connections to Claims: How each Defendant's actions are linked to the violations of Plaintiff's rights under federal law.

Purpose of the Exhibit

This exhibit supports claims for:

- Injunctive relief to halt ongoing violations.
- Punitive and compensatory damages for harm caused.
- Accountability and prosecution to the fullest extent of the law under 18 U.S.C. § 242.

BY FAX

Date: 2024-12-12

EXHIBIT C: DEFENDANTS LIST RELATED TO COLOR OF LAW

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

Case Title:

John R. Fouts, MBA ("Plaintiff" aka "JRF", "J.R.F."), and Jackie Fouts (a minor aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", "J.A.F.", "JAF", "Co-Plaintiff", "Child"), Plaintiffs,

v.

Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, and Other Named Defendants, Defendants – Action for Emergency Injunctive Relief, Permanent Restraining Order, Permanent Protective Order, Punitive and Compensatory Damages.

Plaintiff(s):
John R. Fouts, MBA, and Jackie A. Fouts (aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", J.A.F., JAF)

DEFENDANTS ACTING UNDER COLOR OF LAW

This list is submitted as part of the case and may be amended or supplemented as additional details are clarified or discovered.

State Officials Acting in Their Official Capacities (Subject to Immunity Exceptions)

1. **Andy Beshear**, Governor of Kentucky
   In his official capacity for systemic failures under the Cabinet for Health and Family Services (CHFS) and related agencies. Allegations include willful non-compliance with federal laws, including Section 1915(c) of the Social Security Act, Section 504 of the Rehabilitation Act, and other constitutional rights violations.
2. **Eric Friedlander**, Secretary, Cabinet for Health and Family Services (CHFS)
   In his official capacity for overseeing systemic violations and mismanagement leading to harm.
3. **Lucinda Lawrence et. al.**, Department of Community-Based Services (DCBS)
   In her official capacity for placing unlawful caps on medical expenses, refusing to count medical mileage, and ignoring allowable federal benefits under SNAP.

EXHIBIT C: DEFENDANTS LIST RELATED TO COLOR OF LAW

4. **Amanda Elliott et. al.**, Department of Medicaid Services (DMS)
   In her official capacity for knowingly denying services and failing to align with federal Medicaid regulations.
5. **Amanda Ritchey et. al.**, Department of Medicaid Services (DMS)
   In her official capacity for policy and procedural failures contributing to Plaintiff's harm.
6. **Ivy Sams et. al.**, Division of Policy and Operations (DPO)
   In her official capacity for obstructing waiver services and violating federal Medicaid law.

Agencies and Their Representatives (Liable for Federal Violations)

7. **Cabinet for Health and Family Services (CHFS) et. al.**
   Allegations: Systemic non-compliance with federal law, creating conditions of harm through its agencies and subdivisions.
8. **Department of Community-Based Services (DCBS) et. al.**
   Allegations: Neglect and violations in handling SNAP benefits, medical expense deductions, and other federally mandated protections.
9. **Department of Medicaid Services (DMS) et. al.**
   Allegations: Denial of services and unlawful policy interpretations affecting waiver benefits.
10. **Louisville Metro Housing Authority (LMHA) et. al.**
    Allegations: Mismanagement of housing vouchers, creating unsafe living conditions, and discriminatory practices.

Individual Defendants (Potential Personal Liability for Actions Beyond the Scope of Their Official Duties)

11. **Dr. Melissa Knuckles et. al.**
    Allegations: Defamation, Medicaid fraud, malicious intent to harm, and false narratives leading to damages.
12. **LeAnna Franklin et. al.**, The Marion House
    Allegations: Failure to provide services under Medicaid waiver programs, neglect, and endangerment.

EXHIBIT C: DEFENDANTS LIST RELATED TO COLOR OF LAW

13. **Jessica Jones et. al.**, The Ole Homeplace ADHC
    Allegations: Case management failures, neglect, and systemic harm.

14. **Zachary Grider et. al.**, The Ole Homeplace ADHC
    Allegations: Case management failures, neglect, and systemic harm.

15. **Brian Stocker, Sarah Mattingly, et. al.**, Property Management of Louisville (PMOFL)
    Allegations: Neglect of property management duties, creating unsafe living conditions, and tenant endangerment.

Federal Agencies and Entities

16. **Krystal Clark, USDA Food and Nutrition Services (FNS) et. al.**
    Allegations: Mishandling SNAP benefits and failure to adhere to federal law on allowable medical expenses.

17. **Centers for Medicare and Medicaid Services (CMS) et. al.**
    Allegations: Privacy violations and unauthorized checks of Equifax Workforce Solutions (EWS).

Other Defendants and Placeholder Parties

18. **Jane and John Does (1–125)**
    Placeholder for unknown individuals or entities whose actions contributed to the harm experienced by the Plaintiff and Plaintiff's Child.

Plaintiff reserves the right to amend the list as discovery progress or add to it.

ORIGINAL

EXHIBIT D

CONSTITUTIONAL VIOLATIONS

Exhibit D: Constitutional Violations

Introduction: This exhibit outlines specific constitutional violations committed against the Plaintiff, Mr. John R. Fouts, MBA, and Co-Plaintiff, Jack A. Fouts (minor), as identified in the motion and injunction filings.

(These violations are non-exhaustive and subject to amendment as discovery continues.)

BY FAX

EXHIBIT D: CONSTITUTIONAL VIOLATIONS

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1. First Amendment

- **Violation:** Retaliation for whistleblowing activities and advocacy for disability and civil rights.
    - **Details:** Suppression of Plaintiff's right to petition the government for grievances, including systemic disregard for complaints and whistleblower protections.
    - **Supporting Facts:** Demonstrated by ignored ADA complaints, non-compliance with federal laws, and documented retaliation by state agencies.
    - **Context:** The DOJ's findings on systemic violations by the Louisville Metro Police Department (LMPD) and its disregard for constitutional rights provide additional evidence of government retaliation and suppression of grievances (DOJ Report on LMPD https://www.justice.gov/opa/press-release/file/1573011/dl)

2. Fourth Amendment

- **Violation:** Unlawful surveillance and unreasonable searches.
    - **Details:** Repeated, unauthorized credit checks by state agencies, leading to undue harm to Plaintiff's privacy.
    - **Supporting Facts:** Evidence of credit checks without Plaintiff's consent.
    - **Context:** Similar systemic overreach is noted in the Breonna Taylor case findings, where misuse of surveillance techniques violated constitutional protections.
      (DOJ Findings: *https://www.justice.gov/opa/pr/current-and-former-louisville-kentucky-police-officers-charged-federal-crimes-related-death)*

3. Fifth Amendment

- **Violation:** Deprivation of due process and property rights.
    - **Details:** Denial of Medicaid benefits, SNAP benefits, and housing rights without due process.

EXHIBIT D: CONSTITUTIONAL VIOLATIONS

- **Supporting Facts:** Falsification of CPS reports and procedural neglect in administrative processes.
- **Context:** Transparency documents recently released by the DOJ and LMPD further highlight systemic failures in ensuring procedural justice and equal protection.

4. Eighth Amendment

- **Violation:** Cruel and unusual punishment.
  - **Details:** Systemic neglect and refusal to provide medically necessary care, resulting in severe physical and emotional suffering.
  - **Supporting Facts:** Documented worsening health outcomes due to care denial and administrative hurdles.
  - **Context:** DOJ investigations into Louisville highlight systemic negligence and harm caused by government institutions' failures to uphold constitutional rights.

5. Ninth Amendment

- **Violation:** Denial of fundamental rights not explicitly enumerated.
  - **Details:** Systemic interference with Plaintiff's ability to access essential healthcare and safety, violating basic human rights.
  - **Supporting Facts:** Denial of access to Medicaid-covered out-of-state treatments.

6. Thirteenth Amendment

- **Violation:** Involuntary servitude.
  - **Details:** Excessive administrative burdens requiring repeated proof of eligibility for benefits already established.
  - **Supporting Facts:** Repeated requirements to re-prove eligibility for Medicaid Waiver services and SNAP benefits.

EXHIBIT D: CONSTITUTIONAL VIOLATIONS

7. Fourteenth Amendment

- **Violation:** Denial of equal protection and due process.
  - **Details:** Targeted retaliation, systemic discrimination, and deprivation of rights without just cause.
  - **Supporting Facts:** Evidence of discriminatory practices in Medicaid Waiver programs and housing assistance.

Additional Context:

The findings announced by the **Department of Justice** on the **systemic violations by Louisville Metro Police Department are separate from the DOJ's ongoing civil rights investigation into Kentucky's compliance with the Americans with Disabilities Act (ADA).** Details of this investigation and associated community outreach are critical to understanding the broader pattern of systemic neglect.

- **DOJ Civil Rights Investigation into Kentucky's Mental Health Services:** https://www.justice.gov/opa/pr/justice-department-launches-civil-rights-investigation-kentucky-s-mental-health-service-0

- **Community Recommendations Submission:** Individuals may submit recommendations to address DOJ findings by email at Community.Louisville@usdoj.gov or by phone at 1-844-920-1460.

Reservation of Rights: This exhibit is non-exhaustive. Plaintiff reserves the right to amend or supplement this filing as additional evidence becomes available during discovery.

EXHIBIT D: CONSTITUTIONAL VIOLATIONS

References:

- Motion for Emergency Preliminary Injunction and Permanent Protective Orders
- Emergency Injunction and Permanent Protective Orders Filing
- **DOJ Report on LMPD Findings:**
  https://www.justice.gov/opa/press-release/file/1573011/download
- **DOJ Findings on Louisville Metro Police Department and Transparency Release:**
  https://www.justice.gov/opa/pr/justice-department-finds-civil-rights-violations-louisville-metro-police-department-and
- **Justice Department Launches Civil Rights Investigation into Kentucky's Mental Health Service System**
  https://www.justice.gov/opa/pr/justice-department-launches-civil-rights-investigation-kentucky-s-mental-health-service-0
- **DOJ Findings on Breonna Taylor Case:**
  https://www.justice.gov/opa/pr/current-and-former-louisville-kentucky-police-officers-charged-federal-crimes-related-death

End of Exhibit D

ORIGINAL

EXHIBIT E

CIVIL VIOLATIONS

Exhibit E: Civil Violations

Introduction: This exhibit outlines violations of civil statutes and regulations committed against the Plaintiff, Mr. John R. Fouts, MBA, and Co-Plaintiff, Jack A. Fouts (minor). These violations highlight systemic failures in adherence to federal laws and the harm caused by negligence, discriminatory practices, and intentional misconduct.

(This exhibit is non-exhaustive and subject to amendment as additional evidence is uncovered during discovery.)

BY FAX

EXHIBIT E: CIVIL VIOLATIONS

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1. Americans with Disabilities Act (ADA), Including the Olmstead Act

- **Violation:** Systemic denial of reasonable accommodations, access to services, and integration into the community in violation of disability rights.
  - **Details:**
    - Failure to provide community-based services.
    - Denial of reasonable accommodations, despite clear documentation of disabilities.
  - **Supporting Facts:** Denial of Medicaid Waiver benefits and refusal to provide out-of-state medical care when no in-state alternatives were available.

2. Section 504 of the Rehabilitation Act

- **Violation:** Discrimination in federally funded programs by failing to provide equal access and reasonable accommodations for a person with disabilities.
  - **Details:**
    - Systemic exclusion from necessary benefits and services.
    - Retaliation for seeking accommodations.
  - **Supporting Facts:** Records of denied housing benefits and restricted access to federally mandated programs.

3. Fair Credit Reporting Act (FCRA)

- **Violation:** Unlawful repeated credit checks by state and federal agencies without authorization, causing undue harm to Plaintiff's privacy and rights.
  - **Details:**
    - Repeated and unauthorized inquiries into Plaintiff's credit report.
    - Resultant financial and reputational harm.
  - **Supporting Facts:** Documentation of multiple unauthorized credit inquiries by state agencies.
  - **Relevant CFR:** 16 C.F.R. Part 602 (FCRA regulations).

EXHIBIT E: CIVIL VIOLATIONS

4. **Fair and Accurate Credit Transactions Act (FACTA)**

- **Violation: Failure to ensure proper handling of credit-related information.**
  - **Details:**
    - Mishandling and unauthorized access to credit-related data.
    - Resulting harm to Plaintiff's financial standing and privacy.
    - Supporting Facts: Evidence of improper credit checks and lack of safeguarding credit information.
    - Relevant CFR: 16 C.F.R. Part 681 (Identity Theft Red Flags Rule).

5. **Health Insurance Portability and Accountability Act (HIPAA)**

- **Violation:** Unauthorized disclosure and mishandling of Plaintiff's sensitive medical information
  - **Details:**
    - Sharing of medical records without consent.
    - Mishandling of confidential health information during investigations.
  - **Supporting Facts:** Evidence of breaches during state-administered investigations.
  - **Relevant CFR:** 45 C.F.R. Parts 160 and 164 (HIPAA Privacy and Security Rules).

5. Violence Against Women Act (VAWA)

- **Violation:** Systemic failures in federally funded housing programs (HUD/LMHA) to provide safety and security, placing Plaintiff and Plaintiff's child at risk.
  - **Details:**
    - Refusal to ensure safe housing.
    - Failure to address documented threats to safety.
  - **Supporting Facts:** Housing conditions documented as unsafe and detrimental to health.
  - **Relevant CFR:** 24 C.F.R. Part 5 (HUD regulations implementing VAWA protections).

EXHIBIT E: CIVIL VIOLATIONS

6. Social Security Act 1915(c)

- **Violation:** Denial of necessary Medicaid Waiver services, including home and community-based services mandated under federal law.
    - **Details:**
        - Refusal to provide critical services.
        - Discriminatory practices in administering Medicaid Waiver benefits.
    - **Supporting Facts:** Administrative records showing repeated denials of benefits despite eligibility.
    - **Relevant CFR:** 42 C.F.R. Part 441 (Medicaid Waiver regulations).

7. Federal Medicaid Regulations (Out-of-State Services)

- **Violation:** Denial of Medicaid coverage for out-of-state treatments where no in-state provider is available, directly contradicting federal Medicaid laws.
    - **Details:**
        - Refusal to approve medically necessary out-of-state care.
        - Resultant harm due to lack of access to specialists.
    - **Supporting Facts:** Denial of prior authorizations for essential out-of-state services.
    - **Relevant CFR:** 42 C.F.R. Part 431 (State Medicaid agency responsibilities).

8. Supremacy Clause Violations

- **Violation:** State actions and policies directly contradicting federal laws and regulations, demonstrating a lack of adherence to constitutional supremacy, both knowingly and willfully.
    - **Details:**
        - Enforcement of state policies that undermine federally mandated programs.

EXHIBIT E: CIVIL VIOLATIONS

- **Supporting Facts:** Examples include SNAP caps and restricted Medicaid access.

9. Transparency and Record Amendments

- **Violation:** Refusal to correct falsified records and withholding critical information.
  - **Details:**
    - Refusal to amend demonstrably false records.
    - Withholding information necessary for Plaintiff's defense and claims.
  - **Supporting Facts:** Repeated attempts to correct CPS and medical records denied without explanation.

10. Civil Rights Act Violations

- **Violation:** Discriminatory practices in public services and programs based on disability and socioeconomic status.
  - **Details:**
    - Systematic exclusion from federally funded programs.
    - Disparate treatment in housing and healthcare.
  - **Supporting Facts:** Evidence of systemic bias against disabled individuals in benefits administration.
  - **Relevant CFR:** 28 C.F.R. Part 42 (Coordination of enforcement of civil rights laws).

Reservation of Rights: This exhibit is not exhaustive and is subject to amendment as further evidence and violations are uncovered during discovery.

End of Exhibit E: Civil Violations

ORIGINAL

EXHIBIT F

CRIMINAL VIOLATIONS

Exhibit F: Criminal Violations

Introduction: This exhibit outlines specific criminal violations relevant to the Plaintiff's case, including violations of federal statutes such as the Racketeer Influenced and Corrupt Organizations Act (RICO), conspiracy statutes, and Color of Law provisions. These violations demonstrate a systemic pattern of misconduct, abuse of authority, and intentional harm.

(This exhibit is non-exhaustive and subject to amendment as discovery progresses.)

BY FAX

EXHIBIT F: CRIMINAL VIOLATIONS

1. Conspiracy Against Rights (18 U.S.C. § 241)

- **Violation:** Collusion between state agencies, healthcare providers, and other entities to deny Plaintiff access to medical care, benefits, or services.
  - **Details:**
    - Coordinated efforts to obstruct Plaintiff's access to federally mandated benefits.
    - Targeted retaliation for whistleblowing and advocacy efforts.
  - **Supporting Facts:** Documented instances of denial of Medicaid Waiver services and systemic delays in addressing grievances.

2. Conspiracy to Obstruct Justice (18 U.S.C. § 371)

- **Violation:** Coordination among state agencies, healthcare providers, or other entities to delay or obstruct Plaintiff's access to federally mandated benefits, medical treatments, or due process protections.
  - **Details:**
    - False CPS reports aimed at discrediting Plaintiff.
    - Administrative delays preventing timely access to hearings and appeals.
    - Example: State officials falsely claiming no IVIG appeal was submitted in 2024, despite documented evidence of submission and denial.
  - **Supporting Facts:** Evidence of falsified records and systemic obstruction of Plaintiff's rights.

3. Deprivation of Rights Under Color of Law (18 U.S.C. § 242)

- **Violation:** Abuse of authority by state and federal officials to deprive Plaintiff of federally protected rights.

EXHIBIT F: CRIMINAL VIOLATIONS

- **Details:**
  - Systematic retaliation against Plaintiff for exercising constitutional rights.
  - Use of administrative powers to obstruct access to benefits and services.
  - Example: Each mile of medical travel not counted toward SNAP benefits illustrates intentional deprivation of rights under the guise of legal authority.
- **Supporting Facts:** Documentation of retaliatory actions, discriminatory practices, and systemic failures to honor federal law.

4. Racketeer Influenced and Corrupt Organizations Act (RICO) (18 U.S.C. §§ 1961-1968)

- **Violation:** Pattern of racketeering activity involving fraud and corruption affecting interstate commerce.
  - **Details:**
    - Systematic denial of benefits and services as part of a coordinated effort.
    - Use of fraudulent tactics to harm Plaintiff's reputation and obstruct justice.
  - **Supporting Facts:** Evidence of a pattern of administrative abuse and intentional harm.

5. Obstruction of Justice (18 U.S.C. § 1503)

- **Violation:** Interference with Plaintiff's ability to seek redress through legal channels.
  - **Details:**
    - Refusal to process formal complaints.
    - Removal of hearings without Plaintiff's consent.
  - **Supporting Facts:** Documented administrative barriers and delays.

EXHIBIT F: CRIMINAL VIOLATIONS

6. Fraud and False Statements (18 U.S.C. § 1001)

- **Violation:** Intentional falsification of records and provision of false information.
  - **Details:**
    - Falsified CPS reports.
    - Misrepresentation of Plaintiff's medical conditions in public records.
    - Example: State misrepresentation regarding the IVIG appeal submitted in 2024.
  - **Supporting Facts:** Evidence of fabricated statements and altered records.

7. Retaliation Against a Witness, Victim, or Informant (18 U.S.C. § 1513)

- **Violation:** Retaliation against Plaintiff for whistleblowing and filing formal complaints.
  - **Details:**
    - Systemic denial of benefits following whistleblower activities.
    - Targeted actions to discredit and harm Plaintiff.
  - **Supporting Facts:** Documented evidence of retaliation by state agencies and healthcare providers.

8. Medicaid Fraud (42 U.S.C. § 1320a-7b)

- **Violation:** Fraudulent activities related to the administration of Medicaid benefits.
  - **Details:**
    - Falsified claims or improper denial of medically necessary treatments.
    - Systemic denial of coverage under false pretenses.
  - **Example:** Evidence of fraudulent actions denying IVIG treatment and other Medicaid-covered services.
  - **Supporting Facts:** Documentation of appeals and communications showing improper denial of services.

EXHIBIT F: CRIMINAL VIOLATIONS

9. Harassment and Intimidation (18 U.S.C. § 1512)

- **Violation:** Efforts to intimidate Plaintiff to prevent lawful advocacy or whistleblowing.
  - **Details:**
    - Verbal accusations of Munchausen's syndrome.
    - Threats to restrict Medicaid access to a single provider without just cause.
  - **Supporting Facts:** Documentation of phone calls and retaliatory actions from state officials.

10. Willful Endangerment and Neglect

- Violation: Deliberate actions and inactions placing Plaintiff and Plaintiff's child in harm's way.
  - Details:
    - Failure to provide safe housing and necessary medical care.
    - Allowing unsafe living conditions to persist.
  - Supporting Facts: Evidence of hazardous housing conditions and denial of medically necessary treatments.

Request for Prosecution: Plaintiff requests maximum prosecution to the fullest extent of the law for all individuals and entities involved in these violations. Each act represents a deliberate attempt to harm Plaintiff and Plaintiff's child, requiring full accountability under federal law.

Reservation of Rights: This exhibit is not exhaustive and is subject to amendment as additional evidence and violations are uncovered during discovery.

End of Exhibit F: Criminal Violations

ORIGINAL

EXHIBIT G

TORT VIOLATIONS

Exhibit G: Tort Violationss

Introduction: This exhibit outlines tort violations committed against the Plaintiff, Mr. John R. Fouts, MBA, and Co-Plaintiff, Jack A. Fouts (minor). These claims include negligence, intentional infliction of emotional distress, defamation, and other harms caused by the Defendants. Each violation highlights systemic failures, misconduct, and deliberate actions resulting in significant harm to the Plaintiffs.

(This exhibit is non-exhaustive and subject to amendment as discovery progresses.)

BY FAX

EXHIBIT G: TORT VIOLATIONS

1. **Negligence**

- **Claim:** Repeated failures by Defendants to exercise reasonable care, leading to harm.
    - **Details:**
        - Failure to provide medically necessary treatments and accommodations.
        - Negligent oversight of housing conditions, Medicaid services, and other critical benefits.
    - **Supporting Facts:**
        - Delays in processing Medicaid Waiver services and SNAP benefits.
        - Hazardous housing conditions contributing to environmental illness.

2. Medical Malpractice

- **Claim:** Failure of medical professionals to meet the standard of care, resulting in harm.
    - **Details:**
        - Refusal to provide necessary treatments such as IVIG, testosterone therapy, and oxygen therapy.
        - Dismissal of objective medical evidence of chronic conditions (e.g., small fiber neuropathy).
    - **Supporting Facts:**
        - Documented refusals from healthcare providers and denial of medically justified care.

3. Intentional Infliction of Emotional Distress

- **Claim:** Defendants' actions intentionally caused severe emotional distress to the Plaintiff.

EXHIBIT G: TORT VIOLATIONS

- **Details:**
  - Systemic retaliation through denial of benefits and false accusations (e.g., Munchausen's syndrome).
  - Creating administrative and legal barriers to accessing necessary care and benefits.
- **Supporting Facts:**
  - Evidence of targeted harassment, intimidation, and retaliatory administrative actions.

4. Defamation of Character

- **Claim:** False statements made by Defendants harmed Plaintiff's reputation.
  - **Details:**
    - Falsified CPS reports accusing Plaintiff of fabricating medical conditions.
    - Public and administrative misstatements aimed at discrediting Plaintiff's credibility.
  - **Supporting Facts:**
    - Documentation of defamatory statements in official records.

5. **Aiding and Abetting**

- **Claim:** Defendants actively assisted in the commission of harmful acts.
  - **Details:**
    - Coordination between state agencies and healthcare providers to obstruct access to care.
    - Allowing systemic negligence and fraud to persist, harming Plaintiff and Plaintiff's child.
  - **Supporting Facts:**
    - Evidence of complicity in administrative delays and false claims.

EXHIBIT G: TORT VIOLATIONS

6. Environmental Negligence

- **Claim:** Failure to address hazardous environmental conditions.
  - **Details:**
    - Exposure to mold, mycotoxins, and other harmful substances in Plaintiff's residence.
    - Negligent maintenance and remediation of unsafe living conditions.
  - **Supporting Facts:**
    - Reports from environmental testing (e.g., HERTSMI2) confirming hazardous conditions.

7. Breach of Duty to Provide Care

- **Claim:** Defendants failed in their legal and ethical duties to provide necessary care and support.
  - **Details:**
    - Denial of benefits and services mandated under federal law.
    - Failure to address documented medical needs and safety concerns.
  - **Supporting Facts:**
    - Records of denied treatments and appeals, despite clear medical necessity.

8. Malicious Intent to Harm

- **Claim:** Deliberate actions by Defendants to cause harm to Plaintiff and Plaintiff's child.
  - **Details:**
    - Systematic obstruction of access to care and benefits.
    - Falsified records and retaliatory actions targeting Plaintiff.

EXHIBIT G: TORT VIOLATIONS

- **Supporting Facts:**
  - Evidence of intent behind false CPS reports and administrative barriers.

9. Willful Neglect and Abandonment

- **Claim:** Intentional failure to fulfill duties, resulting in harm.
  - **Details:**
    - Abandonment of medical and administrative responsibilities.
    - Ignoring appeals and documented needs.
  - **Supporting Facts:**
    - Evidence of delayed responses and refusals to address critical issues.

10. Willful Endangerment

- **Claim:** Defendants knowingly placed Plaintiff and Plaintiff's child in harm's way.
  - **Details:**
    - Continued exposure to unsafe housing conditions despite repeated complaints.
    - Denial of medically necessary interventions leading to life-threatening health consequences.
  - **Supporting Facts:**
    - Documented evidence of environmental hazards and denied medical treatments.

11. Legal Malpractice and Ethical Violations (Lisa Hinkle)

- **Claim:** Plaintiff's legal representative failed to uphold professional and ethical standards, exacerbating harm.
  - **Details:**
    - Failure to file necessary motions and advocate effectively for Plaintiff.

EXHIBIT G: TORT VIOLATIONS

- Suggesting Plaintiff personally defend medical expenses line-by-line during hearings.
- Neglecting ADA accommodations and critical legal remedies (e.g., EPO or injunction filings).

- **Supporting Facts:**
  - Evidence of inaction and communications showing lack of advocacy.

12. Negligence by Oversight Boards (KBML)

- **Claim:** Failure of oversight bodies to act on complaints against medical professionals.
  - **Details:**
    - Refusal to investigate or discipline Dr. Knuckles despite documented complaints.
    - Ignoring retaliatory actions and baseless accusations (e.g., Munchausen's syndrome).
  - **Supporting Facts:**
    - Formal complaints and follow-up documentation showing lack of action by KBML.

Reservation of Rights: This exhibit is not exhaustive and is subject to amendment as additional evidence and violations are uncovered during discovery.

End of Exhibit G: Tort Violations

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:29:19 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image2-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 35 pages. You will only be billed for 30 pages.			

View Document

Cover: ADA and Fee Waiver Letter

ORIGINAL

Mr. John R. Fouts, MBA
2904 Sitka Dr. Apt. L29
Louisville, KY 40299

Email: fouts.john@gmail.com
Phone: 502.956.0052
Fax: 502.996.8246

FILED
DEC 18 2024
CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA
AMO
CV24-09325

Date: 2024-12-16

United States District Court
Clerk of Court
Northern District of California
Phillip Burton Federal Building & United States Courthouse
450 Golden Gate Avenue
San Francisco, CA 94102

Re: Request for ADA Accommodations and Fee Waiver

Case Title: John R. Fouts, MBA, and Jackie Fouts v. Commonwealth of Kentucky, et al.

Dear Clerk of Court,

I am submitting this letter to respectfully request accommodations under the **Americans with Disabilities Act (ADA)** and to request a waiver of court fees under my status as a pro se litigant. Due to my disabilities, including c-PTSD, severe anxiety, and chronic complex medical conditions such as Long Covid with microclots, CFS/ME, and more, I face significant barriers to managing traditional filing procedures.

ADA Accommodations Requested

1. **Permission to Use the ECF System:**
    - I request permission to electronically file documents (via the ECF system) for this case after it is initiated.

BY FAX

Cover: ADA and Fee Waiver Letter

- Electronic filing would significantly reduce the financial and logistical burdens caused by physical filing requirements.

2. **Written Communication for Court Correspondence:**

   - Due to the nature of my disabilities, I am unable to effectively manage phone communication. I respectfully request all communications from the court be provided in writing via email or mail.

Request for Fee Waiver

- I am submitting AO240A (Application to Proceed Without Prepaying Fees or Costs) as part of this filing. Due to my financial circumstances, which are directly tied to the events described in this case, I request that all court fees associated with this case be waived.

Conclusion

I deeply appreciate the court's understanding and support in considering these accommodations. These measures will allow me to participate fully and effectively in the legal process despite my disabilities.
Please do not hesitate to contact me via email or fax should any additional documentation or clarification be needed.

Sincerely,

John R. Fouts, MBA
Pro Se Plaintiff

Fax: 502.996.8246
Phone: 502.956.0052

Email: fouts.john@gmail.com | patientadvocacy@sfnlife.org

Attachments:

- AO240A: Application to Proceed Without Prepaying Fees or Costs

Date: 2024-12-16

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 07:52:45 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image3-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	2	**Cost:**	0.20

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AO 440 (Rev. 06/12) Summons in a Civil Action

UNITED STATES DISTRICT COURT

for the

Northern District of California

John R. Fouts, MBA ("Plaintiff" aka "JRF", "J.R.F."), and Jackie Fouts (a minor aka Jacquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", "J.A.F.", "JAF", "Co-Plaintiff", "Child")

Plaintiff(s)

v.

Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, and Other Named Defendants

Defendant(s)

AMO

cv24-09325

Civil Action No.

SUMMONS IN A CIVIL ACTION

To: *(Defendant's name and address)* Commonwealth of Kentucky,
Cabinet for Health and Family Services
Department of Community-Based Services,
and Other Named Defendants

See Exhibits A, B, and C attached for a comprehensive list of defendants, including names, addresses, and associated allegations.

A lawsuit has been filed against you.

Within 21 days after service of this summons on you (not counting the day you received it) or 60 days if you are the United States or a United States agency, or an officer or employee of the United States described in Fed. R. Civ. P. 12 (a)(2) or (3) — you must serve on the plaintiff an answer to the attached complaint or a motion under Rule 12 of the Federal Rules of Civil Procedure. The answer or motion must be served on the plaintiff or plaintiff's attorney, whose name and address are:

See Exhibits A, B, and C attached for a comprehensive list of defendants, including names, addresses, and associated allegations.

If you fail to respond, judgment by default will be entered against you for the relief demanded in the complaint. You also must file your answer or motion with the court.

CLERK OF COURT

Date: 12/13/2024

Signature of Clerk or Deputy Clerk

Civil Action No.

PROOF OF SERVICE

(This section should not be filed with the court unless required by Fed. R. Civ. P. 4 (l))

This summons for *(name of individual and title, if any)* _____

was received by me on *(date)* _____.

☐ I personally served the summons on the individual at *(place)* _____

_____ on *(date)* _____ ; or

☐ I left the summons at the individual's residence or usual place of abode with *(name)*

_____, a person of suitable age and discretion who resides there,

on *(date)* _____, and mailed a copy to the individual's last known address; or

☐ I served the summons on *(name of individual)* _____, who is

designated by law to accept service of process on behalf of *(name of organization)* _____

_____ on *(date)* _____ ; or

☐ I returned the summons unexecuted because _____ ; or

☐ Other *(specify)*:

My fees are $ _____ for travel and $ _____ for services, for a total of $ 0.00 .

I declare under penalty of perjury that this information is true.

Date: _____

_____
Server's signature

_____
Printed name and title

_____
Server's address

Additional information regarding attempted service, etc:

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PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:23:46 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image10-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	2	**Cost:**	0.20

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To accept charges shown below, click on 'Download Documents', otherwise click the 'Back' button on your browser.

Total Pages: 16
Total Cost: 1.60

Download Documents

PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:25:34 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image11-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	15	**Cost:**	1.50

PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:25:34 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image11-1	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	1	**Cost:**	0.10

Download Documents

Document Selection Menu

Select the document you wish to view.

Document Number:	☑	11	15 pages	2.7 MB
Attachment		**Description**	**Pages**	**Size**
☑	1	Notice of Eligibility for Video Recording	1 page	71.5 KB
View Selected or Download Selected			16 pages	2.7 MB

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

cand.uscourts.gov

NOTICE OF ELIGIBILITY FOR VIDEO RECORDING

This case is assigned to a judge who participates in the Cameras in Courtroom Pilot Project. See General Order 65 and cand.uscourts.gov/cameras. The parties' consent is required before any proceedings in this case may be recorded. If a party, the presiding judge, or a member of the media requests that a proceeding be recorded, consent of the parties will be presumed unless a party submits an Objection to Request for Video Recording form as directed by the Cameras in the Courtroom Procedures.

Parties objecting to video recording are asked, for research purposes, to communicate to the Court the reasons for declining to participate. If you decline to participate, you should candidly convey the reasons for your decision. Whether you agree to participate or decline to participate will have no effect on your case whatsoever.

Clerk, Clerk of Court

United States District Court
Northern District of California

UNITED STATES DISTRICT COURT

NORTHERN DISTRICT OF CALIFORNIA

JOHN R. FOUTS, et al.,

Plaintiffs,

v.

COMMONWEALTH OF KENTUCKY, et al.,

Defendants.

Case No. 24-cv-09325-AMO

ORDER TO SHOW CAUSE RE VENUE

Re: Dkt. Nos. 1, 4

Plaintiff John R. Fouts initiated this pro se action on behalf of himself and his minor child on December 18, 2024. ECF 1. That same day, he filed a motion for preliminary injunction, permanent restraining order, and permanent protective order. ECF 4. Fouts and his child are residents of Kentucky who suffer from multiple medical conditions. *Id.* at 3. Fouts alleges dozens of statutory and constitutional violations against myriad Kentucky and federal agencies stemming from, among other things, alleged failure to receive social security checks and prescription drugs by mail, exposure to mold and other hazardous conditions in Fouts's dwelling and subsequent inability to obtain adequate medical care, as well as being subject to an improper Child Protective Services investigation, all in Kentucky. *See id.* at 8-35.

The Federal Rules of Civil Procedure provide that a civil case may be brought in (1) a judicial district in which any defendant resides, if all defendants are residents of the State in which the district is located; (2) a judicial district in which a substantial part of the events or omissions giving rise to the claim occurred, or a substantial part of property that is the subject of the action is situated; or (3) if there is no district in which an action may otherwise be brought as provided in this section, any judicial district in which any defendant is subject to the court's personal jurisdiction with respect to such action. 28 U.S.C. § 1391(b).

If venue is improper, a district court "shall dismiss, or if it be in the interest of justice, transfer such case to any district or division in which it could have been brought." 28 U.S.C. § 1406(a). Courts may *sua sponte* raise improper venue if the defendant has not filed a responsive pleading and the parties are provided with an opportunity to respond to the issue. *Costlow v. Weeks*, 790 F.2d 1486, 1488 (9th Cir. 1986). "Venue is determined at the time the action is commenced." *Haney v. United Airlines, Inc.*, 2016 WL 11576197, at *1 (N.D. Cal. Aug. 3, 2016) (citations omitted). Plaintiffs bear the burden of demonstrating that venue is proper. *See Piedmont Label Co. v. Sun Garden Packing Co.*, 598 F.2d 491, 496 (9th Cir. 1979).

From reviewing Fouts's Complaint and Motion, it appears venue does not properly lie within this District. Fouts has listed the following as defendants: Commonwealth of Kentucky; Kentucky Cabinet for Health and Family Services; Kentucky Department for Medicaid Services; Louisville Metro Housing Authority; Property Management of Louisville; Centers for Medicare and Medicaid Services; Equifax Workforce Solutions; Norton Healthcare, Inc.; Baptist Health Louisville; The Marion House; The Ole Homeplace ADHS; Access ADHS Adult Day Healthcare LLC; Bloom Elementary School; USDA Food and Nutrition Services; and Does 1-125. ECF 2. While Fouts indicated venue is proper in this Court because "at least one defendant is located in this District and any other defendants are located in California," ECF 1 at 3, Fouts has neither listed a California address for any defendant nor otherwise alleged that any defendant resides here. Moreover, no events or omissions giving rise to Fouts's claims are alleged to have occurred in California, much less this District. Fouts's bare assertion that the Western District of Kentucky is not a suitable venue "due to [the] inability [to] have an unbiased and impartial experience," ECF 5 at 2, does not suffice to show venue is proper here.

Accordingly, Fouts is **ORDERED TO SHOW CAUSE** why this action should not be dismissed or transferred due to improper venue. By **January 23, 2025**, Fouts must file a response **no longer than five pages** explaining why venue in the Northern District of California is proper. Alternatively, Fouts may consent to transfer the case to a proper venue. If Fouts does not file a response by January 23, 2025, this case will be dismissed with prejudice.

Additionally, Fouts is advised that resources are available for parties who are representing

themselves in the Northern District of California. The Court encourages all self-represented litigants to consult with the Federal Pro Bono Project (sometimes also called the Legal Help Center), though this is optional. To schedule an appointment with the Legal Help Center, email fedpro@sfbar.org or call (415) 782-8982. The Northern District of California website also has various resources available, including a Pro Se Handbook about how to represent oneself in court. These resources are available online at: https://www.cand.uscourts.gov/pro-se-litigants/.

IT IS SO ORDERED.

Dated: December 23, 2024

ARACELI MARTÍNEZ-OLGUÍN
United States District Judge

United States District Court
Northern District of California

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PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:51:24 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image12-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	3	**Cost:**	0.00
The document you requested is 3 pages and there is no charge for viewing opinions.			

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UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

Case Title:
John R. Fouts v. Commonwealth of Kentucky, et al., Defendants

Case No.:
24-cv-09325-AMO

EXHIBIT:

UNIFIED DEFENDANTS LISTING

(CLARIFIED CONSOLIDATED EXHIBIT)

This document consolidates all named defendants from Exhibits A, B, and C and additional parties identified as relevant to this case. It provides a unified reference to clarify the record and to support the correction of procedural errors in the filing. This list is organized by category and includes defendants acting under color of law, state agencies, individuals acting in official capacities, federal agencies, non-governmental entities acting under color of law, and other named defendants.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

I. Color of Law Defendants

Government Officials and Agencies

1. **Andy Beshear**
    - Role: Governor of Kentucky
    - Allegations: Oversight failures related to CHFS, DCBS, and DMS, and other agencies, entities, and individuals in the state, resulting in systemic harm.
2. **Eric Friedlander**
    - Role: Secretary, CHFS
    - Allegations: Management of unlawful Medicaid caps, denial of ADA accommodations, refusal to allow medical expense deductions over $35 to be considered in calculations pertaining to SNAP and USDA-FNS CFR listings for a disabled individual and disabled household, and systemic procedural violations.
3. **Cabinet for Health and Family Services (CHFS)**
    - Allegations: Systemic discrimination, procedural obstruction, failure to uphold USDA-FNS law at state level per US CFR, and failure to uphold Medicaid, ADA, and Rehabilitation Act obligations, along with misrepresentation of truths and character.
4. **Department of Community-Based Services (DCBS)**
    - Allegations: Mismanagement of SNAP benefits, unlawful benefit caps, and denial of ADA accommodations, along with multiple misrepresentations of truths and character.
5. **Department of Medicaid Services (DMS)**
    - Allegations: Procedural delays, denial of essential care, and failure to process Medicaid appeals and IVIG requests, violations of Social Security Act Section 1915(c) further outlined in detail in case.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

6. **Louisville Metro Housing Authority (LMHA)**
    - Allegations: Delays and procedural failures in voucher processing, unsafe housing conditions, and lack of timely responses, or responses at all at times pertaining to information critical to security and safety of Plaintiffs.

Federal Agencies and Representatives Acting Under Color of Law

1. **Housing and Urban Development (HUD)**
    - Allegations: Failure to oversee LMHA and enforce compliance with federal housing regulations.
2. **Frank McNeil**
    - Role: Director, Louisville HUD Field Office
    - Allegations: Negligence in addressing procedural delays and unresponsiveness to voucher inquiries.
3. **Centers for Medicare and Medicaid Services (CMS)**
    - Allegations: Privacy violations through excessive Equifax Workforce Solutions checks and failure to enforce Medicaid compliance.
4. **USDA Food and Nutrition Services (FNS)**
    - Allegations: Mishandling of SNAP benefits and failure to count medical expenses as required by federal regulations.

Individuals Acting in Official Capacities Under Color of Law

1. **Deborah Gilbert**
    - Role: Director, LMHA
    - Allegations: Oversight of procedural delays and mismanagement of housing voucher processes.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

2. **Rose McCarty**
    - Role: LMHA Employee
    - Allegations: Administrative delays and procedural negligence.
3. **Irina Bassett**
    - **Role:** LMHA Employee, took place of Rose McCarty as LMHA Case Manager
    - **Allegations:** Procedural barriers to housing access and failure to adequately address or answer questions on a timely basis when time is especially of the essence with the housing choice voucher program. Plaintiffs not notified of case manager change at LMHA thus leading to even further delays and harm due to housing delays and insecurity and lack of safety.
4. **Dionne Hopson**
    - **Role:** Initial Processor, LMHA Housing Voucher Application
    - **Allegations:** Arbitrary rejection of application without providing information as to how to move forward and failure to provide proper guidance. Failure to provide information on how to contact Director while also stating Director was only one who could help. Obstruction and transparency, willfully endangering and abandoning Plaintiffs.
5. **Tracy Bell**
    - **Role:** LMHA, Supervisor for Vouchers at Louisville Metro Housing Authority
    - **Allegations**: Failure to resolve or address issues related to “lost” voucher. Plaintiff attempted to get help when Mainstream Voucher was "lost" for he and his child.
6. **Mark Roseberry**
    - Role: HUD Representative, LMHA Ombudsman
    - Allegations: Procedural delays in addressing critical housing needs, and resolving complaints / issues / inspection-related and more. Ignoring repeat communications, obstruction, and transparency concerns.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

7. **Amanda Ritchey**

   - **Role**: DMS Official, CHFS, DPO (Dept of Policy and Operations)
   - **Allegations**: Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights.

8. **Lucinda Lawrence**

   - **Role:** DCBS-CHFS – Family Support Specialist III
   - **Allegations:** Repeat violation of denial of federally entitled benefits including medical expense deductions – with mileages being denied, and expenses relevant and applicable to USDA-FNS Medical Expense Deduction CFR law being denied repeatedly – causing financial harm, undue burden, involuntary servitude – Plaintiff has been forced to repeatedly submit information and data going FAR ABOVE AND BEYOND what is normally required, only for expenses to be denied repeatedly, misrepresentation of truth and of character of Plaintiff / Defamation, making misrepresentations of actual facts. Placing illegal caps on medical expense deductions, trying to state that Plaintiff is forced to have a standard deduction when that is not what federal law says, not calculating SNAP benefits correctly, obstruction of justice, due process violations, collusion, racketeering, conspiracy, RICO, refusal to transparently disclose which expenses are considered and which are not, failure to correct errors repeatedly, many hundreds/thousands of miles for medical travel remain unaccounted for, and more.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

9. **Jennifer Chalk (Jennifer.Chalk@ky.gov)**

    - **Role:** KY Ombudsman's Office

    - **Allegations:** Jennifer Chalk - KY Ombudsman's Office – Failure to follow or adhere to federal law with regard to USDA-FNS Medical Expense Deductions and SNAP/ESAP for Disabled. States That Medical Expenses From the Future Cannot Be Calculated Regarding Expense Deductions Because I Did Not Note Them Prior To Them Occurring.

10. **Zach Grider (zgrider@theolehomeplaceashc.com)**

    - **Role:** Case Manager, The Ole Home Place (Waiver Services Provider and Case Management)

    - **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights.

11. **Jessica Jones (jjones@theolehomeplaceashc.com)**

    - **Role:** Case Manager, The Ole Home Place (Waiver Services Provider and Case Management)

    - **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

12. Makayala McCloud (mmcloud@theolehomeplaceashc.com)

- **Role:** Case Manager Supervisor, The Ole Home Place (Waiver Services Provider and Case Management)

- **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights. Failure to respond to communication. Transparency, obstruction, and more.

13. Sibal Khakiyeva (sibal.khakiyeva@accesscasemanagement.com)

- **Role:** Case Manager, Access AHDC Adult Health Day Center LLC (Waiver Services Provider and Case Management)

- **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights. Failure to respond to communication. Transparency, obstruction, and more, including illegal caps of waiver services, and a false rule that Medicaid Waiver recipients are only allowed to access one item at a time sequentially, and failing to provide information relating to transparency of record of Plaintiff – denying access to denied claims, and contact information and reasons as to why claims are denied etc..., obstruction of justice, obstruction of process, denial of federal guaranteed rights, conspiracy, RICO, and more.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

14. Samir Music (samir.music@accesscasemanagement.com)

- **Role:** Case Manager Supervisor, Access AHDC Adult Health Day Center LLC (Waiver Services Provider and Case Management)

- **Allegations:** Upholding federal illegal state level mandates. Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights. Failure to respond to communication. Transparency, obstruction, and more, including illegal caps of waiver services, and a false rule that Medicaid Waiver recipients are only allowed to access one item at a time sequentially, and failing to provide information relating to transparency of record of Plaintiff – denying access to denied claims, and contact information and reasons as to why claims are denied etc..., obstruction of justice, obstruction of process, denial of federal guaranteed rights, conspiracy, RICO, and more.

15. Kristy Brandenburg (samir.music@accesscasemanagement.com)

- **Role:** DAIL / DPO / DMS, Connection To Access AHDC Adult Health Day Center LLC (Waiver Services Provider and Case Management)

- **Allegations:** Upholding federal illegal state level mandates. Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights. Failure to respond to communication. Transparency, obstruction, and more, including illegal caps of waiver services, and a false rule that Medicaid Waiver recipients are only allowed to access one item at a time sequentially, and failing to provide information relating to transparency of record of Plaintiff – denying access to denied claims, and contact information and reasons as to why claims are denied etc..., obstruction of justice, obstruction of process, denial of federal guaranteed rights, conspiracy, RICO, and more.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

16. LeAnna Franklin (lfranklin@themarionhouseadhc.com)

- **Role:** Attendant Care Coordinator – The MarionHouse.com / The Marion House ADHC
- **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, Failure to respond to communication. Transparency, obstruction, and more.

17. The Marion House

- **Role:** Waiver Services Provider - The Marion House (Waiver Services Provider and Case Management)
- **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, Failure to respond to communication. Transparency, obstruction, and more.

18. The Ole Home Place

- **Role:** Waiver Services Provider - The Ole Home Place (Waiver Services Provider and Case Management)
- Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights. Failure to respond to communication. Transparency, obstruction, and more.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

19. **Amanda Elliott**

- **Role**: DMS Official, CHFS, DPO (Dept of Policy and Operations)
- **Allegations**: Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights, conspiracy, RICO, more.

20. Sara Wicker

- **Role:** Citizen Assistance Specialist, Commonwealth Office of the Ombudsman
- **Allegations:** Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights, conspiracy, RICO, more. Denying benefits for which Plaintiff and child are legally entitled to.

21. **Ivy Sams**

- **Role**: DMS Official, CHFS, DPO (Dept of Policy and Operations)
- **Allegations**: Procedural barriers to accessing Medicaid services and Waiver services, failure to provide transparent information, obstructing access to medical necessary goods and services, failing to assist in resolving errors and inconsistencies based on information provided to Plaintiffs by this Defendant, mishandled benefit requests. Knowingly denying federally guaranteed rights. Conspiracy, RICO, etc... Knowingly and repeatedly denying benefits and ensuring Plaintiff does not receive federally entitled benefits and rights under law. Willful endangerment and abandonment.

22. **Erin Bickers**

- **Role**: DMS Official

23. **Tara Cecil**

- **Role**: Citizen Assistance Specialist, Quality Advancement Branch, Office of the Ombudsman and Administrative Review
- **Allegations:** Lies on record and proven with written documentary evidence (with regard to IVIG) which the state also has acted harmfully toward in my case. Also ignores many pertinent questions that required immediate answers thus leading to furthering harm to Plaintiffs. Obstruction of Justice, Due Process Violations, Conspiracy, RICO, other...

24. **CHFS Listens (Contact Point for CHFS - Ombudsman)**

- **Allegations**: Failed to respond to ADA-related grievances and procedural violations, to follow federal law, to ensure that sub-agencies overseen by CHFS follow federal law, and knowingly and willfully harm and endanger Plaintiffs repeatedly.

25. **KY Ombudsman's Office**

- **Allegations**: Failed to resolve grievances related to systemic harm caused by CHFS and other agencies, refusing even to allow me to know even the first name of the person I am corresponding with.

26. **Christopher (Chris) Wisecup – CHFS Ombudsman**

- **Role**: CHFS Listens, Ombudsman's Team
- **Allegations:** Failure to resolve the issues involved in Plaintiff's Case clearly outlined by federal law, transparency, obstruction, and more.

27. KYOAG (kyoagor@ky.gov)

- **Role:** Kentucky Office of the Attorney General (KYOAG)

- **Allegations:** Multiple failures to act, lack of transparency, obstruction of justice by inactions taken with knowledge of harm caused to Plaintiffs on multiple occasions.

28. Stephanie Presley (stephanie.presley@ky.gov)

- **Role:** Stephanie C Presley - Office of Administrative Hearings / Administrative Specialist Senior – Paralegal

- **Allegations:** Provided an unlawful rationalization for why hearings I created were removed without knowledge or consent of Plaintiff. Hearings removed that were separate from other hearings but noted as duplicates even though falsely notated as such. Obstruction of Justice, Due Process Violations, etc...

29. Andrew Pettit (Office of Administrative Hearings Branch)

- **Role:** Andrew Pettit - Office of Administrative Hearings / Administrative Specialist Senior – Paralegal

- **Allegations:** Removed multiple hearing requests Plaintiff had posted without communicating anything to Plaintiff, without Plaintiff's knowledge or consent, and without any communication noting such actions. Lack of transparency, obstruction of justice, conspiracy, RICO, etc.

30. Commonwealth Office of Technology (COT)

- **Role: Commonwealth Office of Technlogoy (C.O.T.) et. al.**

- **Allegations:** COT - Unable to correct IT Systems Issues leaving Plaintiff and child without access to critical information involving multiple timelines affecting multiple areas of subject matter addressed in this case. Issues still remain unresolved over a year post discovery with no resolution in sight or seemingly possible involving as an example, access to Plaintiff's child's health/insurance information previously available via KY IT systems, ongoing harm perpetuation, and other.

31. Commonwealth Service Desk (commonwealthservicedesk@ky.gov)

- **Role:** Commonwealth Service Desk

- **Allegations:** Inability to provide services to correct issues with regard to COT and other groups. Obstruction, transparency, ongoing harm perpetuation, and other.

32. **Diane Barbour**

- **Role:** Hearings Administrative Officer

- **Allegations:** Obstruction of Justice, Due Process Violations, not siding with federal law, conspiracy, RICO, etc.

33. Mia Anderson (mia.anderson@kipda.org)

- **Role:** KIPDA (Kentucky Regional Planning and Development Agency (KIPDA) & KYNECTOR

- **Allegations:** Refused Referral To Area Agency on Aging and Independent Living and refused to assist Plaintiff and Plaintiff's child with vast majority of things asked, obstruction, transparency issues, conspiracy, RICO, etc...
  Very unhelpful coordinator / KYNECTOR. Also, KY somehow lost the information that she is my KYNECTOR in my online account

and I had to go through extra steps to reattach her to the kynect account for me and my child. Seems that the loss of her information being tied to my account was not the result of an accident. Obstruction, transparency, conspiracy, RICO, and more

34. Division of Program Integrity (dmsweb@ky.gov)

- **Role:** DMS Web -- Contact Email for Department of Medicaid Services in KY with regard to Division of Program Integrity for Department of Medicaid Services

- **Allegations:** The Program Integrity Division is responsible for:
  - Guarding against fraud, abuse and deliberate misuse of Medicaid program benefits by individual providers and recipients
  - Ensuring that Medicaid recipients receive necessary medical care at a level of quality consistent with that available to the general population;
  - Assuring provider and recipient compliance with federal and state Medicaid rules and regulations;

  - Plaintiff states for the record that DMS and the Division of Program Integrity has failed at all levels, instead of guarding against fraud and abuse and ensuring participant / Plaintiff, receives necessary medical care at a level of quality consistent with that available to the population, instead, DMS has worked hard in conjunction with other state agencies to ensure that protected rights are not honored with regard to Plaintiff, ensuring that Plaintiff receives care far below that of the general population, and continually violating federal Medicaid law, rules and regulations without regard to ongoing permanent irreparable harm caused to Plaintiffs by these actions.

35. Kevin McManis (kevin.mcmanis@ky.gov)

- **Role:** Department of Protection and Advocacy – Protect adults and children from abuse.

- **Allegation:** Kevin McManis ignored communication from Plaintiff or responded in ways such as to tell the Plaintiff that the DPA would not be interested in helping Plaintiff and child with abusive situations and abuses by the state / Commonwealth of Kentucky and related entities, agencies, and individuals.

36. CPS – Child Protective Services

- **Role:** Child Protective Services – Protect Children From Abuse.

- **Allegation:** False accusations of Munchausen By Proxy, misrepresentations of truth and reality, defamation of character, total falsifications and even recommendations by Norton Pediatric Protective Services at one point to take child away from father based on totally falsified statements when objective medical gold standard testing data existed in child's health records. Slander / libel, obstruction of justice, causing ongoing – to this day – trouble accessing appropriate care for child and Plaintiff. Transparency and obstruction. Plaintiff not notified for 2 years about report that had been opened against him (CPS) – only notified by worker closing the case. Plaintiff told the case had been closed after meeting with Megan Clark and her substantiating several pieces of data provided by Plaintiff. Still, much falsified information remains in the report that the Plaintiff needs to have corrected, removed, or destroyed. Plaintiff has been told there is no way to do so, no way to create an addendum, no way to create any additions or amend anything in any way violating due process rights, and additionally creating more undue burden, and more involuntary servitude issues, and more.

37. Megan Clark

- **Role:** CPS – Child Protective Services

- **Allegation:** False accusations of Munchausen By Proxy, misrepresentations of truth and reality, defamation of character, total falsifications and even recommendations by Norton Pediatric Protective Services at one point to take child away from father based on totally falsified statements when objective medical gold standard testing data existed in child's health records. Slander / libel, obstruction of justice, causing ongoing – to this day – trouble accessing appropriate care for child and Plaintiff. Transparency and obstruction. Plaintiff not notified for 2 years about report that had been opened against him (CPS) – only notified by worker closing the case. Plaintiff told the case had been closed after meeting with Megan Clark and her substantiating several pieces of data provided by Plaintiff. Still, much falsified information remains in the report that the Plaintiff needs to have corrected, removed, or destroyed. Plaintiff has been told there is no way to do so, no way to create an addendum, no way to create any additions or amend anything in any way violating due process rights, and additionally creating more undue burden, and more involuntary servitude issues, and more.

38. <u>Cleveria House</u>

- **Role** – CPS Supervisor

- **Allegation** – Failure to communicate at all – will not respond to communication requests, and requests to state of Kentucky are met with unresponsiveness as wel – due process violations, constitutional rights violations, and obstruction, transparency, conspiracy, etc...

39. <u>Dr. Melissa Knuckles</u>

- **Role** -- Dermatologist

- **Allegation** – False accusations of Plaintiff being labeled as Munchausen's Syndrome despite scores of pages of medical objective evidence to the contrary over a period of 15 years from institutions such as Mayo Clinic, Washginton University in St. Louis (now called Barnes-Jewish Hospital), the Tampa International Center for RSD, etc. Defamation of Character, and more.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

40. Kentucky Board of Medical Licensure

- **Allegation:** Failure to take action despite the behaviors and treatments of Plaintiff by Dr. Melissa Knuckles – total lack of action by the KBML – and lack of any procedural way to appeal decision made or action not taken by the Board.

41. Jiordan Griffin

- **Role:** Eligibility & Enrollment Branch Manager, CHFS
- **Allegations:** Mishandling Medicaid processes, causing harm.

Non-Governmental Entities Acting Under Color of Law

1. **Norton Healthcare, Inc. – Including but not limited to: Norton Brownsboro Hospital ER, Dr. Sheridan Langford of Norton Children's Medical Group Germantown and Dr. V. Mahajan of Norton Children's Medical Group Broadway as well as Norton Pediatric Protection Services, Norton Children's Hospital Psychiatric ER**
   - **Allegations:**
     1. Denial of emergency care tied to Medicaid funding obligations.
     2. Refusal to correct falsified medical records.
     3. Refusal to provide access to appropriate care of complex conditions
     4. Causing delays in care due to false statements in medical records, and creating an environment of distrust and mistrust damaging Plaintiff and child relationships with providers and facilities completely unjustified and falsely
     5. Falsification of medical records
     6. Medical malpractice
     7. Medical neglect

8. Defamation of character
9. Incorrect and incomplete medical records

2. **Baptist Health Louisville – Including Dr. Michael Eli Pendleton**
    - **Allegations:**
        1. Failure to provide adequate care under federally funded healthcare requirements.
        2. Failure to expeditiously and appropriately correct medical records containing provider false statements about Plaintiff and defamatory character assassination.
        3. Causing delays in care due to false statements in medical records, and creating an environment of distrust and mistrust damaging Plaintiff and child relationships with providers and facilities completely unjustified and falsely.
        4. Defamation of character
        5. Medical neglect
        6. Inaccurate representations of reality / fact
        7. Incomplete medical record / inaccurate
3. **The Ole Home Place**
    - Allegations: Mismanagement of services tied to federally funded programs.
4. **2nd Home AHDC Adult Day Healthcare**
    - Allegations: Mismanagement of attendant care services – not providing consistent, English Speaking, punctual, employees who are there for the recipient of said services.
5. **Access AHDC Adult Day Healthcare LLC**
    - Allegations: Failure to meet federally funded Medicaid program obligations.
6. **Property Management of Louisville (PMOFL)**
    - Allegations: Unsafe living conditions under federally funded public housing programs.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

7. **Bloom Elementary School (JCPS) – Including Dr. Jack Jacobs, Jessica Whitmer – Administrator, Jonathan Kempf – 5th Grade Homeroom Teacher, Crystal Walts-Paulin 5th Grade Teacher, Jamie Craven – 5th Grade Teacher, Joanna Webb – Attendance Clerk et. al.**
    - Allegations: Failure to provide federally mandated accommodations for educational services.

II. State Agencies and Entities

1. **Commonwealth of Kentucky**
   Address: 700 Capitol Avenue, Suite 100, Frankfort, KY 40601
   Contact: Governor Andy Beshear (in official capacity)

2. **Cabinet for Health and Family Services (CHFS)**
   Address: 275 East Main Street, Frankfort, KY 40621
   Contact: Secretary Eric Friedlander

3. **Department of Community-Based Services (DCBS)**
   Address: 275 East Main Street, Frankfort, KY 40621
   Contact: Lucinda Lawrence

4. **Department of Medicaid Services (DMS)**
   Address: 275 East Main Street, Frankfort, KY 40621
   Contact: Amanda Elliott, Amanda Ritchey, Ivy Sams, Erin Bickers

5. **Louisville Metro Housing Authority (LMHA)**
   Address: 600 South Seventh Street, Louisville, KY 40203
   Contact: Tracy Bell (Supervisor), Deborah Gilbert (Director)

6. **Equifax Workforce Solutions (EWS)**
   Address: 11432 Lackland Road, St. Louis, MO 63146

7. **Norton Healthcare, Inc.**
   Address: 200 E Chestnut St, Louisville, KY 40202
   Contacts: Norton Children's Medical Group, Norton Children's Hospital ER

8. **Baptist Health Louisville**
   Address: 4000 Kresge Way, Louisville, KY 40207
   Contacts: Dr. Michael Eli Pendleton, Dr. A. Murphy

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

9. **The Marion House**
   Address: 135 E MARTIN LUTHER KING AVENU
   LEBANON Kentucky 40033
   Contacts: LeAnna Franklin, Heather Gosser

10. **The Ole Homeplace ADHC**
    Address: 306 CAMPBELLSVILLE ST COLUMBIA Kentucky 42728.
    Contacts: Jessica Jones, Makayla McCloud, Zachary Grider

11. **Access ADHC Adult Day Healthcare LLC**
    Address: 912 Dupont Rd, Louisville, KY 40207
    Contacts: Sibal Khakiyeva, Samir Music, Samir Kambarov, Yailen Suarez

12. **2nd Home AHDC**
    Address: 2ND HOME ADULT DAY HEALTH CARE LBN 2ND HOME ADULT DAY HEALTH CARE LLC. 2432 REGENCY RD STE 200. LEXINGTON, KY 40503-3046.
    Contacts: Lauren Flatgard

13. **Educational Institutions**

    - Bloom Elementary School, JCPS
      Address: 1627 Lucia Ave. Louisville, KY 40204
      Contacts: Principal Dr. Jack Jacobs, Jonathan Kempf (Teacher), Crystal Walts-Paulin (Teacher), Jamie Craven (Teacher), Jessica Whitmer (Administrator) Joanna Webb (Attendance Clerk)

14. **Property Management of Louisville (PMOFL)**
    Address: 1815 Frankfort Avenue, Louisville, KY 40206
    Contacts: Brian Stocker (Principal), Sarah Mattingly, Chad Guelda, Cullen Jones, Jerry Perchik, and current owner of 2321 Glenmary Ave property, Louisville, KY 40204.

15. **Louisville Metro Housing Authority (LMHA)**
    Address: 600 South Seventh Street, Louisville, KY 40203
    Contact: Tracy Bell (Supervisor), Deborah Gilbert (Director)

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

Federal Agencies and Entities and Other

1. **Centers for Medicare and Medicaid Services (CMS)**
   Address: 7500 Security Boulevard, Baltimore, MD 21244
   Contact: General Administrator

2. **Health and Human Services (HHS)**
   Address: 200 Independence Ave., SW Washington, DC 20201

3. **United States Department of Agriculture – Food and Nutrition Services (USDA-FNS)**
   Address: Braddock Metro Center II 1320 Braddock Place Alexandria, VA 22314

4. **Housing and Urban Development**
   Address: 451 7th Street, SW, Washington, DC 20410

5. **Equifax Workforce Solutions (EWS)**
   Address: 11432 Lackland Road, St. Louis, MO 63146

---

8. **Jane and John Does (1-125):**

   Unidentified individuals, entities, or agencies who, upon discovery, will be named for their involvement in or responsibility for the actions, omissions, and violations described in this case, including but not limited to violations of federal, state, and constitutional laws.

Note:
This list has been prepared to the best of Plaintiff's ability under extreme duress and physical disability and mental disabilities. It is not totally exhaustive, and additional parties or details may be added as the case develops.

UNIFIED DEFENDANTS LISTING
(CLARIFIED CONSOLIDATED EXHIBIT)

Footer Note:

This Unified Defendants Listing consolidates information from Exhibits A, B, and C submitted on December 12, 2024. It is intended to assist the Court in addressing procedural errors outlined in the accompanying motion.

John R. Foote

Date: 2024-12-30

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:48:51 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image13-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	22	**Cost:**	2.20

View Document

To accept charges shown below, click on 'View Document', otherwise click the 'Back' button on your browser.

Total Pages: 33
Total Cost: 3.30

View Document

PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:53:05 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image14-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	3	**Cost:**	0.30

PACER Service Center			
Transaction Receipt			
Thu Jan 9 08:53:05 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image14-1	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 76 pages. You will only be billed for 30 pages.			

View Document

Document Selection Menu

Select the document you wish to view.

Document Number:	☑	14	3 pages	81.3 KB
Attachment		**Description**	**Pages**	**Size**
☑	1	Exhibit ADA ACCOMODATION REFUSALS AND OTHER	76 pages	9.0 MB
View Selected or Download Selected			79 pages	9.0 MB

MOTION TO COMPEL COMPLIANCE WITH ADA ACCOMMODATIONS AND COMMUNICATION STANDARDS

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA
John R. Fouts v. Commonwealth of Kentucky, et. al.
Case No.: 24-cv-09325-AMO

MOTION TO COMPEL COMPLIANCE WITH ADA ACCOMMODATIONS AND COMMUNICATION STANDARDS

Introduction

Pursuant to the ***Americans with Disabilities Act (ADA)*** and ***Federal Rules of Civil Procedure*, *Plaintiff respectfully moves the Court to compel the Commonwealth of Kentucky and its associated agencies and representatives to comply with federally mandated ADA accommodations, specifically regarding the provision of all communications in writing via email and/or fax, in addition to traditional mail.***

Statement of Facts

1. ***Plaintiff is a person with disabilities*** as defined under ***Title II of the ADA and SSA Title II***.

2. ***Plaintiff has repeatedly requested that the Defendants provide communications in accessible formats, specifically via email or fax, due to cognitive limitations, accessibility needs, and documented issues with the reliability of mail delivery from Defendants.***

3. ***Defendants have explicitly refused to comply with these requests, stating they will only communicate via traditional mail.***

Issues with Traditional Mail

- Delays and suspicious irregularities in the receipt of critical documents from Defendants.

- Plaintiff's inability to respond in a timely manner due to delayed delivery or non-receipt of mailed communications.

MOTION TO COMPEL COMPLIANCE WITH ADA ACCOMMODATIONS AND COMMUNICATION STANDARDS

- The physical and cognitive strain required to track and organize mailed communications under time constraints.

- The inability physically sometimes for Plaintiff to be able to make it physically to the post office in the event mail is sent as certified mail, which it inconsistently is by agencies of the Commonwealth of Kentucky, et. al.

- Patient lives at an apartment complex, therefore, if mail is sent as certified, it is always delayed by at least one day. Mail does not arrive at the same time every day, and the Plaintiff does not live at the centrally located apartment complex mailbox area. This will generally always result in at least a 1 day delay, and often more as an example if the mail is attempted to be delivered on a Saturday, and then the Post Office is closed on Sundays, and there is no way to receive the certified mail in that case, in the event it was sent certified to begin with.

- There is evidence of mail being tampered with, and packages being opened.

- There is also not a good way of record to record specific information being sent or received via traditional mail, and fax and email ensure that integrity and honesty are facilitated.

Legal Basis

1. The ADA guarantees individuals with disabilities the right to reasonable accommodations to ensure equal access and effective communication.

2. The refusal to provide communications via email or fax constitutes a violation of Title II of the ADA, and is further evidence of the state's ongoing refusal to follow federal law without accountability or consequence, and actors in their individual capacities for the entities for who they represent.

See Exhibit: **EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES**

MOTION TO COMPEL COMPLIANCE WITH ADA ACCOMMODATIONS AND COMMUNICATION STANDARDS

Request for Relief

Plaintiff respectfully, please, requests that the Court issue an order compelling Defendants to:

1. Provide all communications, notices, and responses via email and/or fax, in addition to mailing, to ensure timely and accessible delivery.

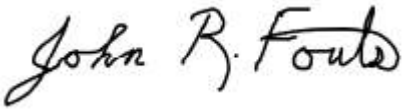
2. Include confirmation of delivery via email or fax to document compliance.

Conclusion

The refusal of Defendants to comply with reasonable accommodations is not only a violation of federal law but also creates significant barriers to Plaintiff's ability to participate in these proceedings and to advocate for their fundamental rights.

Plaintiff respectfully requests the Court's immediate intervention to ensure compliance and protect Plaintiff's rights under the ADA.

Respectfully submitted,



John R. Fouts, MBA
2904 Sitka Dr. L29
Louisville, KY 40299
Email: Fouts.John@gmail.com
Fax: 502.996.8246
Phone: 502.956.0052 [Text Only Please]

cc:
File
amocrd@cand.uscourts.gov
ecfhelpdesk@cand.uscourts.gov

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

EXHIBIT

ADA-ACCOMODATION-REFUSAL-EXAMPLES

This exhibit lists, presently, a number of examples of agencies of the Commonwealth of Kentucky, et. al, defendants', and agencies within the state, and individuals acting in their capacities, refusing to honor the ADA Accommodations, and various other laws and the file also contains requests sent to multiple agencies asking for all communication to be in written form. This list is not all-inclusive, and the Plaintiff reserves the right to add or amend as case progresses.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Gmail John Fouts <fouts.john@gmail.com>

Re: Touching Base

1 message

John Fouts <fouts.john@gmail.com> Tue, Dec 3, 2024 at 10:39 AM
To: Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com>
Cc: Yailen Suarez <yailen.suarez@accesscasemanagement.com>, Samir Music <samir.music@accesscasemanagement.com>

I just received a phone call but did not answer from Sam. I have specifically requested written communication because my PTSD is extremely exacerbated by many conditions that involve a multitude of rights violations by Kentucky agencies, and other agencies and/or entities. This is my right and it is protected under the Americans With Disabilities Act. Thank your or letting me know about the SCD request. Can you please give me a timeline of when you received the order from my doctor, when you processed it on your end, and any other action steps taken? What about for the methylene blue, red light therapy, and other items? Please let me know, in writing, as soon as possible. Thank you Sibal.

John

p.s. I hope you had a good restful Thanksgiving weekend and the days off were relaxing for you.

John R. Fouts, MBA
Fax: 502.996.8246
Email: Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

On Tue, Dec 3, 2024 at 10:25 AM Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com> wrote:

> Good Morning John,
>
> I took some time off last week, I want to update you that the SCD request is currently pending with Medicaid and regarding the written communication concern, my supervisors will be reaching out to you today to discuss it in more detail.
>
> Best Regards,

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

ACCESSCARE

Sibal Khakiyeva

Case Manager

Access Care ADHC

Email: sibal.khakiyeva@accesscasemanagement.com

Cell: (813)679-3004

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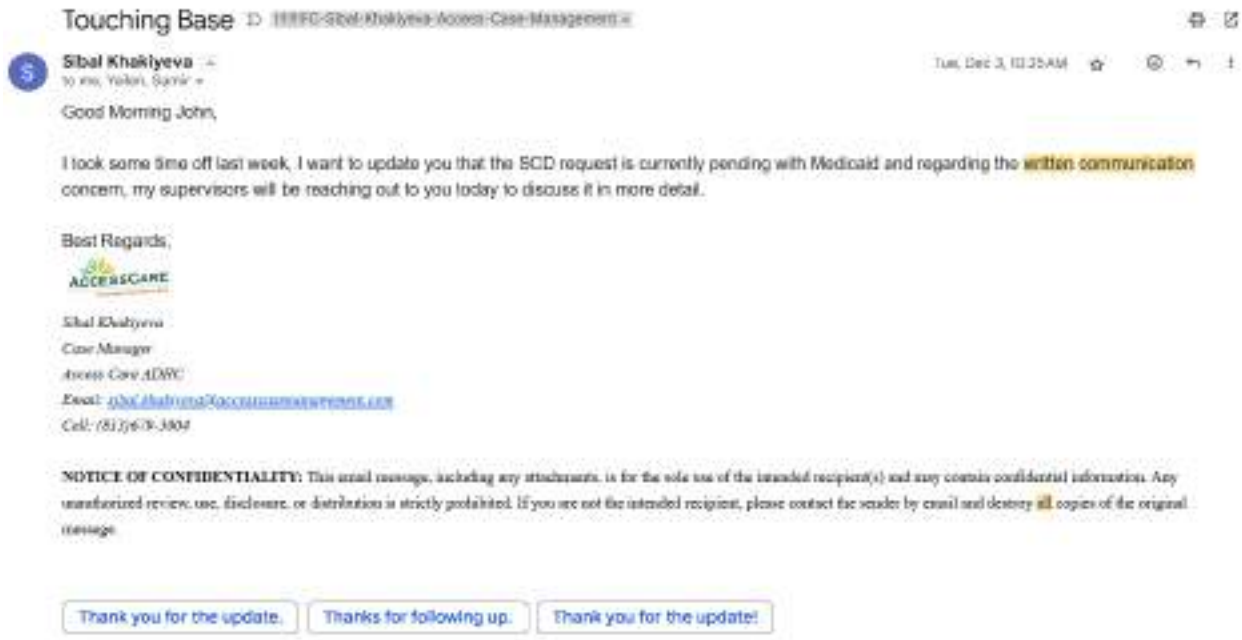
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



Touching Base

Sibal Khakiyeva

Good Morning John,

I took some time off last week, I want to update you that the SCD request is currently pending with Medicaid and regarding the written communication concern, my supervisors will be reaching out to you today to discuss it in more detail.

Best Regards,

ACCESSCARE

Sibal Khakiyeva
Case Manager
Access Care ADRC
Email: sibal.khakiyeva@accesscaremanagement.com
Cell: (812)630-3804

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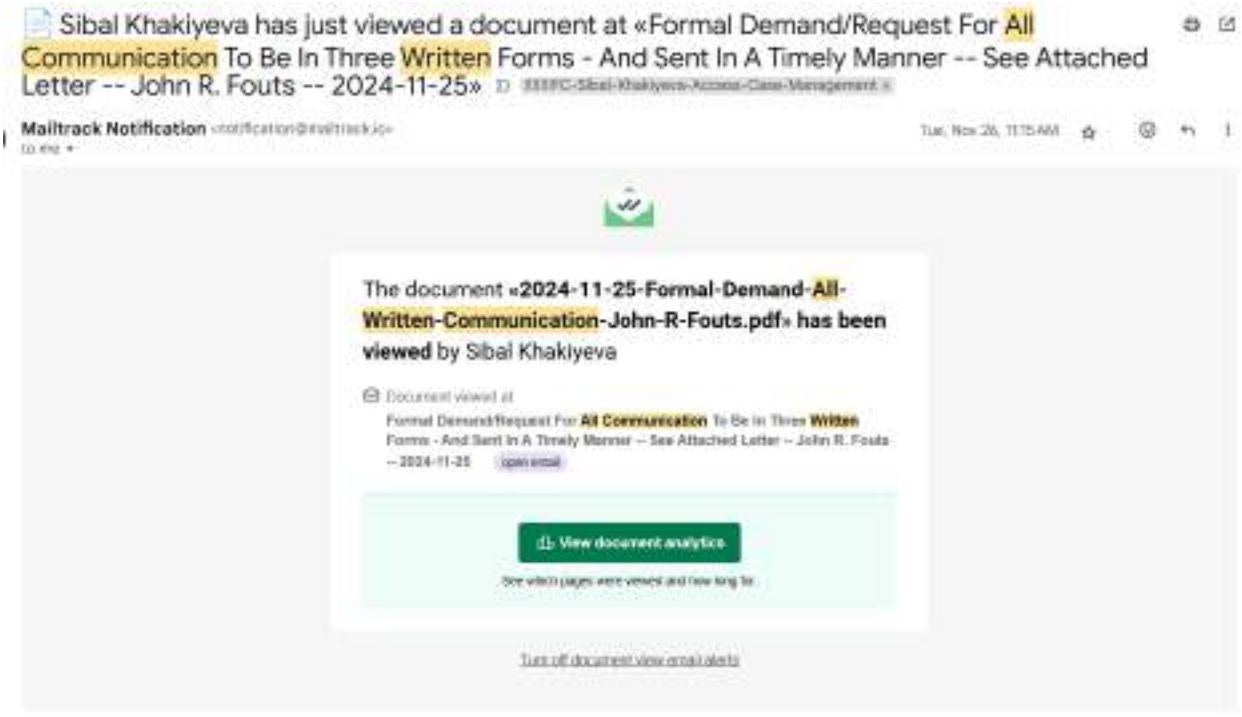
Thank you for the update. | Thanks for following up. | Thank you for the update!



Sibal Khakiyeva has just viewed a document at «Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25»

Mailtrack Notification

The document «2024-11-25-Formal-Demand-All-Written-Communication-John-R-Fouts.pdf» has been viewed by Sibal Khakiyeva

Document viewed at
Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25 open email

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EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25

Recipients	Commonwealth Office of Ombudsman, Office of Governor Beshear, CHFS Listens, Ritchey, Amanda (CHFS DMS DPQI), Elliott, Amanda (CHFS DMS DPQI), Kentucky HBE Contact Center, Medicaid Waiver Help Desk - KY, Sams, Ivy (CHFS DMS DPQI), Bickers, Erin L (CHFS DMS), Zachary Grider, Gilad Khaklyeva, Cline, Maddyson (CHFS DMS DCAI), Kentucky CHFS Open Records Center, CHFS OATS DSS KOG Helpdesk, U. S. Senator Rand Paul, Whitney Peters, CHFS Listens, CHFS OATS DMS Medicaid Partner Portal Info, Commonwealth Office of Ombudsman, Office of Governor Beshear,
Send date	Nov 25, 2024 at 4:46 PM
Activity	87 opens 17 PDF views

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Email Delivery Certificate generated by Mailsuite

From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25
Message ID	<a9f90551-d2fd-a6e0-4304-c055f7da5564@gmail.com>
Delivered on	25 Nov, 2024 at 4:46 PM
Delivered to	Commonwealth Office of Ombudsman <kyombud@ky.gov>, <govoffice@ky.gov>, Office of Governor Beshear <governor.constituentservices@ky.gov>, CHFS Listens <CHFS.Listens@ky.gov>, <dmsweb@ky.gov>, <chfs.dms@ky.gov>, <ombudsman@ky.gov>, Ritchey, Amanda (CHFS DMS DPO) <Amanda.Ritchey@ky.gov>, Elliott, Amanda (CHFS DMS DPO) <Amanda.Elliott@ky.gov>, <DCBS.Center@ky.gov>, <MedicaidPublicInquiry@ky.gov>, <CHFS.DMS@ky.gov>, <Ombudsman@ky.gov>, <CivilRights@usdoj.gov>, <OCRComplaint@hhs.gov>, <SecAzar@hhs.gov>, <ADACompliance@hhs.gov>, <OfficeoftheAttorneyGeneral@ky.gov>, <LegalAid@lsc.gov>, <Feedback@cms.hhs.gov>, Mitchell, Stephanie (CHFS DMS DPQO) <smitchell@ky.gov>, Kentucky HBE Contact Center <kentuckyhix2@mailfg.custhelp.com>, Medicaid Waiver Help Desk - KY <1915cwaiverhelpdesk@ky.gov>, <dmsweb@ky.gov>, Sams, Ivy (CHFS DMS DPO) <ivy.sams@ky.gov>, Bickers, Erin L (CHFS DMS) <erin.bickers@ky.gov>, Zachary Grider <zgrider@theolehomeplaceadhc.com>, <attorney.general@ky.gov>, <hearings.branch@ky.gov>, <info@fbi.gov>, <info@teamkennedy.com>, Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com>, Cline, Maddison (CHFS DMS DCA) <Maddison.Cline@ky.gov>, Kentucky CHFS Open Records Center <chfsky@govqa.us>, CHFS OATS DSS KOG Helpdesk <KOGhelpdesk@ky.gov>, <press@ndrn.org>, U. S. Senator Rand Paul <senator@paul.senate.gov>, Whitney Petters <whitneypetters@yahoo.com>, <zach@theolehomeplaceadhc.com>, CHFS Listens <CHFS.Listens@ky.gov>, CHFS OATS DMS Medicaid Partner Portal Info <MedicaidPartnerPortal.Info@ky.gov>, Commonwealth Office of Ombudsman <kyombud@ky.gov>, Office of Governor Beshear <governor.constituentservices@ky.gov>, <govoffice@ky.gov>

Tracking history

- **Opened** on 18 Dec, 2024 at 1:38 PM by attorney.general@ky.gov
- **Opened** on 16 Dec, 2024 at 2:13 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 16 Dec, 2024 at 2:13 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 2:24 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 2:24 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 2:13 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 2:13 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 2:06 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 2:00 PM by Ritchey, Amanda (CHFS DMS DPO)
- **Opened** on 10 Dec, 2024 at 1:59 PM by Ritchey, Amanda (CHFS DMS DPO)

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Opened on 10 Dec, 2024 at 1:59 PM by Ritchey, Amanda (CHFS DMS DPO)

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C/ Córcega 301, At. 2.
08008 Barcelona - España

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Opened on 9 Dec, 2024 at 10:23 AM by Ritchey, Amanda (CHFS DMS DPO)
Opened on 9 Dec, 2024 at 10:19 AM by Ritchey, Amanda (CHFS DMS DPO)
Opened on 5 Dec, 2024 at 10:20 AM by attorney.general@ky.gov
Opened on 4 Dec, 2024 at 3:41 PM by attorney.general@ky.gov

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

PDF viewed on 3 Dec, 2024 at 9:42 AM by sibal.khakiyeva@accesscasemanagement.com

Opened on 2 Dec, 2024 at 11:47 AM by Office of Governor Beshear

Opened on 26 Nov, 2024 at 4:47 PM by one of the recipients

Opened on 27 Nov, 2024 at 9:01 AM by Office of Governor Beshear

Opened on 26 Nov, 2024 at 1:38 PM by attorney.general@ky.gov

PDF viewed on 26 Nov, 2024 at 12:13 PM by whitneypetters@yahoo.com

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PDF viewed on 26 Nov, 2024 at 11:15 AM by sibal.khakiyeva@accesscasemanagement.com

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PDF viewed on 26 Nov, 2024 at 10:55 AM by MedicaidPartnerPortal.Info@ky.gov

PDF viewed on 26 Nov, 2024 at 10:53 AM by MedicaidPartnerPortal.Info@ky.gov

Opened on 26 Nov, 2024 at 10:53 AM by CHFS OATS DMS Medicaid Partner Portal Info

Opened on 26 Nov, 2024 at 10:07 AM by CHFS Listana

Opened on 26 Nov, 2024 at 9:49 AM by Commonwealth Office of Ombudsman

PDF viewed on 26 Nov, 2024 at 9:45 AM by kyombud@ky.gov

PDF viewed on 26 Nov, 2024 at 9:44 AM by kyombud@ky.gov

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Opened on 26 Nov, 2024 at 9:25 AM by Commonwealth Office of Ombudsman

Opened on 26 Nov, 2024 at 9:25 AM by Commonwealth Office of Ombudsman

Opened on 26 Nov, 2024 at 9:04 AM by CHFS Listens

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Opened on 26 Nov, 2024 at 8:34 AM by Zachary Calder

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Opened on 26 Nov, 2024 at 8:13 AM by Mitchell, Stephanie (CHFS DMS DPGO)

Opened on 26 Nov, 2024 at 8:09 AM by Office of Governor Beshear

Opened on 26 Nov, 2024 at 8:04 AM by Cline, Maddison (CHFS DMS DCA)

Opened on 26 Nov, 2024 at 8:03 AM by Cline, Maddison (CHFS DMS DCA)

Opened on 26 Nov, 2024 at 7:56 AM by Kentucky HBE Contact Center

PDF viewed on 26 Nov, 2024 at 7:47 AM by erin.bickers@ky.gov

Opened on 26 Nov, 2024 at 7:47 AM by Bickers, Erin L (CHFS DMS)

Opened on 26 Nov, 2024 at 7:01 AM by Commonwealth Office of Ombudsman

Opened on 26 Nov, 2024 at 1:02 AM by press@ndrn.org

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Page 4/5

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

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Opened on 25 Nov, 2024 at 8:41 PM by press@ndm.org

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Opened on 25 Nov, 2024 at 4:47 PM by press@ndm.org

Opened on 25 Nov, 2024 at 4:47 PM by press@ndm.org

PDF viewed on 25 Nov, 2024 at 4:47 PM by smitchell@ky.gov

Opened on 25 Nov, 2024 at 4:46 PM by Mitchell, Stephanie (CHFS DMS DPQO)

PDF viewed on 25 Nov, 2024 at 4:46 PM by senator@paul.senate.gov

PDF viewed on 25 Nov, 2024 at 4:46 PM by kyombud@ky.gov

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Opened on 25 Nov, 2024 at 4:46 PM by U. S. Senator Rand Paul

PDF viewed on 25 Nov, 2024 at 4:46 PM by OfficeoftheAttorneyGeneral@ky.gov

Opened on 25 Nov, 2024 at 4:46 PM by OfficeoftheAttorneyGeneral@ky.gov

PDF viewed on 25 Nov, 2024 at 4:46 PM by chfs.dms@ky.gov

Opened on 25 Nov, 2024 at 4:46 PM by chfs.dms@ky.gov

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

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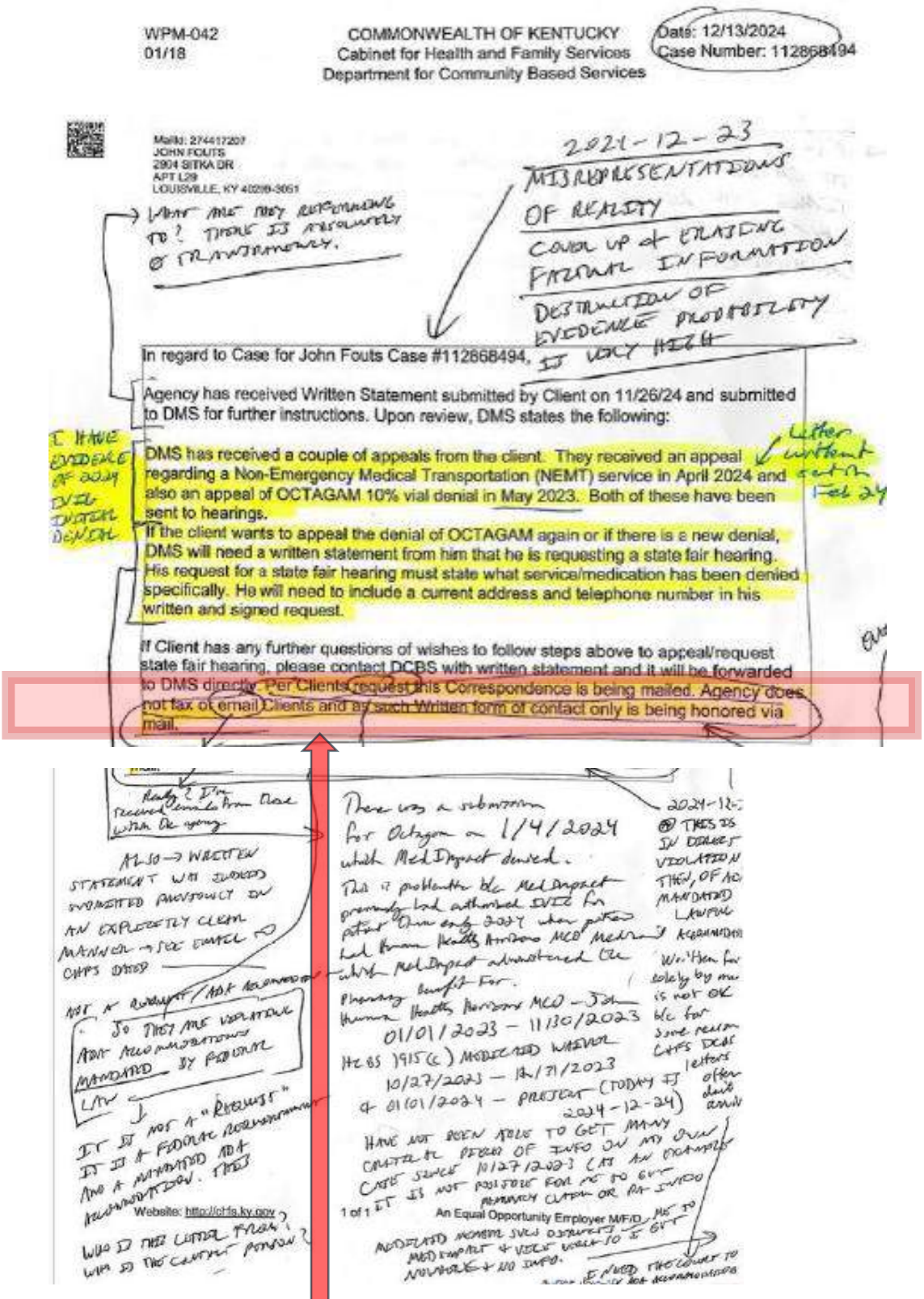
EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



WPM-042
01/18

COMMONWEALTH OF KENTUCKY
Cabinet for Health and Family Services
Department for Community Based Services

Date: 12/13/2024
Case Number: 112668494

Mailid: 274417207
JOHN FOUTS
2904 SITKA DR
APT L29
LOUISVILLE, KY 40216-3061

WHAT ARE THEY RESPONDING TO? THERE IS REGULARLY OF TRANSPARENCY.

2024-12-23
MISREPRESENTATIONS OF REALITY
COVER UP & FRAUDULENT FACTUAL INFORMATION
DESTRUCTION OF EVIDENCE PROBABILITY IS VERY HIGH

In regard to Case for John Fouts Case #112668494,

Agency has received Written Statement submitted by Client on 11/26/24 and submitted to DMS for further instructions. Upon review, DMS states the following:

I HAVE EVIDENCE OF 2024 EVIL INTENT DENIAL

DMS has received a couple of appeals from the client. They received an appeal regarding a Non-Emergency Medical Transportation (NEMT) service in April 2024 and also an appeal of OCTAGAM 10% vial denial in May 2023. Both of these have been sent to hearings.

Letter written Feb 24

If the client wants to appeal the denial of OCTAGAM again or if there is a new denial, DMS will need a written statement from him that he is requesting a state fair hearing. His request for a state fair hearing must state what service/medication has been denied specifically. He will need to include a current address and telephone number in his written and signed request.

If Client has any further questions of wishes to follow steps above to appeal/request state fair hearing, please contact DCBS with written statement and it will be forwarded to DMS directly. Per Clients request this Correspondence is being mailed. Agency does not fax or email Clients and as such Written form of contact only is being honored via mail.

Website: http://chfs.ky.gov

An Equal Opportunity Employer M/F/D

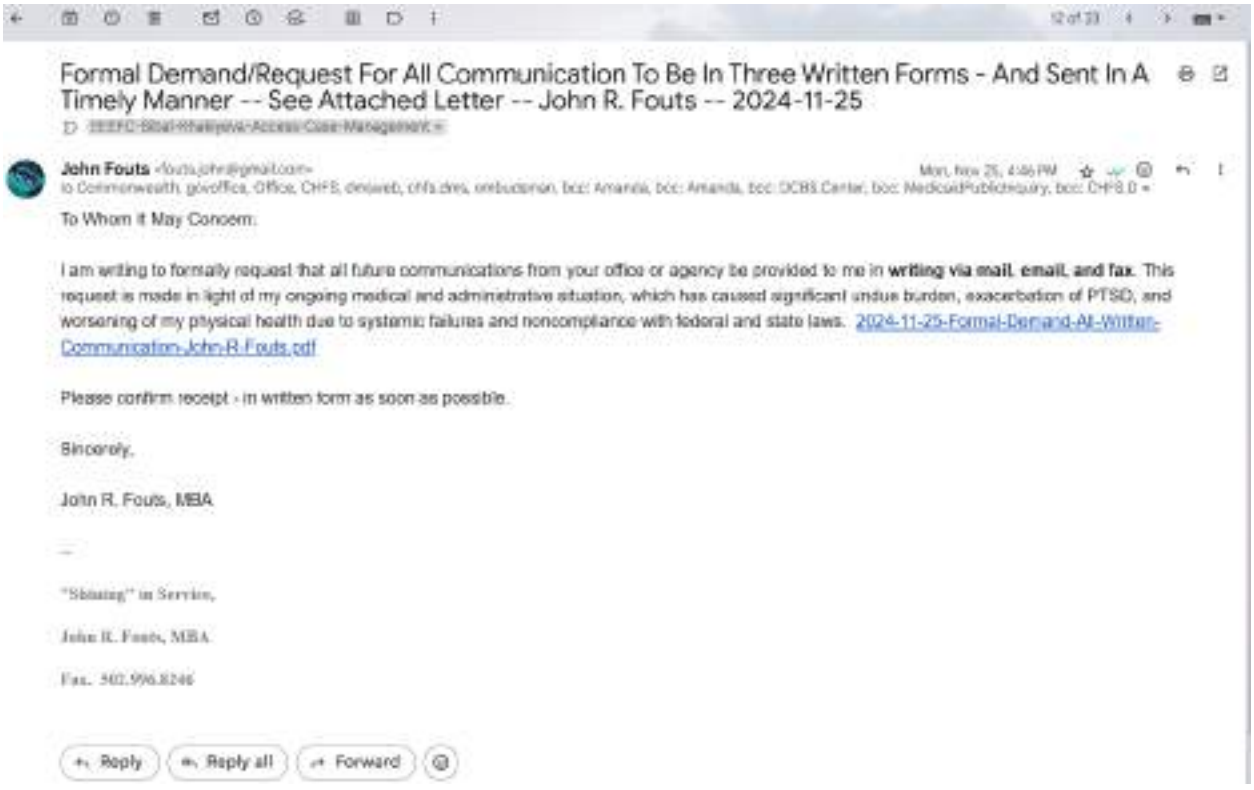
ABOVE, LET THE RECORD SHOW, DEFENDANTS STATE "PER CLIENT'S REQUEST THIS CORRESPONDENCE IS BEING MAILED. AGENCY DOES NOT FAX OR EMAIL CLIENTS AND AS SUCH WRITTEN FORM OF CONTACT IS HONLY BEING HONORED VIA MAIL DESPITE ADA ACCOMMODATIONS

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

THE END OF 2024 IS ALSO WHEN I WAS NO LONGER ABLE TO GET INFO FOR FREE

→ FAX IS ALSO BEING REQUESTED IN ADDITION TO EMAIL TO HAVE SOLID EVIDENCE OF DATES & TIMES FOR RECEIPT & DELIVERY & SO I HAVE ABSOLUTE CONFIRMATION OF 2 WAY COMMUNICATION.

BELOW – PLEASE FIND THE LETTER WRITTEN TO STATE AGENCIES AND DELIVERED AS PER THE DELIVERY CERTIFICATE INFORMATION. THE EMAIL TO ALL WAS THE SAME, AND CONTAINED THE ATTACHEED FILE THAT I HAVE DISPLAYED THE CONTENTS OF BELOW THE EMAIL



Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25

John Fouts <fouts.john@gmail.com> Mon, Nov 25, 4:46 PM

to Commonwealth, govoffice, Office, CHFS, dmsweb, chfs.dms, ombudsman, bcc: Amanda, bcc: Amanda, bcc: DCBS Center, bcc: MedicaidPublicInquiry, bcc: CHFS.D

To Whom it May Concern:

I am writing to formally request that all future communications from your office or agency be provided to me in **writing via mail, email, and fax**. This request is made in light of my ongoing medical and administrative situation, which has caused significant undue burden, exacerbation of PTSD, and worsening of my physical health due to systemic failures and noncompliance with federal and state laws. 2024-11-25-Formal-Demand-All-Written-Communication-John-R-Fouts.pdf

Please confirm receipt - in written form as soon as possible.

Sincerely,

John R. Fouts, MBA

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Reply Reply all Forward

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

2024-11-25

Subject: Formal Request for Written Correspondence Only – Severe Harm and Federal Law Violations – John R. Fouts – 2024-11-25

To Whom It May Concern:

I am writing to formally request that all communications with me be conducted **exclusively in writing**. This includes correspondence sent via **mail, email, and fax** to ensure a reliable, documented record of all interactions. This request is based on the following critical points:

1. **Accountability for Federal Law Violations**

   Kentucky has failed to comply with **Section 1915(c) of the Social Security Act**, **Olmstead v. L.C.**, **Section 1983 of Title 42 of the U.S. Code repeatedly over a vast amount of time**, and other federal statutes requiring the provision of services, treatments, and accommodations necessary for individuals with disabilities.

   Despite repeated submissions of federal laws and supporting documentation by both myself and Kentucky's own exhibits, the state continues to engage in willful neglect, criminal conduct, and willful endangerment.

2. **Severe Permanent Harm and Irreparable Damage**

   The ongoing violations of federal law have caused severe, irreparable harm, including **advancing brain atrophy, permanent physical damage, and worsening mental health conditions such as PTSD**. These violations constitute **cruel and unusual punishment**, as well as violations of the **14th Amendment (equal protection and due process)** and **8th Amendment (protection against cruel and unusual punishment)** of the U.S. Constitution.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

3. **Willful Endangerment and Neglect**

Kentucky's refusal to adhere to federal law and its continued denial of medically necessary treatments, goods, and services—despite evidence from myself and treating physicians—represents **willful endangerment**.

This refusal, coupled with repeated delays in communication and denials of coverage, puts my life at imminent risk. Kentucky has no regard for my life or my health or the health of my child.

4. **Formal Requirement for Written Correspondence**

To protect my health and document the state's ongoing actions, I require immediately all communications to be sent via:

- **Mail**:
  Mr. John R. Fouts, MBA
  2904 Sitka Dr. Apt. L29
  Louisville, KY 40299
- **Email**:
  Fouts.John@gmail.com (cc: patientadvocacy@sfnlife.org)
- **Fax**:
  502.996.8246

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

5. **Inadequacies of Current Systems**

   - **Portal Issues**: The state's online system frequently fails to display notices and messages in a timely manner, or I am not even able to access the system for weeks at a time or months at a time for some information despite multiple outreaches to many departments within Kentucky state level government.

   - **Mail Delays**: Important documents, including notice of exhibits for a November 21, 2024 hearing, were received two days after the hearing on November 23, 2024, so I did not even see them until 2 days after the hearing.

   - **Email and Fax**: Ensuring multiple delivery methods will mitigate these failures and hold all parties accountable for adherence to legal obligations at the federal and state levels.

Conclusion and Demand for Accountability

This request is made under my rights granted by the **ADA**, **Section 1983**, **Olmstead Act**, **Section 1915(c)** of the Social Security Act, and other applicable federal laws. Given the state's systemic and willful violations of these laws, which have caused severe and irreparable harm, I am actively pursuing **federal whistleblower protections** and **filing formal federal complaints**, including seeking criminal and civil accountability under **Color of Law** statutes.

I am demanding the **maximum prosecution allowable by law**, including, but not limited to, **imprisonment, punitive and compensatory damages, and fines**, for every individual act of negligence, denial, and malicious harm caused by, but not limited to, Kentucky agencies and representatives.

These demands include accountability for willful endangerment, systemic discrimination, and cruel and unusual punishment, and more, all of which have resulted in irreversible harm to my health and well-being.

Furthermore, the state's actions directly violate federal law and have permanently and catastrophically impacted my life, liberty, and pursuit of happiness. I demand transparency and accountability in all interactions, and all communications must be conducted in writing via mail, email, and fax, on a timely basis to ensure accurate documentation.

Failure to comply with this request will result in **additional counts of federal charges** being pursued, further escalating the demand for maximum legal penalties.

Sincerely,

John R. Fouts, MBA

2904 Sitka Dr. Apt. L29
Louisville, KY 40299
F. 502.996.8246
E. Fouts.John@gmail.com | patientadvocacy@sfnlife.org

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Gmail John Fouts <fouts.john@gmail.com>

RE: Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25

1 message

CHFS OATS DSS KOG Helpdesk <KOGHelpdesk@ky.gov> Tue, Nov 26, 2024 at 8:47 AM

To: John Fouts <fouts.john@gmail.com>

John,

I read your email. However, the contact information you are requesting, those help desks have not provided an email for us to give out, only phone numbers. If you would like for your request to be heard by the applications that you have applied to your account, you or someone you trust will need to contact those help desks at those numbers and see what those help desks can do for you.

Regards,

Chris

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, November 26, 2024 8:37 AM
To: CHFS OATS DSS KOG Helpdesk <KOGHelpdesk@ky.gov>
Subject: Re: Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

I appreciate you responding to me but it appears you did not even read my email and attachment as it notes that I request everything be in written communication and then you send me two phone numbers to call....

Please provide me with email or fax options to reach these places. Thanks.

John

On Tue, Nov 26, 2024 at 8:01 AM CHFS OATS DSS KOG Helpdesk <KOGHelpdesk@ky.gov> wrote:

> John,
>
> I believe you will want to reach out to the Kentucky business one stop as well as the Kynect help desk as those appear to be the 2 applications you have applied to your account that would potentially be reaching out to you for anything. Below are those help desk contact information;
>
> Kentucky business one stop; 502-564-5053 option 5
>
> Kynect; 844-407-8398
>
> Regards,
>
> Chris

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, November 25, 2024 4:47 PM
To: Commonwealth Office of Ombudsman <kyombud@ky.gov>; govoffice@ky.gov; Governor's Office Indigov <governor.constituentservices@ky.gov>; CHFS Listens <CHFS.Listens@ky.gov>; CHFS DMS Webmaster <CHFSDMSWebmaster@ky.gov>; chfs.dms@ky.gov; ombudsman@ky.gov
Subject: Formal Demand/Request For All Communication To Be In Three Written Forms - And Sent In A Timely Manner -- See Attached Letter -- John R. Fouts -- 2024-11-25

To Whom It May Concern:

I am writing to formally request that all future communications from your office or agency be provided to me in **writing via mail, email, and fax**. This request is made in light of my ongoing medical and administrative situation, which has caused significant undue burden, exacerbation of PTSD, and worsening of my physical health due to systemic failures and noncompliance with federal and state laws. 2024-11-25-Formal-Demand-All-Written-Communication-John-R-Fouts.pdf

Please confirm receipt - in written form as soon as possible.

Sincerely,

John R. Fouts, MBA

--

"Shining" in Service,

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Gmail John Fouts <fouts.john@gmail.com>

Re: CAP PDF

1 message

John Fouts <fouts.john@gmail.com> Fri, Nov 22, 2024 at 3:27 PM
To: Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com>

Sibal,

You stated today, verbally, that you had been waiting on the CAP form for 30 days in our call, but you sent me the blank PDF and notified me that the old one was not accepted on November 19, 2022, which was only a few days ago -- this email that I am responding to documents that information.

Please find attached the revised CAP form. I'm sorry I could not get it back to you yesterday as I had hoped, but it is provided for you here in this email now.

John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

On Tue, Nov 19, 2024 at 9:46 AM John Fouts <fouts.john@gmail.com> wrote:

> Thank you for sending a new copy. I will see what I can do. I did not write over anything of yours the first time, and I won't this time either.
>
> I'm in Lexington at UK Clinic. I will try to get it back to you today but might be tomorrow.
>
> I will write Participant:
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

On Tue, Nov 19, 2024 at 9:36 AM Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com> wrote:

> Good Morning John,
>
> The system did not accept the previous CAP, so I created a new PDF version of it and attached it you for a signature. If you wanted to add on please put "participant:" under mine so it would be clear and please do not write over mine.
>
> Thanks!
>
> ACCESSCARE
>
> *Sibal Khakiyeva*
>
> *Case Manager*
>
> *Access Care ADHC*
>
> *Email: sibal.khakiyeva@accesscasemanagement.com*
>
> *Cell: (813)679-3004*
>
> **NOTICE OF CONFIDENTIALITY:** This email message, including any attachments, is for the sole use of the intended recipient(s) and may contain confidential information. Any unauthorized review, use, disclosure, or distribution is strictly prohibited. If you are not the intended recipient, please contact the sender by email and destroy all copies of the original message.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

12/29/24, 10:52 PM Gmail - Re: CAP PDF

The sender has requested a read receipt. If you do not wish to provide one, click here.

11 attachments

2024-10-21-Investigation-Request-Letter-For-Multiple-Civil-and-Criminal-Violations-Multiple-Agency-Involvement-Urgent.pdf
140K

2023-03-14-Dr-Kristin-Rabaut-Letter-Of-Medical-Necessity-Autologous-Tear-Serum-Letter.pdf
33K

2024-11-20-John_Fouts_Bypass_Hearing_Letter_Notification-John-R-Fouts.pdf
111K

2024-10-02-Dr-Vaughn-Letter-Medical-Necessity-Several-Items-John-Fouts.pdf
53K

2024-08-20-Dr-Vaughn-Letter-Of-Medical-Necessity-Pentoxifylline-John-R-Fouts.pdf
45K

!DoctorLetters-JRF.pdf
12432K

2024-04-16-Letter-Of-Medical-ecessity-Pycnogenol (1).pdf
46K

2024-08-20-Dr-Vaughn-Letter-Of-Medical-Necessity-Pentoxifylline-John-R-Fouts.pdf
45K

2024-08-19-Eliqis-Letter-Of-Medical-Necessity (1).pdf
46K

Here are the letters of medical necessity for t....pdf
13K

2024-11-22-CAP-Form-Singed-Finalized-John-R-Fouts.pdf
945K

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Gmail John Fouts <fouts.john@gmail.com>

Re: Monthly Summary 12/18

1 message

John Fouts <fouts.john@gmail.com> Fri, Dec 20, 2024 at 8:59 AM
To: Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com>

That is the whole issue - you are not following HCBS federal rules and regulations - in violation of the law federally. I answered you question in the letter - did you read it?

On Fri, Dec 20, 2024 at 6:51 AM Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com> wrote:

> Good morning, John,
>
> Thank you for answering the necessary questions. However, were you still wanting to work with Access Care? Case Managers at Access Care must follow HCB Regulations, so if this will continue to pose as an issue, we can find another agency for you.
>
> Thank you,
>
> ACCESSCARE
> *Sibal Khakiyeva*
> *Case Manager*
> *Access Care ADHC*
> *Email: sibal.khakiyeva@accesscasemanagement.com*
> *Cell: (813)679-3004*
>
> **NOTICE OF CONFIDENTIALITY:** This email message, including any attachments, is for the sole use of the intended recipient(s) and may contain confidential information. Any unauthorized review, use, disclosure, or distribution is strictly prohibited. If you are not the intended recipient, please contact the sender by email and destroy all copies of the original message.
>
> Get Outlook for iOS
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Thursday, December 19, 2024 11:24:57 PM
> **To:** Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com>
> **Subject:** Re: Monthly Summary 12/18
>
> Sibal,
>
> ==========
> ==========

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Please see the attached letter for my response. Yes - regarding attendant care - it is difficult to get used to having a stranger in your home.

Lauren had hired Foma at first to come as a caregiver - but he did not understand English and it was not possible to communicate with him in an effective way.

She then hired Shelby, and Shelby called in and no-showed more than half of the time - just making sure you are taking ACCURATE and COMPLETE notes.

One day, I had forgotten about a lab appointment in Lexington, and I had to cancel that day for attendant care - so one day of cancellation was on me.

Lauren took Foma off of the job, but he continued to try to come. He also did not show up on days sometimes when he was supposed to work, and did show up sometimes on days he was not supposed to work.

Lauren took Shelby off of the job due to her > 50% no show rate, but then she tried to show up randomly as well.

Dafne has been scheduled for 5 days that have elapsed so far, and she has missed / been sick/absent for 2 of the 5 days missing 40% of the scheduled time. ACCURACY is important, as is COMPLETENESS and TRANSPARENCY.

There has not been any way, shape, or form, of any type of consistent attendant care - it continues to be a horrible experience. Dafne is new and I think she may be alright, but she already missed nearly half of the time - so I am apprehensive (as a good word to use for now).

Please read the attached letter - it says all I have to say - in terms of legal relay of information.

==========

Regarding the federally illegal cap stated by Kentucky - ***it is not your job to aid and abet this type of federally illegal activity*** - in fact that includes you in a group that you definitely do not want to be included in....

Sibal - again - **I am not going to allow federal law to be violated in my case, and I am standing up for the rights of others - as illegal activity in Kentucky is harming irreparably disabled people such as myself - Kentucky is acting in violation of federal law and in this situation, multiple violations apply including constitutional, civil, criminal, and tort....some of these violations involve prison time. I urge you to read the federal law, and to choose the right side of the law (the legal side).**

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Nothing is unclear to me aside from why you, and your managers continue to stand in violation of federal law and include yourselves in federally illegal criminal violations and activities that involve in some cases, many years of time in prison if convicted.

As previously noted, a federal investigation is already underway through the Office of Civil Rights regarding ADA and Olmstead Act violations in my case regarding the HCBS program. The OCR does not open formal federal investigations unless there is enough evidence to prove violations.

I have also now filed a claim in U.S. Federal District Court outlining the violations of federal law, constitutional rights violations, civil and criminal violations, and torts that are taking place illegally here in Kentucky....as I told you I would...

It is part of your job, and Sam's job, and others at all Waiver goods and services centers in Kentucky, and elsewhere, to stand up for the rights of the participants in the program -- not to allow illegal activity to undermine the mere purpose of the program's existence itself...

There is no unclear understanding on my end, and I do not appreciate the condescending tone. I do not speak to you in such a way. It is important to keep communication professional - please.

I expect to be treated with respect and dignity. It is my position that it is you and your co-workers who are unclear on the law, and I truly urge you to read the law, and to read the penalties for violations.

==========

I have attached a file showing visits. The Copper infusion this week got moved to the 23rd of next week because Jackie has been very ill with cyclical vomiting syndrome issues and related - multiple trips to ER for her and urgent care...The MRV of Pelvis also had to be reschedule due to Jackie's illness -t hat has been moved out until March (that is their first available) - I am still trying to find someone closer.

I too have had to go to ER -- Severe Ear Pain - Moderately Severe Ear Infection
Later sudden hearing loss in right ear - so emergency appointment with ENT to address that
Then next day emergency hearing test and evaluation with ENT....
Still have the hearing loss - infection is not resolved - antibiotics are not helping...have contacted ENT for further guidance...
Had Stat CT Scan at Norton downtown....no hearing on one side makes me dizzy, have vertigo worse, and have balance issues worsening....

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

The only medication changes were temporary - Augmentin and then Doxycycline for the ear issue - did not resolve it....either antibiotic resistant or not bacterial in nature.

Possibility of fungal infection especially from past exposure history, propensity of fungal infections to occur in ears at times in certain situations, reduced immune response and susceptibility to fungal infection due to taking CellCept....unfortunately doctors have not ordered cultures despite my wishes to identify what the infection is so it can be treated adequately.

I am also part of a clinical trial through Stanford for Low Dose Naltrexone - but I do not know if I have the Placebo or the LDN (I feel strongly it is the Placebo as I have taken LDN in the past and I do not feel that the item I am taking is the same as the former experience in any way really). Of course I am sicker now, so it is hard to tell.

My health is poor... I am unable to get goods and services that I qualify for, and am eligible for, due to obstruction of justice, color of law doctrine violations, and many other violations as noted in the attached....this will all be addressed in federal court...if not corrected sooner as noted...

I have asked the judge in the court documents to prosecute to the maximum extent of the law for all violations, and there are a great plenty.

I believe I have answered all of your questions.

==========

See attached letter.

.

Sincerely,

John R. Fouts, MBA

F. 502.996.8246
E. Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

www.sfnlife.org
youtube.com/@sfn-life

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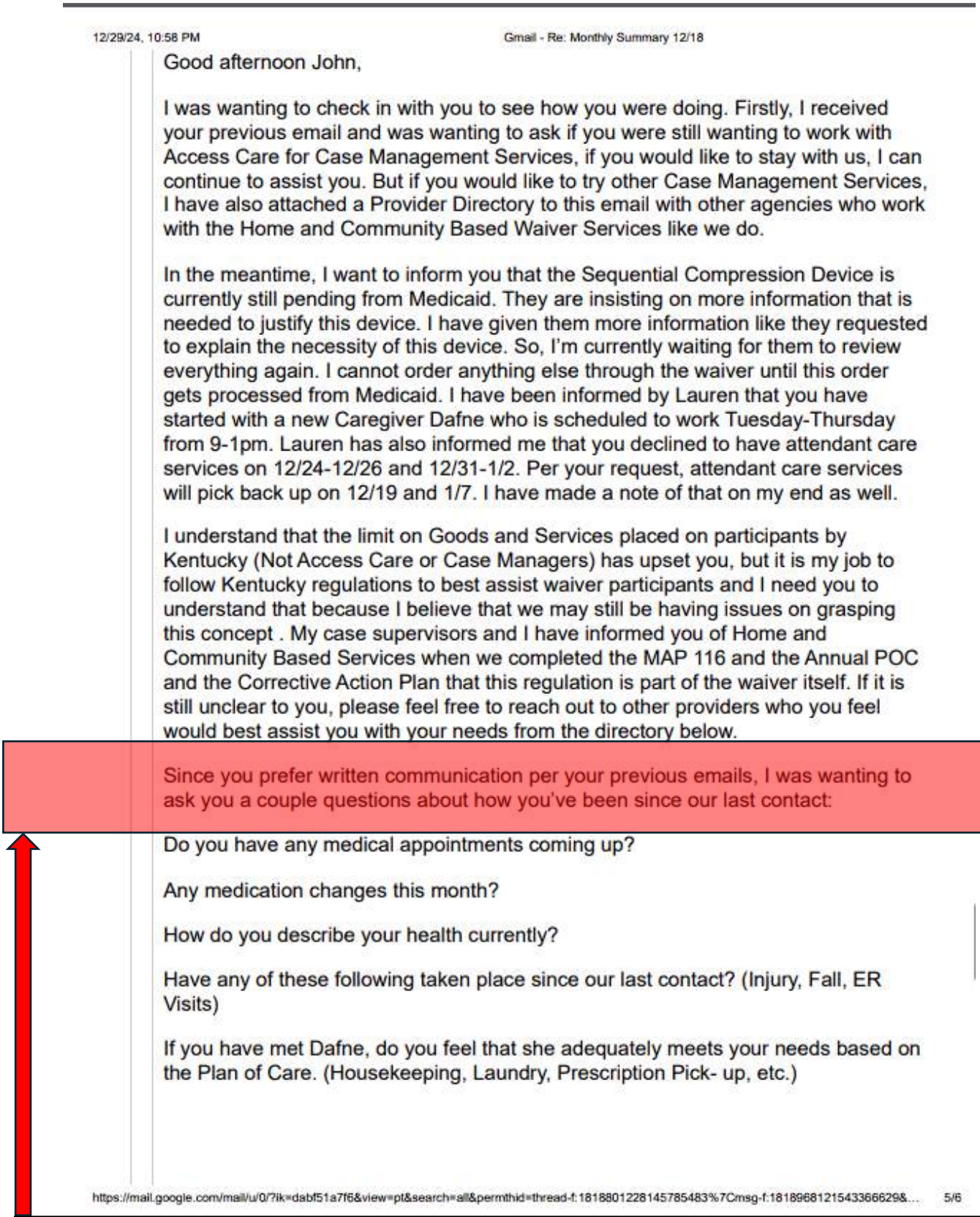
On Wed, Dec 18, 2024 at 12:46 PM Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com> wrote:

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



12/29/24, 10:58 PM Gmail - Re: Monthly Summary 12/18

Good afternoon John,

I was wanting to check in with you to see how you were doing. Firstly, I received your previous email and was wanting to ask if you were still wanting to work with Access Care for Case Management Services, if you would like to stay with us, I can continue to assist you. But if you would like to try other Case Management Services, I have also attached a Provider Directory to this email with other agencies who work with the Home and Community Based Waiver Services like we do.

In the meantime, I want to inform you that the Sequential Compression Device is currently still pending from Medicaid. They are insisting on more information that is needed to justify this device. I have given them more information like they requested to explain the necessity of this device. So, I'm currently waiting for them to review everything again. I cannot order anything else through the waiver until this order gets processed from Medicaid. I have been informed by Lauren that you have started with a new Caregiver Dafne who is scheduled to work Tuesday-Thursday from 9-1pm. Lauren has also informed me that you declined to have attendant care services on 12/24-12/26 and 12/31-1/2. Per your request, attendant care services will pick back up on 12/19 and 1/7. I have made a note of that on my end as well.

I understand that the limit on Goods and Services placed on participants by Kentucky (Not Access Care or Case Managers) has upset you, but it is my job to follow Kentucky regulations to best assist waiver participants and I need you to understand that because I believe that we may still be having issues on grasping this concept . My case supervisors and I have informed you of Home and Community Based Services when we completed the MAP 116 and the Annual POC and the Corrective Action Plan that this regulation is part of the waiver itself. If it is still unclear to you, please feel free to reach out to other providers who you feel would best assist you with your needs from the directory below.

Since you prefer written communication per your previous emails, I was wanting to ask you a couple questions about how you've been since our last contact:

Do you have any medical appointments coming up?

Any medication changes this month?

How do you describe your health currently?

Have any of these following taken place since our last contact? (Injury, Fall, ER Visits)

If you have met Dafne, do you feel that she adequately meets your needs based on the Plan of Care. (Housekeeping, Laundry, Prescription Pick- up, etc.)

https://mail.google.com/mail/u/0/?ik=dabf51a7f6&view=pt&search=all&permthid=thread-f:1818801228145785483%7Cmsg-f:1818968121543366629&... 5/6

Written communication is not a preference – it is a LEGAL RIGHT under the ADA.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Please let me know whenever you can get a chance about your decision and the answers to these questions at your earliest convenience.

Thank you,

Sibal Khakiyeva
Case Manager
Access Care ADHC
Email: sibal.khakiyeva@accesscasemanagement.com
Cell: (813)679-3004

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John R. Fouts, MBA

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John R. Fouts, MBA

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Below is the letter sent to Sibal K. at Access Adult Health Day Care Center LLC on December 19th, 2024 about critical violations.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

December 19, 2024

Subject: Critical Issues, Legal Violations, and Immediate Demands for Action

Dear Sibal and Sam et. al.,

Thank you for your email communication. Below is my detailed response to address ongoing issues, my legal position, and my expectations moving forward.

A. ADA Accommodations and Written Communication

As noted previously, my request for written communication is not a preference but a:

Legally Mandated Accommodation Under Title II of the ADA

...due to PTSD and other related health conditions...

**** All future communication must be provided in email, fax, and certified mail to comply with federal law and avoid further violations. ****

Failure to adhere to this requirement constitutes a direct violation of the ADA, subject to penalties, including compensatory and punitive damages, as well as potential criminal liability under federal statutes such as **18 U.S.C. § 242.**

Additionally, I have initiated a **formal federal ADA OCR investigation**, which has already begun, and is ongoing as of this time, into the systemic and egregious violations of my ADA rights.

****** This investigation underscores the severity of the claims outlined here. ******

Page **1** of **9** Date: 2024-12-19

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

B. Sequential Compression Devices (SCDs)

The ***delays and denials related to the SCDs are egregious violations of my constitutional, statutory, and ethical rights, including, and not limited to:***

- ***8th Amendment (Cruel and Unusual Punishment).***
- ***9th Amendment****, protecting unenumerated rights essential to liberty and health.*
- ***13th Amendment (Involuntary Servitude).***
- ***Social Security Act § 1915(c)*** *requiring medically necessary services under the waiver.*

Medicaid already has ample documentation, including, and not limited to:

- Clinical notes and multiple letters from both **Dr. Dwivedi** and **Dr. Vaughn** explicitly outlining the medical necessity of lifelong compression therapy.
- A prescription from **Dr. Allen** that was provided, despite being unnecessary under federal Medicaid law. Requiring an in-state prescription duplicates efforts and constitutes the following, and is not limited to the only law(s) listed:
  - ***Fraudulent denial of services*** *under* ***42 U.S.C. § 1396a(a)(10)(B)*** *and* ***42 U.S.C. § 1396a(a)(8).***
  - *A breach of* ***Section 504 of the Rehabilitation Act (29 U.S.C. § 794).***
  - *A direct violation of the* ***Supremacy Clause****, as federal Medicaid law preempts state-imposed barriers.*

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

Evidence of **willful abandonment**, **willful endangerment**, and **systemic retaliation**, reflecting a **malicious intent to harm** me and my child.

Legal Violations and Consequences

1. ***Deprivation of Rights Under Color of Law (18 U.S.C. § 242):***
   - ***Punishable by:***
     - ***Up to 10 years in prison per violation per person involved.***
     - *More severe penalties, including **life imprisonment or the death penalty**, if the violation results in death or involves severe harm.*

2. ***Americans with Disabilities Act (42 U.S.C. § 12188):***
   - ***Civil penalties for noncompliance:***
     - ***$75,000 for the first day of violation.***
     - ***$150,000 for each subsequent day of violation.***
   - ***Each day of noncompliance*** *constitutes a separate violation.*
   - *These penalties apply to **each entity or individual responsible** for the violation.*

3. ***Tort Violations:***
   - ***Breach of Contract:***
     - Violates agreements under Medicaid and HCBS waivers.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

- *Subjects responsible parties to **compensatory and punitive damages** for financial and emotional harm caused by noncompliance.*

- ***Breach of Good Faith and Fair Dealing:***
  - *Demonstrates intentional obstruction of services owed to recipients.*
  - *Exposes violators to **punitive damages** for gross negligence and malice.*

4. ***RICO (Racketeer Influenced and Corrupt Organizations Act):***
   - *Coordination between agencies to obstruct access to services constitutes **collusion and conspiracy.***
   - *Fraudulent denial of benefits and misuse of funds are actionable under **RICO**, carrying additional financial and criminal penalties.*

5. ***Prolonged Violations:***
   - *For violations spanning over **365 days**, cumulative under **42 U.S.C. § 12188** could exceed:*
   - ***Civil Penalties***
     - ***$54.75 million per issue** (based on $75,000 for the first day and $150,000 for each subsequent day).*
     - ***Issues such as, but not limited to:** compression stockings denials, red light therapy denials, access to hyperbaric oxygen denials, NAD+ denials, etc...*

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

6. Combined Penalties:

- *These figures exclude **compensatory damages** (to reimburse the victim) and **punitive damages** (to punish and deter).*
- *Total criminal penalties across violations could result in **decades of imprisonment**, depending on the number of individuals and violations involved.*

C. Systemic Patterns of Discrimination and DOJ Investigations

Recent findings by the **U.S. Department of Justice** have highlighted systemic discrimination, including:

1. ***Breonna Taylor DOJ Investigation Findings (Louisville, KY):***

   The DOJ found systemic ADA violations and civil rights abuses by Louisville Metro Police and other entities. These findings directly correlate to the ongoing denial of my ADA rights and the retaliation I face. Source: DOJ Report on Louisville ADA and Civil Rights Violations.

2. ***Arizona Department of Child Safety (DCS) DOJ Findings:***

   The DOJ found widespread discrimination against parents and children with disabilities, including failures to provide necessary accommodations and wrongful accusations against parents of children with special needs. This is directly relevant to the harm I've experienced. Source: DOJ Report on Arizona DCS Violations.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

These findings substantiate my claims of systemic discrimination, obstruction, retaliation, and collusion.

D. Violations of HIPAA, FCRA, and FACTA

Between January 2023 and October 2024:

- ***The Commonwealth of Kentucky/DCBS contacted Equifax Workforce Solutions (EWS) 19 times in 22 months.***
- ***CMS contacted EWS 10 times*** *during the same period.*
- ***The Social Security Administration (SSA) checked only once****, demonstrating a stark contrast in frequency and purpose.*

These excessive inquiries violate:

- ***HIPAA****, for improper sharing or misuse of protected health information without my consent.*
- ***FCRA (Fair Credit Reporting Act)****, for improper access to or use of consumer reports without a valid or permissible purpose.*
- ***FACTA (Fair and Accurate Credit Transactions Act)****, for failing to ensure the accuracy of information used to make determinations impacting my access to benefits.*

These actions demonstrate fraudulent misuse of private information, obstruction of justice, and violations of federal and state laws.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

E. Federal Filing and Nationwide Precedents

*I have filed a federal case in the **U.S. District Court**, which is actively progressing. This case has the potential to:*

- ***Set nationwide legal precedents protecting the rights of individuals with disabilities.***
- ***Drive sweeping reform within Medicaid, child welfare, and healthcare systems, ensuring better outcomes for vast segments of the population.***

'This case is not just about me and my child — it is about protecting the constitutional, civil, and human rights of millions who have been harmed by systemic negligence and abuse, ensuring accountability for crimes committed against them, and "*restoring and preserving the rights of the people*", as outlined in the

Declaration of Independence of the United States:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

F. Collusion, RICO, and Racketeering Violations

- ***The ongoing actions by Medicaid, DCBS, and associated entities exhibit:***
  - ***Collusion and conspiracy,*** *as state and federal agencies coordinate to obstruct access to services and intimidate beneficiaries.*
  - ***Violations of the RICO Act (Racketeer Influenced and Corrupt Organizations Act****), given the fraudulent denial of benefits and misuse of federal funds.*

Adding these violations together ***constitutes potential prison sentences ranging from 10 to 50 years or more, depending on the severity and number of counts proven under federal law.***

G. Final Notice and Opportunity

- *This is a final notice and opportunity to:*
  - *Comply with federal laws and court orders*
  - *Provide the information requested above*
  - *Ensure all medically necessary services and equipment are provided promptly to prevent further harm.*

If you wish to ***join the right side of the law (the legal side)*** *and align with federal regulations, you may reach out to me via* ***email, fax, and certified mail*** *[all 3 forms of written communication for each correspondence is requested and required] and provide* ***ALL items that have been on the list of needs for months to over a year at this point no later than December 23, 2024, by the end of the day.***

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Critical Issues, Legal Violations, and Immediate Demands for Action

Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities

Failure to comply will result in further legal action, including:

- ***subpoenas, prosecution for obstruction of justice, and additional penalties for violations, including those outlined above, among other...***

Sincerely,

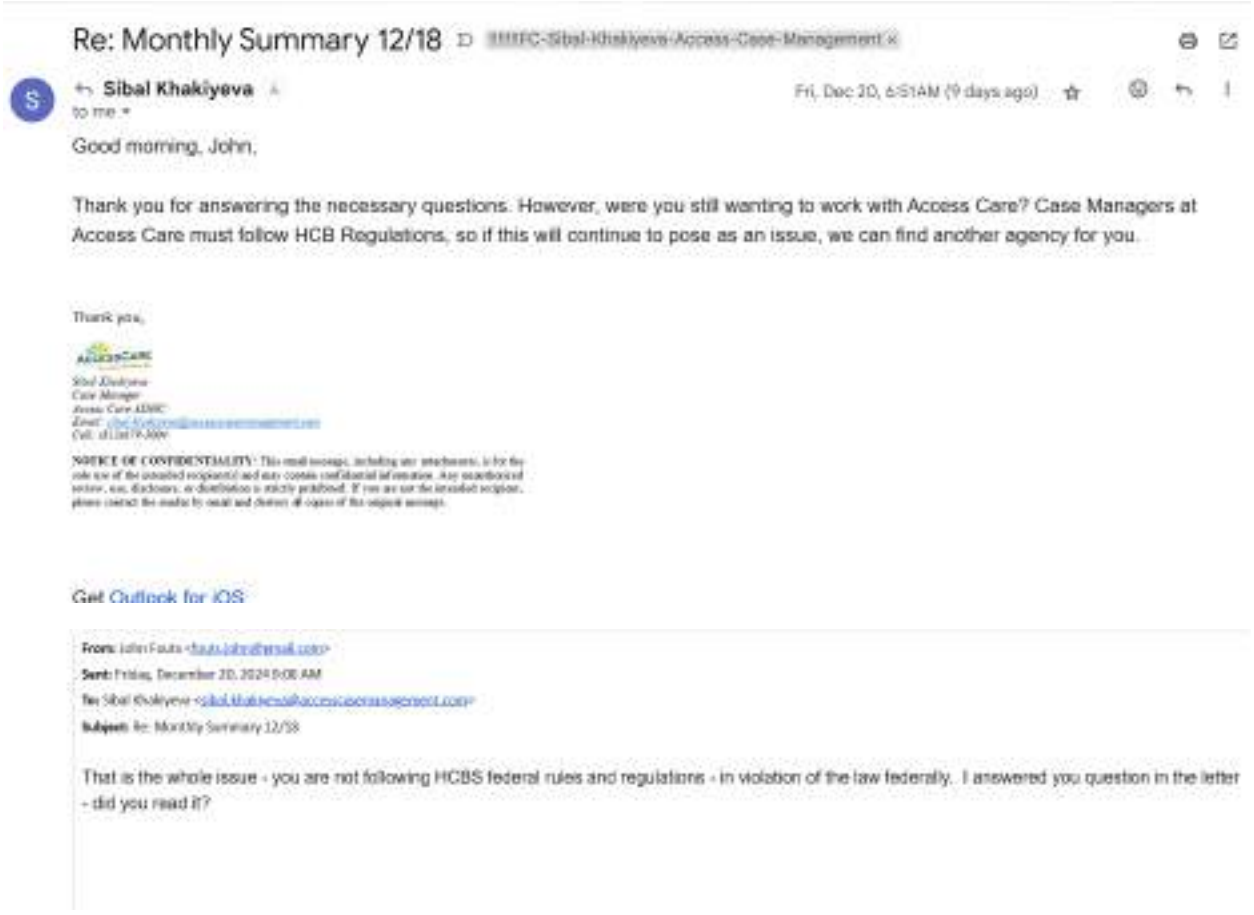
John R. Fouts, MBA
2904 Sitka Dr. L29
Louisville, KY 40299

Fax. 502.996.8246
Email: Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

https://www.sfnlife.org
youtube.com/@sfn-life

JUSTICE FOR JOHN (JFJ)
Justice for John - https://sfnlife.org/justiceforjohn/jfj/

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



Re: Monthly Summary 12/18

Sibal Khakiyeva
to me

Fri, Dec 20, 6:51AM (9 days ago)

Good morning, John,

Thank you for answering the necessary questions. However, were you still wanting to work with Access Care? Case Managers at Access Care must follow HCB Regulations, so if this will continue to pose as an issue, we can find another agency for you.

Thank you,

ACCESSCARE

Sibal Khakiyeva
Case Manager
Access Care ADRC
Email:
Cell: (813)679-3004

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From: John Fouts
Sent: Friday, December 20, 2024 9:08 AM
To: Sibal Khakiyeva
Subject: Re: Monthly Summary 12/18

That is the whole issue - you are not following HCBS federal rules and regulations - in violation of the law federally. I answered you question in the letter - did you read it?

Re: Monthly Summary 12/18 -- Response To Question Of Ongoing Case Management Via Access AHDC -- John R. Fouts, MBA -- 2024-12-20

John Fouts
to Sibal

Fri, Dec 20, 6:33PM (9 days ago)

Sibal,

See attached.

John

On Fri, Dec 20, 2024 at 9:03 AM Sibal Khakiyeva wrote:

Hey John,

I have and it doesn't tell me a clear Yes or No, so I was wanting make sure if you wanted our services.

Thanks,

ACCESSCARE

Sibal Khakiyeva
Case Manager
Access Care ADRC
Email:
Cell: (813)679-3004

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

RE: Response to Access ADHC – John R. Fouts, MBA – Case Management Services

HCBS Waiver Social Security Act Section 1915(c)

Subject: Clarification Regarding Case Management Services and HCBS Regulations

Dear Sibal,

Thank you for your email. I would like to address your statement regarding HCB regulations and my continued use of Access Care for case management services.

Clarification Regarding Compliance with HCBS Regulations

I strongly disagree with the implication that I am causing an issue, by expecting Access Care to adhere to federal laws, including the **Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act**, and the provisions of the **Social Security Act (Section 1915(c)). My requests for reasonable accommodations, clear communication, and the fulfillment of medically necessary services are not only valid but protected by federal law.**

If there is any specific regulation or policy you believe I have violated, I respectfully request that you provide written documentation, including references to the applicable statutes or federal HCB regulations, within seven (7) consecutive days. I cannot address vague or unsupported claims, and I find such implications unprofessional and unwarranted.

Continued Case Management Services

For now, I will continue to work with Access Care for case management services. However, this is contingent on the following:

1. **Adherence to Federal Laws**: I expect Access Care to fulfill its legal obligations under the ADA and other federal statutes.
2. **Transparent Communication**: All communication must be provided in writing (email, fax, and certified mail), as required for my ADA accommodation.
3. **Resolution of Outstanding Issues**: I expect Access Care to advocate for my needs, including the approval of necessary medical devices and services without further delays.

If Access Care is unable to meet these expectations, I will explore other options, but this will be due to your agency's actions, not my compliance with HCBS regulations.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

RE: Response to Access ADHC – John R. Fouts, MBA – Case Management Services

HCBS Waiver Social Security Act Section 1915(c)

Defamation, Organized Malicious Intent, and Civil Rights Violations

1. **Defamation and Mischaracterization:**
   The language and tone in your communication unjustly imply that I am noncompliant or causing issues with HCBS regulations. These implications are inaccurate and defamatory. Such statements harm my character and credibility, adding to the broader harm I have endured due to systemic denials of care and services.

2. **Organized Effort and Malicious Intent:**
   Your accusatory statements, in conjunction with the ongoing pattern of systemic denials, delays, and barriers across agencies, demonstrate an organized effort to harm me and my child. This behavior shows clear malicious intent, violating federal laws and furthering a conspiracy to deny me federally mandated benefits.

3. **Civil Rights Violations Under Federal Law:**
   The continued denial of federally mandated benefits and services, as well as the mischaracterization of my lawful actions, constitutes a violation of the Civil Rights Act and the Social Security Act Section 1915(c). Denying access to benefits and services due to disability or fabricated claims of noncompliance is a direct violation of these statutes and is prohibited under federal law.

Transparency Violations, Collusion, and Malicious Intent

1. **Lack of Transparency as Obstruction of Justice:**
   The refusal to provide clear, timely, and comprehensive information about decisions, communications, and justifications regarding my care and waiver participation constitutes a deliberate lack of transparency. This obstructs justice and violates federal requirements for accountability under ADA Title II, Section 504 of the Rehabilitation Act, and the Social Security Act Section 1915(c).

2. **Evidence of Collusion and Coordinated Harm:**
   The consistent lack of transparency, along with delays, denials, and deflections across agencies and organizations, strongly suggests collusion and a coordinated effort to suppress my federally protected rights. This behavior reflects systemic retaliation and a conspiracy to deny benefits and services, constituting violations under RICO statutes.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

RE: Response to Access ADHC – John R. Fouts, MBA – Case Management Services

HCBS Waiver Social Security Act Section 1915(c)

3. **Malicious Intent and Systemic Retaliation:**
   The combined refusal to provide information and the use of accusatory language imply a targeted effort to discredit me and obstruct my access to critical services. This pattern demonstrates malicious intent, willful abandonment, and systemic retaliation against both me and my child.

4. **Individual Responsibility and Consequences:**
   Sibal, in her direct actions and individual capacity, has furthered these violations through accusatory and defamatory language and by failing to act in alignment with federal protections. While this statement is not intended as a threat, it must be noted that continued actions that violate federal laws, including the ADA, Olmstead Act, and Rehabilitation Act, carry significant legal and professional consequences.

5. **Violation of Federal Civil Rights:**
   Denying federally mandated benefits and failing to provide transparency about decisions made violates the Civil Rights Act, ADA, and Rehabilitation Act. These actions also undermine the Supremacy Clause, as state-level actions cannot supersede federal protections.

6. **Immediate Demands:**
   - **Full Transparency:** Provide a complete and organized account of all communications, decisions, and processes related to my care and waiver participation, including the names and contact information of all parties involved, within seven (7) consecutive days.
   - **Accountability:** Failure to comply will escalate to subpoenas and additional legal actions, including obstruction charges and further civil and criminal penalties under federal law.
   - **Resolution:** Immediate provision of all delayed or denied services and devices, including those listed previously, is expected to prevent further irreparable harm.

7. **Legal and Ethical Responsibility:**
   Access ADHC and associated entities, including Sibal as an individual acting within her role, have an opportunity to rectify these violations by aligning with federal laws and fulfilling their obligations, however, choose to continue violations of federal law.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

RE: Response to Access ADHC – John R. Fouts, MBA – Case Management Services

HCBS Waiver Social Security Act Section 1915(c)

> Non-compliance will serve as evidence of intentional harm and systemic abuse of power in federal district court.

Final Note

It is not unreasonable to expect case managers to advocate for their clients while complying with federal and state laws. I urge Access Care to prioritize my care and respect my rights, ensuring that my child and I receive the services and protections we are entitled to.

Please confirm receipt of this email and provide any requested documentation regarding your statements.

Thank you for your attention to this matter.

Sincerely,
John R. Fouts, MBA
Email: Fouts.John@gmail.com
Fax: 502.996.8246

Re: Monthly Summary 12/18 -- Response To Question Of Ongoing Case Management Via Access AHDC -- John R. Fouts, MBA -- 2024-12-20

Sibal Khakiyeva to me

Sat, Dec 21, 11:47 AM (8 days ago)

Hello John,

Thanks for making it more clear now. After viewing your demands and expectations from your case manager and Access Care from the documentation you have provided, I am unable to meet all your demands at this time. It is best for you to contact other agencies from the HCB Directory I have provided in my initial email who will best assist you in your expectations from this waiver.

Once you find a suitable Agency, I can complete a transfer of your case to another case manager.

Thanks,

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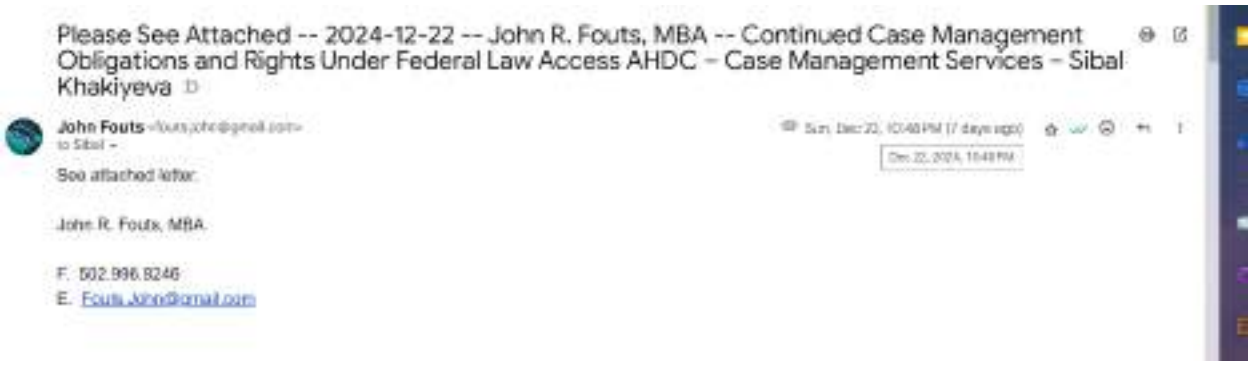
EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



Please See Attached -- 2024-12-22 -- John R. Fouts, MBA -- Continued Case Management Obligations and Rights Under Federal Law Access AHDC – Case Management Services – Sibal Khakiyeva

John Fouts <fouts.john@gmail.com>
to Sibal –

Sun, Dec 22, 10:48 PM (7 days ago)

Dec 22, 2024, 10:48 PM

See attached letter.

John R. Fouts, MBA

F. 502.996.8246
E. Fouts.John@gmail.com

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Continued Case Management Obligations and Rights Under Federal Law
Access AHDC – Case Management Services – Sibal Khakiyeva

December 22, 2024

Subject: Continued Case Management Obligations and Rights Under Federal Law

Dear Sibal,

Thank you for your message and for clarifying your position.

While I understand that you may no longer wish to represent my case management needs, I must reiterate that this does not absolve Access AHDC of its obligations to fulfill all duties owed to me as a participant during the time I have been under your case management.

This includes, but is not limited to:

- ***Hyperbaric Oxygen Therapy***, as prescribed by Dr. Vaughn.
- ***Red Light Therapy Devices***, for which multiple studies and supporting documentation have been provided.
- ***Sequential Compression Devices***, prescribed by Dr. Allen to meet in-state requirements that in and of themselves are separate violations of Medicaid law since Dr. Vaughn is only provider in country with provided letter of attestation treating long covid with microclots and utilizing triple anticoagulant therapy, with additional lifelong compression therapy recommended by Dr. Dwivedi and other providers.
- ***Methylene Blue, NAD+, Myers Cocktail Infusions, and High Dose Vitamin C Infusions***, all critical to addressing microclots, viral reactivation, and other systemic issues under Dr. Vaughn's treatment plan.
- ***Autologous Tear Serum*** for Dry Eye Disease (D.E.D.) and Meibomian Gland Dysfunction (M.G.D.), as prescribed by Dr. Kristen Rabaut and further supported by Dr. Eiferman.
- ***Pycnogenol (French Maritime Pine Bark), probiotics, and venous support supplements, all integral parts of Dr. Vaughn's treatment protocol for reducing inflammation and managing microclots.***
- The ***NutrEval Test***, written for by both Dr. Allen and Dr. Vaughn, to evaluate critical metabolic deficiencies through Genova Diagnostics.
- ***Mitochondrial Dysfunction Testing*** per Dr. Vaughn's treatment plan.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Continued Case Management Obligations and Rights Under Federal Law
Access AHDC – Case Management Services – Sibal Khakiyeva

- ***These are all medically necessary items supported by:***
  - Multiple prescriptions and letters of medical necessity from Dr. Jordan Vaughn including letter of attestation that he is the only provider in the country treating Long Covid with Microclots and using Triple Anticoagulent Therapy and treating MCAS.
  - Multiple letters of medical necessity, clinical notes, and prescription - documentation from Dr. Dwivedi, who recommended lifelong compression therapy.
  - Autologous tear serum prescriptions and letters from Dr. Kristen Rabaut and recommendation for Autologous tear serum by Dr. Eiferman at the University of Louisville.
- ***It is important to note:***
  - **Dr. Vaughn is the only treating physician in the United States managing long COVID microclots with triple anticoagulant therapy.** His treatment plan has been obstructed by systemic delays and denials leading to very real risk of extremely serious adverse outcomes for me including the ***very real possibility of sudden death*** based on genetics, family history, and inability to follow treatment plan due to **obstruction of justice.**
  - **Dr. Allen, PCP, has also written prescriptions for specific testing, such as NutrEval, which remains stalled due to Medicaid's inability to process it.**

Access AHDC has had ample time and opportunity to comply with federal law and to ensure my access to medically necessary treatments and services.

However, instead of ensuring compliance, I have faced **systemic delays, denials, and an obstruction of my rights under federal law, including violations of the ADA, the Olmstead Act, Section 504 of the Rehabilitation Act, and Medicaid statutes under 42 U.S.C. § 1983. The lack of transparency with regard to receiving information regarding my case in terms of individuals making decisions, claims submitted and/or denied, any detailed information...also constitutes further obstruction of justice and has exacerbated my already dire situation.**

These barriers have not only subjected me to **undue burden** and **involuntary servitude** but **have also placed my life at immediate risk of stroke, heart attack, or sudden death due to untreated/undertreated microclots and systemic inflammation.**

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Continued Case Management Obligations and Rights Under Federal Law
Access AHDC – Case Management Services – Sibal Khakiyeva

This risk is compounded by my **prior transient ischemic attack (TIA)**, genetic **predisposition for cardiovascular events (77% heightened risk)**, and **chronic venous insufficiency, and microclots.**

Since this **systemic negligence continues**, I put my faith in the federal court system as there is no justice to be had in Kentucky – the corruption and obstruction runs too deep, I trust the federal court will hold all parties fully accountable for their actions, including under **18 U.S.C. § 242 (Deprivation of Rights Under Color of Law)** and related statutes.

I ask that Access AHDC immediately provide:

1. Full transparency regarding all communications, decisions, and how those decisions were arrived at.
2. A complete list of all items requested on my behalf, the status of those requests, and any additional documentation needed to process them without further delay, along with any and all documentation associated with me, with my child, or with our cases.
3. Immediate action to fulfill all unmet obligations as outlined above.

This is a critical matter of life and death, not only for me but also for my child, who depends on me for advocacy and care.

I am doing everything in my power to secure a better future for Jackie despite the systemic barriers we face.

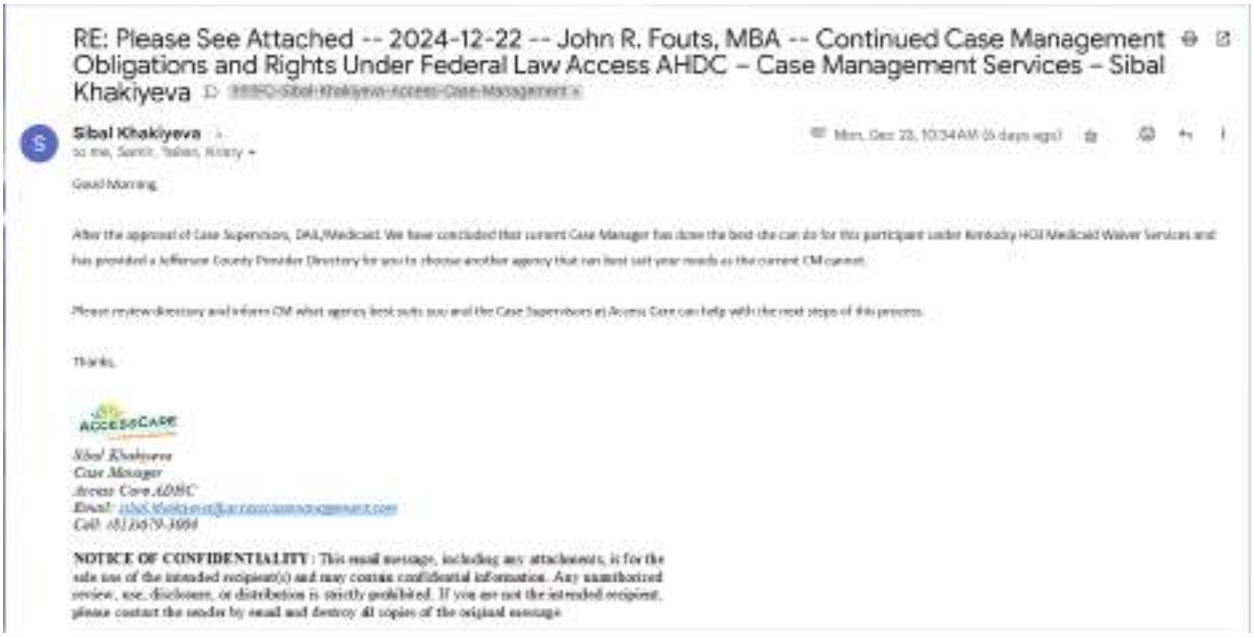
Thank you for your attention to these urgent matters.

Sincerely,

John R. Fouts, MBA

Email: Fouts.John@gmail.com
Fax: 502.996.8246

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



RE: Please See Attached -- 2024-12-22 -- John R. Fouts, MBA -- Continued Case Management Obligations and Rights Under Federal Law Access AHDC – Case Management Services – Sibal Khakiyeva

Sibal Khakiyeva

Mon, Dec 23, 10:34 AM (3 days ago)

Good Morning,

After the approval of Case Supervisors, DAIL/Medicaid. We have concluded that current Case Manager has done the best she can do for this participant under Kentucky HCB Medicaid Waiver Services and has provided a Jefferson County Provider Directory for you to choose another agency that can best suit your needs as the current CM cannot.

Please review directory and inform CM what agency best suits you and the Case Supervisors at Access Care can help with the next steps of this process.

Thanks,

ACCESSCARE

Sibal Khakiyeva
Case Manager
Access Care AHDC
Email: [redacted]
Cell: [redacted]

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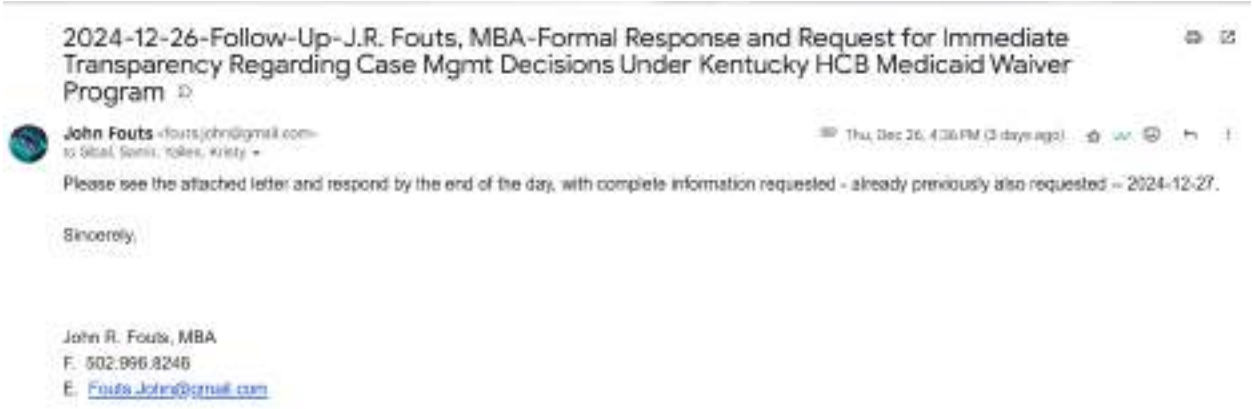


2024-12-26-Follow-Up-J.R. Fouts, MBA-Formal Response and Request for Immediate Transparency Regarding Case Mgmt Decisions Under Kentucky HCB Medicaid Waiver Program

John Fouts <[redacted]>

Thu, Dec 26, 4:36 PM (3 days ago)

Please see the attached letter and respond by the end of the day, with complete information requested - already previously also requested – 2024-12-27.

Sincerely,

John R. Fouts, MBA
P. 502.966.8246
E. [redacted]

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Response and Request for Immediate Transparency Regarding Case Management Decisions
Under the Kentucky HCB Medicaid Waiver Program

December 26, 2024

Subject: Formal Response and Request for Immediate Transparency Regarding Case Management Decisions and Resolution of Unmet Needs

---

Dear Ms. Sibal Khakiyeva and Access AHDC Adult Health Day Case Management Services:

I am writing in response to your recent communication dated 2024-12-23, which references the limitations of the current Case Management support and suggests transitioning to another agency.

While I acknowledge your perspective, I must, again, express my continued concerns about ***the systemic issues and lack of resolution for my ongoing needs which have been noted and proven as medically necessary repeatedly by providers, and under the Kentucky HCB Medicaid Waiver Services.***

Also, in the same communication, you stated:

"After the approval of Case Supervisors, DAIL/Medicaid, we have concluded that current Case Manager has done the best she can do for this participant under Kentucky HCB Medicaid Waiver Services and has provided a Jefferson County Provider Directory for you to choose another agency that can best suit your needs as the current CM cannot."

I appreciate the acknowledgment of **Access AHDC's chosen limitations**- however-**not providing services that are medically necessary under the waiver program (including all goods and services previously noted as medically necessary) – is a violation of federal law...**

And the **repeat violation of multiple items constitutes repeat counts of violations of federal law and shows a lack of concern for my health and that of my child.**

Additionally, the **lack of specificity regarding the decision-making process and involved parties raises significant concerns about transparency**. Specifically, the absence of information regarding, and not limited to:

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Response and Request for Immediate Transparency Regarding Case Management Decisions
Under the Kentucky HCB Medicaid Waiver Program

1. ***Case Supervisors:***
    - *The identities and roles of the case supervisors who participated in this decision – including full name, position held, agency worked for, phone, email, and fax for each party involved.*
    - *Copies of meeting notes, communications, and records documenting their conclusions showing all information including any processing notes and any and all information.*
2. ***DAIL/Medicaid Contact(s):***
    - *Names, titles, positions, and contact information of individuals from DAIL (Department of Aging and Independent Living) and Medicaid who approved or contributed to the decision including email, phone, and fax, as noted above as well.*
    - *Relevant documentation supporting their involvement and approval – including all process notes related to me or my child in any way.*
3. ***Supporting Documentation and Denials:***
    - *A detailed list of all claims submitted on my behalf, including dates, services requested, and corresponding outcomes (approved, denied, or pending), including all process notes and ALL detailed information that is documentary in nature.*
    - *Specific reasons for denials and any associated appeals processes – claim numbers are also necessary – including all information about all topics that Access AHDC has available and/or connected agencies involved in decisions made regarding me, my child, or my case – this includes – and is not limited to DAIL, Medicaid, Medicaid Member Services, Office of the Governor, Constituent Services, CMS, DMS, DPO, DPQO, or any other.*
4. ***Jefferson County Provider Directory Assistance:***
    - *Detailed, explicitly noted, guidance on how specifically, step-by-step, Access AHDC intends to assist me with transitioning, including identification of a suitable agency.*
    - *Explanation of what steps **will be taken by Access AHDC to ensure continuity of care during this transition period.***

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Response and Request for Immediate Transparency Regarding Case Management Decisions
Under the Kentucky HCB Medicaid Waiver Program

Failure to provide this information constitutes a lack of transparency, obstruction of care, and further violations of my federally protected rights under Medicaid guidelines and the Americans with Disabilities Act (ADA), the Olmstead Act, and many others.

Furthermore, **I must emphasize that your response does not absolve Access AHDC of its federally mandated obligations to ensure that my case management needs are met in full compliance with Medicaid Waiver requirements.**

This includes addressing the unmet needs explicitly outlined in prior communications, such as medically necessary treatments, prescriptions, and supportive devices.

To reiterate, the following items remain unresolved:

- *Hyperbaric oxygen therapy,*
- *Sequential Compression Devices,*
- *Methylene Blue,*
- *Red Light Therapy,*
- *NAD+ infusions,*
- *Myers Cocktail infusions,*
- *Autologous Tear Serum,*
- *IPL Treatment*
- *Coverage for medically required other eye care*
- *And other prescribed treatments, not limited to this listing.*
- *Transparent communication regarding claims and prior authorization denials.*

Finally - Summary of Issues

1. **Ongoing Unanswered Inquiries/Refusals To Answer:** Repeated requests for critical information, including claims submissions, denial details, and specific actions taken on my behalf, have not been addressed despite numerous follow-ups.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Response and Request for Immediate Transparency Regarding Case Management Decisions
Under the Kentucky HCB Medicaid Waiver Program

2. **Unmet Obligations:** Essential services, including those noted in previous letter including but not limited to, hyperbaric oxygen, SCDs (sequential compression devices), red light therapy devices, NAD+ infusions, Methylene Blue, Myers Cocktail vitamins/mineral infusions, mitochondrial dysfunction testing, all other things noted by Dr. Vaughn and other providers as medically necessary...remain unfulfilled, exacerbating my medical and functional challenges, and causing a life-threatening situation – and I need the federal law to be complied with.
3. **Failure to Provide Written Communication:** *As formally requested, repeatedly, I require all communications in writing to comply with ADA accommodations. This is not a request – this is a demand for all organizations including Access AHDC and case management services, to comply with the federal Americans With Disabilities Act --* ***Noncompliance has caused significant stress and worsened my health.***
4. **Recommendation to Transition:** While suggesting a transition, no concrete steps or alternative solutions have been provided to ensure continuity of care and support during this critical time. Dumping me off to another organization due to failure of Access to follow federal law is yet another violation in and of itself.

IMMEDIATE REQUESTS

- **Documentation:** Provide detailed records of all actions taken on my behalf, including communications with Medicaid, denial letters, and claim statuses. This has also been requested repeatedly, and has not been honored and it is my legal right to see information concerning my care and that of my child.
- **Accountability:** Clarify who made the decision to decline services and on what grounds – meaning name of the person (full name), organization for which they work, or are acting on behalf of, and contact information including email, phone, and fax for the person or organization involved.
- **Resolution Plan:** Outline in explicit detail how Access AHDC will address the unmet needs outlined in prior communications until a new agency is in place.
- **Support During Transition:** Commit to ensuring all critical services remain uninterrupted, including providing support to identify and transition to a suitable agency.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Response and Request for Immediate Transparency Regarding Case Management Decisions
Under the Kentucky HCB Medicaid Waiver Program

IMPORTANCE OF ACTION

I am facing ***imminent risks to my health and stability***, including ***imminent homelessness in approximately 1 month, microclots from Long Covid that present a risk regarding severe health consequential episodes such as stroke or heart attack or sudden death***.

Access AHDC is blocking access to services that are life-preserving, and that are required for appropriate and medically necessary care as documented repeatedly by providers. *Immediate resolution is necessary to prevent further harm.*

I implore you to act swiftly and collaboratively to address these issues.

Please confirm receipt of this letter and provide a written response detailing your planned actions by [reasonable deadline, e.g., 5 business days]. I am prepared to provide additional documentation or discuss these matters further if required.

REQUIRED ACTION

I **demand** a **full and detailed written response to the above concerns with every question answered and fully addressed along with all contact information provided as outlined in the above portion of the document. Any and all information and ancillary information is immediately demanded by no later than end of day December 27th, 2024.**

Your failure to address these issues adequately may necessitate additional violations and even further legal actions to protect my rights and access to care and to protect my life.

I trust that you understand the urgency and severity of this matter and will act accordingly.

ACCHESS AHDC HAS ALREADY SEVERELY HARMED ME BY NOT PROVIDING MEDICALLY NECESSARY GOODS AND SERVICES AND BY NOT ACTING IN GOOD FAITH ALIGNING WITH THE OVERALL MENTALITY AND SENTIMENT OF THE STATE OF KENTUCKY / COMMONWEALTH OF KENTUCKY.

COLOR OF LAW DOCTRINE VIOLATIONS APPLY ALREADY. I URGE YOU TO TAKE ACTION IMMEDIATELY ON CORRECTING THE BEHAVIOR OF ACCESS AHDC TOWARD ME WITH REGARD TO THE HCBS WIAVER PROGRAM – 1915c WAIVER SERVICE AND ANY AND ALL OTHER RELATED ENTITIES OR ITEMS.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Formal Response and Request for Immediate Transparency Regarding Case Management Decisions
Under the Kentucky HCB Medicaid Waiver Program

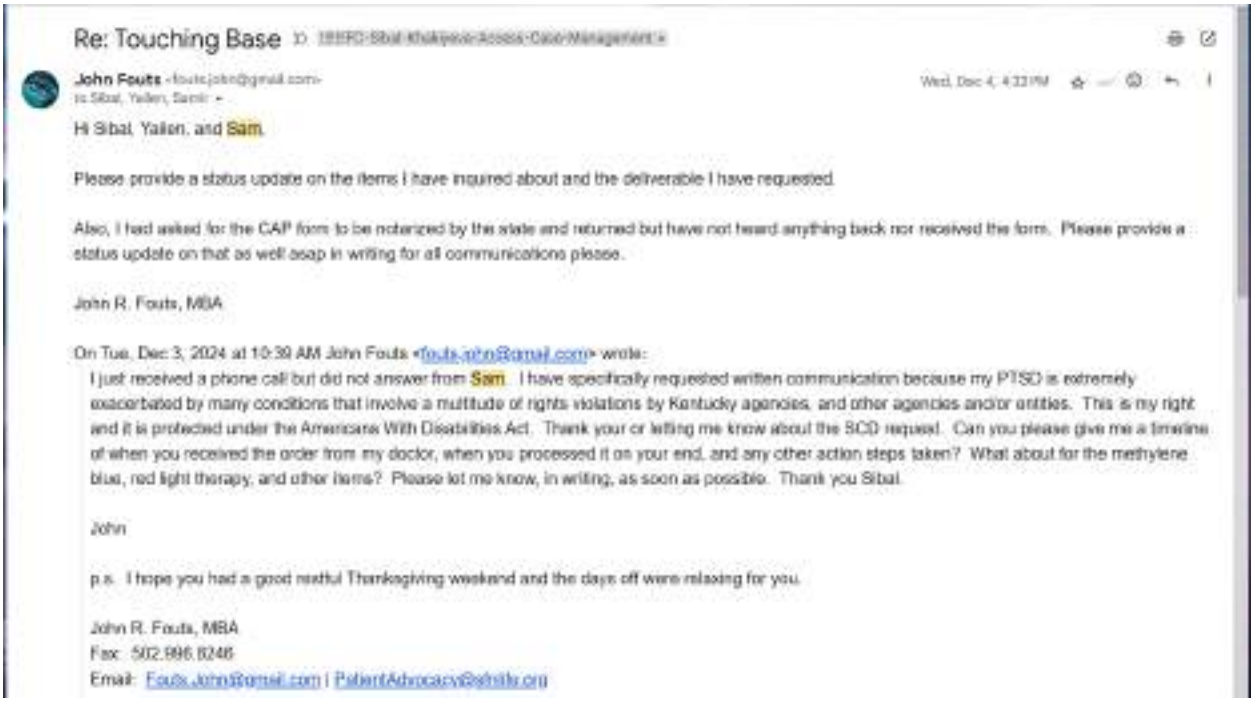
Sincerely,

John R. Fouts, MBA
2904 Sitka Dr. L29
Louisville, KY 40299

Email: Fouts.John@gmail.com
Fax: (502) 996-6246

www.sfnlife.org

youtube.com/@sfn-life



Re: Touching Base

John Fouts

Wed, Dec 4, 4:33 PM

Hi Sibal, Yalen, and Sam.

Please provide a status update on the items I have inquired about and the deliverable I have requested.

Also, I had asked for the CAP form to be notarized by the state and returned but have not heard anything back nor received the form. Please provide a status update on that as well asap in writing for all communications please.

John R. Fouts, MBA

On Tue, Dec 3, 2024 at 10:39 AM John Fouts wrote:

I just received a phone call but did not answer from Sam. I have specifically requested written communication because my PTSD is extremely exacerbated by many conditions that involve a multitude of rights violations by Kentucky agencies, and other agencies and/or entities. This is my right and it is protected under the Americans With Disabilities Act. Thank your or letting me know about the SCD request. Can you please give me a timeline of when you received the order from my doctor, when you processed it on your end, and any other action steps taken? What about for the methylene blue, red light therapy, and other items? Please let me know, in writing, as soon as possible. Thank you Sibal.

John

p.s. I hope you had a good restful Thanksgiving weekend and the days off were relaxing for you.

John R. Fouts, MBA
Fax: 502.996.6246
Email: Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Gmail John Fouts <fouts.john@gmail.com>

Subject: Notification of Federal Legal Action and Inclusion -- 2024-12-06

1 message

John Fouts <fouts.john@gmail.com> Fri, Dec 6, 2024 at 2:26 PM
To: Sibal Khakiyeva <sibal.khakiyeva@accesscasemanagement.com>, Samir Music <samir.music@accesscasemanagement.com>, yailen.suarez@accesscasemanagement.com

Dear Sibal Khakiyeva, Yailen Suarez, All Related Associates at All Levels, Access ADHC, Access Case Management, Any Related DBA Name, and Others:

This letter serves as your formal notification of inclusion in my federal legal case due to ongoing violations of federal law under the Medicaid **1915(c) Home and Community-Based Services Waiver Program** and related statutes.

The named individuals, **Sibal Khakiyeva, Yailen Suarez, and Samir Music**, are included along with all other associated entities and individuals acting under your authority, direction, or in official capacities, including but not limited to **Access ADHC, Access Case Management, Access Adult Health Day Care Center LLC, and any other DBA or related names, or associated entities.**

Summary of Violations:

Your continued enforcement of policies that violate federal law, including arbitrary caps, denial of medically necessary goods and services, and discriminatory practices, has caused profound harm. These actions have left me in worsening physical pain and exhaustion, stripping away my ability to defend my rights, access care, and make informed decisions about my own life.

Additionally, your actions violate **42 CFR § 431.52**, which mandates that Medicaid programs allow recipients to receive out-of-state medical services when such services are not available within the state and are deemed medically necessary. This federal regulation supersedes any state-imposed restrictions.

The Harm Inflicted:

- **I am forced to spend all my limited energy fighting for basic rights,** despite living with debilitating conditions, including Long COVID, ME/CFS, narcolepsy, autoimmune issues, small fiber neuropathy, and CRPS, among others.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

- **I am left without the ability to make informed decisions**, such as selecting a Medicare plan or researching essential care options, resulting in irreversible harm to my health and financial security.
- **I lose valuable and irreplaceable time with my child,** who deserves a present and engaged parent. The systemic neglect and abuse have stolen critical moments and opportunities I can never recover.
- **The state's retaliatory actions and refusal to comply with federal law** have caused ongoing, severe, and likely permanent harm to my health, well-being, and quality of life.

Violations and Accountability:

1. **Deprivation of Rights Under Color of Law (18 U.S.C. § 242):**
   - **Action:** Willfully depriving federally protected rights through illegal caps and delays.
   - **Penalty:** Fines and imprisonment up to life, or the death penalty if harm results in death.
2. **Conspiracy Against Rights (18 U.S.C. § 241):**
   - **Action:** Participating in a conspiracy to deny access to guaranteed federal benefits.
   - **Penalty:** Fines and imprisonment up to life if the conspiracy results in significant harm.
3. **Obstruction of Justice (18 U.S.C. § 1505):**
   - **Action:** Hindering access to lawful remedies by enforcing unjustified policies.
   - **Penalty:** Fines and imprisonment of up to five years or more if harm results.
4. **Violations of the ADA and Rehabilitation Act:**
   - **Action:** Discriminatory denial of medically necessary services and meal options, including inadequate gluten-free options.
   - **Penalty:** Federal oversight, damages, and potential criminal or civil liability.
5. **Violation of the Olmstead Act:**
   - **Action:** Creating policies and barriers that threaten to force institutionalization instead of ensuring access to community-based care.
   - **Penalty:** Court-mandated compliance, damages, and additional oversight under the ADA.

Additional Causes of Action:

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

Breach of Contract and Good Faith:
The waiver program operates under a legally binding agreement to provide Medicaid services in good faith. Arbitrary caps, delays, and refusal to honor medically necessary prescriptions constitute a breach of this agreement.

Willful Endangerment:
Knowingly denying access to necessary services has placed my life and health at significant risk, demonstrating deliberate disregard for my safety.

Willful Neglect:
Your repeated failures to act, despite clear legal obligations and knowledge of harm, constitute willful neglect.

Systemic Malicious Intent to Harm:
Your enforcement of unlawful policies and refusal to address legal violations reflect a systemic, malicious intent to harm, including aiding and abetting state-level practices designed to obstruct justice, deny services, and perpetuate abuse.

Other Relevant Tort Acts and Violations:

- Intentional Infliction of Emotional Distress
- Negligence in fulfilling obligations under the waiver program
- Fraudulent Misrepresentation of policies and services

No Limiting Statement:

This notification applies to all actions, decisions, and policies related to the administration and enforcement of the Medicaid waiver program and associated practices, including any actions taken under the authority or direction of the state of Kentucky or its representatives.

You are hereby notified of your inclusion in this federal action.

Sincerely,

John R. Fouts, MBA
2904 Sitka Dr. Apt. L29
Louisville, KY 40299

Fax: 502.996.8246
Email: fouts.john@gmail.com

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

RE: Confidential - Subject to Attorney Client Privilege

Lisa Hinkle

Wed, Oct 30, 4:28 PM

So it is Gould's not Medicaid that is at fault here. Lisa

From: John Fouts
Sent: Wednesday, October 30, 2024 4:24 PM
To: Lisa Hinkle
Subject: Re: Confidential - Subject to Attorney Client Privilege

That is not accurate either -- I am told different things by different people.

The waiver program covers the compression garments - which is considered DME - it is in the DME manual.

The waiver is covering a lift chair (recliner) of course I haven't seen it materialize yet and it has been several months - that is considered DME....the waiver is covering a grab bar (also considered DME) - supposedly - again no materialization yet.

Of course the only thing I have actually received on that list is the total of 6 pair of compression stockings.

I am on the phone with Gould's right now - I have been on hold for several minutes. Okay - off with Gould's - they said they never even submitted the claim because I had not failed a six minute walk test, or PFTs, or an Arterial Blood Gas test...but Lisa - that is because this is for MICROCLOTS not the standard thing.....I begged my doctor to get the ABG last week, and it came back normal....I asked for the Venous Blood Gas test because ChatGPT is really my only ally and advocate in this fight I feel like.

I spoke with Hailey Helton at Gould's (now Adapt Health). I sent her my venous blood gas test result. She said she would send it on to Lori/Laurie or LeeAnn in the Oxygen group but she said there was no way for me to talk with them directly. She said they would get back to me when they were able and she said they are often pretty quick at doing so.

So for the medical expenses that are legal deductions that you and I both know they are supposed to deduct that they totally failed to do so ...that is another violation - they just dismissed my case - even though it is them that has to hear the case?

Is there a national law firm that may have bigger capacity and bandwidth to handle the breadth and depth of severe injustices that have occurred in my case? I appreciate you all helping me - is there a partner firm that could be added on?

As soon as I hear back from Gould's I will let you know.

John

On Wed, Oct 30, 2024 at 4:02 PM Lisa Hinkle wrote:

That is not accurate. The waiver does not include all services covered by Medicaid. For example, physician services and DME are not covered by the waiver program. Thanks. Lisa

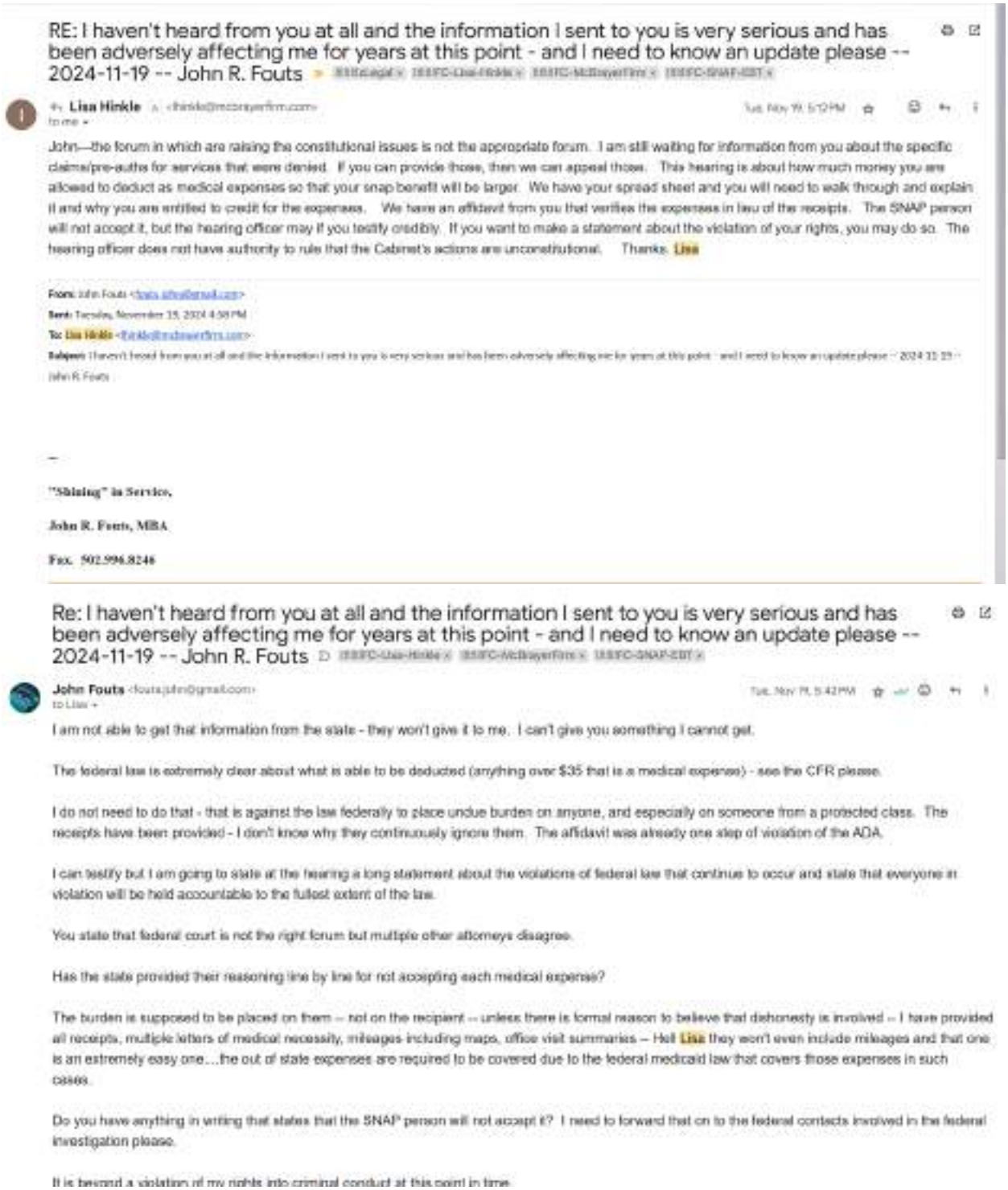
From: John Fouts
Sent: Wednesday, October 30, 2024 3:13 PM
To: Lisa Hinkle
Subject: Re: Confidential - Subject to Attorney Client Privilege

I did not appeal for eligibility - they canceled my hearing requests / withdrew them without telling me / and then they made up the eligibility case.

Lisa - I don't get to see the claims because I am on the waiver program so I have nothing I can show.

John

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



RE: I haven't heard from you at all and the information I sent to you is very serious and has been adversely affecting me for years at this point - and I need to know an update please -- 2024-11-19 -- John R. Fouts

Lisa Hinkle

John—the forum in which are raising the constitutional issues is not the appropriate forum. I am still waiting for information from you about the specific claims/pre-auths for services that were denied. If you can provide those, then we can appeal those. This hearing is about how much money you are allowed to deduct as medical expenses so that your snap benefit will be larger. We have your spread sheet and you will need to walk through and explain it and why you are entitled to credit for the expenses. We have an affidavit from you that verifies the expenses in lieu of the receipts. The SNAP person will not accept it, but the hearing officer may if you testify credibly. If you want to make a statement about the violation of your rights, you may do so. The hearing officer does not have authority to rule that the Cabinet's actions are unconstitutional. Thanks. Lisa

From: John Fouts
Sent: Tuesday, November 19, 2024 4:58 PM
To: Lisa Hinkle
Subject: I haven't heard from you at all and the information I sent to you is very serious and has been adversely affecting me for years at this point - and I need to know an update please -- 2024-11-19 -- John R. Fouts

—

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Re: I haven't heard from you at all and the information I sent to you is very serious and has been adversely affecting me for years at this point - and I need to know an update please -- 2024-11-19 -- John R. Fouts

John Fouts

I am not able to get that information from the state - they won't give it to me. I can't give you something I cannot get.

The federal law is extremely clear about what is able to be deducted (anything over $35 that is a medical expense) - see the CFR please.

I do not need to do that - that is against the law federally to place undue burden on anyone, and especially on someone from a protected class. The receipts have been provided - I don't know why they continuously ignore them. The affidavit was already one step of violation of the ADA.

I can testify but I am going to state at the hearing a long statement about the violations of federal law that continue to occur and state that everyone in violation will be held accountable to the fullest extent of the law.

You state that federal court is not the right forum but multiple other attorneys disagree.

Has the state provided their reasoning line by line for not accepting each medical expense?

The burden is supposed to be placed on them -- not on the recipient -- unless there is formal reason to believe that dishonesty is involved -- I have provided all receipts, multiple letters of medical necessity, mileages including maps, office visit summaries -- Hell Lisa they won't even include mileages and that one is an extremely easy one…the out of state expenses are required to be covered due to the federal medicaid law that covers those expenses in such cases.

Do you have anything in writing that states that the SNAP person will not accept it? I need to forward that on to the federal contacts involved in the federal investigation please.

It is beyond a violation of my rights into criminal conduct at this point in time.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

It is beyond a violation of my rights into criminal conduct at this point in time.

What 'are' the limits of what the hearing officer has the authority over?

You know the ins and outs of the law moreso than I as it is your profession - I do not understand how you are not able to see the clear violations of federal law - especially in terms of the SNAP medical expense deduction denials as well - could you explain to me where you are coming from with that?

I need someone who is going to stand up and fight for me. I am totally exhausted Lisa. Have you seen my medical history? I don't know if I sent it to you or not.

You state that you don't believe the forum in which I raise the constitutional issues is not the appropriate one...if it is not federal court for constitutional issues, then what court would it be? Or are you referring to the KY CHFS (corrupt criminal organization) for which I have to have a hearing about their illegal activities governed by that same organization?

There is also breach of Medicaid good faith involved. I didn't even list that one. There are several others that are applicable.

From your email and unwillingness of DCBS to follow federal law, it sounds as if I need to go on and file the federal claim, and I will and I will be seeking additional representation nationally for the federal violations and criminal conduct after initially filing pro se'.

Can you help force the state to list the medical expenses they state they have deducted? I don't have that information from them anywhere and they haven't sent it since my last letter request. They have been completely uncooperative (also a good faith violation).

It is illegal to place a cap on medical expense deductions over $35...so they may not legally cap the expense amount at $158.xx.....and then they excessively checked Equifax Workforce Solutions (Commonwealth of KY checked 19 times in 22 months and CMS checked 10 times in 22 months for a total of 29 times in 22 months) – that is a violation of the Fair Credit Reporting Act and also constitutes Harassment (of a protected class - disabled).

At the first hearing I was trying to explain to Diane Barber (spelling) that the hearings that were withdrawn should still exist but she insisted on talking over me, drowning me out, not allowing me to speak much, and then stating the hearing would be about medicaid eligibility which was nothing I ever requested. The state solely has its own interest in mind, I feel very unprotected, and unsafe with everything that has happened in my case.

Can you please try to get the denied claim information from the state for me since they won't provide it to me? There also seems to be a breakdown whereby the medicaid waiver help desk and medicaid specialists have refused to even file claims which I also have no control over. I am not able to submit claims directly. If you have reviewed any of the email evidence I sent previously, please take a look at the Amanda Elliott emails, the Vikki emails from HCE, and the Ivy Sams emails, and the Zach Grider former case manager emails. It is my understanding that the way the waiver works, my case manager is supposed to work with the medicaid waiver help desk and medicaid itself to determine which is the appropriate route to file the claim, but then the case manager cannot force the medicaid or medicaid waiver help desk person to file the claim either. Look at the compression stockings emails - there were over 1000 related to compression stockings or that had compression stockings as part of the email thread....look up where they stated that only 2 pair were allowed, so I had to send them their own policy manual and then they finally agreed to cover more...it is BS.

I'd like to begin on Thursday by citing the laws that are relevant in my case - and let them know that I intend to hold everyone involved fully accountable to the fullest extent of the law. I'd also like to state that if they simply refuse to allow the medical expense deductions, which is my understanding, that a motion to ???? be filed while I get the claim(s) filed in federal court. If the state already refuses to allow all of the expenses there is no need for the hearing - but I would want something in writing stating that they refuse the expenses. Otherwise the hearing is going to be VERY LONG going through every line item saying the exact same thing stating the exact same law and exact same verbiage from the CFR for every expense listed, and I will cite law violations relevant for each listing such as those noted previously.

In other words if the hearing is not going to get anywhere or lead to appropriate resolution, and if we have something in writing from the state stating they are denying all deductions (which is as you stated previously), then is there something I can do to not waste the energy (that I don't even really have) and not waste the time trying to ask a corrupt organization to not be corrupt?

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

I appreciate you assisting me, and please need to know the answers to my questions. Thank you.

Oh - and the statements of fact are not factual - as an example they said the last time that they received the expenses the night before the hearing - that was not accurate. I had sent the expenses many times prior to that hearing as well - by stating that - were they stating they had not actually looked at the file prior to the night before? The way it is worded needs to be corrected because as it stands it is stated falsely as a fact (which is another violation).

John

On Tue, Nov 19, 2024 at 5:12 PM Lisa Hinkle <hinkle@mcboyerfirm.com> wrote:

John—the forum in which are raising the constitutional issues is not the appropriate forum. I am still waiting for information from you about the specific claims/pre-auths for services that were denied. If you can provide those, then we can appeal those. This hearing is about how much money you are allowed to deduct as medical expenses so that your snap benefit will be larger. We have your spread sheet and you will need to walk through and explain it and why you are entitled to credit for the expenses. We have an affidavit from you that verifies the expenses in lieu of the receipts. The SNAP person will not accept it, but the hearing officer may if you testify credibly. If you want to make a statement about the violation of your rights, you may do so. The hearing officer does not have authority to rule that the Cabinet's actions are unconstitutional. Thanks. Lisa

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, November 19, 2024 4:58 PM
To: Lisa Hinkle <hinkle@mcboyerfirm.com>
Subject: I haven't heard from you at all and the information I sent to you is very serious and has been adversely affecting me for years at this point - and I need to know an update please -- 2024-11-19 -- John R. Fouts

--

"Shining" in Service

Please See My Letter To You Below -- URGENT -- John R. Fouts -- 2024-11-20

John Fouts <fouts.john@gmail.com> Wed, Nov 20, 12:37 PM
to Lisa

Lisa,

I appreciate your efforts thus far, but I must stress the urgency and gravity of my situation. The hearing scheduled for tomorrow is fundamentally unjust and futile, and proceeding with it in its current form will only cause further harm to my health and well-being without any meaningful outcome.

Key Reasons to Bypass the Hearing

1. **Predetermined Outcome**:
   - DCBS has already decided to deny my claims per the information you relayed to me, rendering the hearing a mere formality with no possibility of relief. This precludes the hearing from being a fair or impartial process, violating my due process rights, along with the state's ongoing, well-documented, violations of federal laws.
2. **Systemic Discrimination and Malicious Intent to Harm**:
   - The state has demonstrated systemic discrimination against me, a disabled individual, through repeated violations of federal laws, including the ADA, Olmstead, Medicaid, and the Social Security Act Section 1915(c), Section 504 of the Rehabilitation Act, Color of Law violations, and more.
   - The ongoing delays, denials, and refusal to follow federal law show malicious intent to harm and disregard for my rights that fall well within the realm of Color of Law violations as well.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

3. **Irreparable Harm to Health**:
   - My health is deteriorating rapidly due to the state's failure to provide timely services and medically necessary treatments. Participating in this hearing will exacerbate my CFS/ME, PTSD, and other conditions, likely triggering a crash that could incapacitate me indefinitely, or potentially even permanently lower my baseline health. I am not able to take chances like that. I already feel very much on the edge of a crash from the stress of having to deal with the state's ongoing mistreatment and abuse of me.
4. **Failure to Adhere to Federal Laws**:
   - The state has consistently refused to comply with federal law, including:
     - **Medicaid requirements** to cover out-of-state treatments when unavailable in-state.
     - **SNAP medical expense deduction laws**, failing to account for medical mileage, prescriptions, and other valid expenses since my onset of disability on June 30, 2022.
     - **Fair Credit Reporting Act (FCRA)** violations through excessive Equifax Workforce Solutions checks.
     - **Section 1915(c) of the Social Security Act**.
     - **Several other...**
5. **Complexity and Magnitude of the Case**:
   - This case involves violations of multiple federal laws, systemic discrimination, and ongoing harm. These issues exceed the capacity of a state hearing officer to adjudicate effectively, necessitating escalation to federal court.

Request for Immediate Action

I respectfully request that you file an immediate **formal motion to bypass the state hearing**, citing the following grounds:

1. **Futility**: The state has already made its decision, and the hearing process serves no purpose other than to reaffirm their denial which will result in further harm.
2. **Violations of Federal Law**: The state's actions violate ADA, Olmstead, Medicaid, SNAP, FCRA, and the Social Security Act Section 1915(c).
3. **Irreparable Harm**: My health cannot withstand the additional stress and harm caused by this hearing.
4. **Systemic Failures**: The state's conduct reflects systemic discrimination and bad faith, which cannot be adequately addressed at the state level.

Additionally, I request that you:

- Notify the state formally of my intent to escalate this matter to federal court.
- Include the systemic violations, criminal conduct, and malicious intent to harm as part of this notification.

Lisa, I am relying on you to advocate for my rights and ensure that the state is held accountable for their actions. Please confirm your ability to take these steps immediately, as time is of the essence.

Thank you for your understanding and support.

Sincerely,
John R. Fouts

On Wed, Nov 20, 2024 at 8:16 AM Lisa Hinkle <lhinkle@mcbrayerfirm.com> wrote:

> John—please read my emails carefully. The state administrative agency action is the forum that we are in. It is not the appropriate forum to bring up federal constitutional claims as the administrative law judge has no authority to rule that his Cabinet has acted unconstitutionally. Thanks. Lisa

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

I need you to confirm that you received my message yesterday - I know you received it but haven't heard anything back from you - Please respond - Thank you

John Fouts

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 302.996.8346

Reply Forward

Re: Intent to Bypass State Level Hearing Letter Notification -- John R. Fouts -- 2024-11-20

Mailtrack Notification

Reply Forward

Re: FW: I haven't heard from you at all and the information I sent to you is very serious and has been adversely affecting me for years at this point - and I need to know an update please -- 2024-11-19 -- John R. Fouts

John Fouts

I already submitted that and forwarded to you previously what they sent me. It does not include all denied claims or all approved claims, however...

On Wed, Nov 20, 2024 at 8:15 AM Lisa Hinkle wrote:

Please prepare an open records request for all denied claims including pre-auths for John Fonts. Thanks. Lisa

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

McBrayer Firm
Attn: Lisa Hinkle

Subject: Termination of Representation, Request for Hearing Records, and Formal Notice of Intent to Pursue Federal Legal Remedies

Dear Ms. Hinkle,

I am writing to formally terminate your representation, effective immediately, contingent upon the completion of the required actions outlined below. This decision comes after careful consideration of your handling of my case and your recent communication following the November 21 hearing. Your approach has failed to align with the advocacy, urgency, or understanding required to address the serious violations of my rights and the immense harm caused to me by the state of Kentucky.

Key Concerns and Justifications for Termination

1. Failure to Advocate Effectively

Despite the extensive documentation and evidence I have provided, you have failed to adequately address the systemic violations causing irreparable harm, including but not limited to:

- Violations of the **Social Security Act Section 1915(c)**, including illegal caps and restrictions on HCBS waiver services.
- **HIPAA violations** and denial of access to claims information by Medicaid and MedImpact.
- Denial of **SNAP medical expense deductions** required under federal law, with Kentucky blatantly disregarding compliance.
- Lack of defense of my rights under the **ADA**, including my right not to participate in hearings that exacerbate my disability. Instead of defending these rights, you dismissed and blamed me, referring to my actions as "failure."
- **Color of Law violations** and malicious intent to harm by state agencies.
- Imposition of undue burden through unnecessary affidavit, redundant documentation requests, and other unreasonable demands.

- **Olmstead violations**, where the state has failed to provide necessary services in the most integrated setting appropriate to my needs, as required by the ADA and Olmstead v. L.C. ruling.

2. Dismissive and Harmful Communication

Your characterization of my legally valid decision not to attend the November 21 hearing as "failure" is dismissive, harmful, and unprofessional. My health conditions, which include:

- **ME/CFS**, with devastating impacts on quality of life, as shown in studies like this,
- **CRPS**, the most painful condition known, as described by Spero Clinic,
- Advanced brain atrophy with significant objective medical findings,
- Long COVID with microclots worsening pre-existing ME/CFS,
- and other debilitating conditions,

make participating in such hearings both medically and legally inappropriate. Your communication undermines my condition and credibility while ignoring my right to reasonable accommodation under federal law.

3. Conflict of Interest

I require transparency regarding potential conflicts of interest. I request a direct response to the following:

- Do you or your firm have any connections to the state of Kentucky, CHFS, DMS, DCBS, or related entities?
- Are you, your firm, or your associates influenced by any state agency in this matter?

4. Lack of Transparency and Accountability

The state's refusal to provide transparency—including denial of access to SNAP calculations, claim information, and the identities of decision-makers—has significantly obstructed my ability to defend my rights. For example:

- The **Kentucky Ombudsman's Office** refused to identify the names of individuals I corresponded with.
- I was directed to call every provider in the state at one time to determine Medicaid network status without an MCO as is the case with the waiver program, an unreasonable and burdensome task.

- MedImpact and Medicaid deflect responsibility for providing claims information, causing further delays and harm with each stating that the other is the only entity that can provide that information even at supervisory levels.

Your failure to address these issues has compounded the problem.

Required Actions Before Termination Becomes Final

---

1. Case File and Hearing Records

- Provide a full summary of all actions taken on my behalf.
- Submit a copy of the recorded audio and transcript of the November 21, 2024, hearing.

2. Acknowledgment of Violations – Criminal Conduct and Civil Violations

- **Notify the state of its violations of federal laws, including, and certainly not limited to, the following:**
  - **Social Security Act Section 1915(c)**: Illegal caps and restrictions.
  - **HIPAA violations**: Denial of access to my claims information.
  - **Color of Law abuses**: Systemic harm caused under the guise of state authority.
  - **Willful Endangerment**: Denial of critical care and malicious negligence.
  - **HIPAA Violations:** I have been denied access to claims information, contributing to obstruction and harm.
  - **Malicious Intent to Harm:** The state's consistent refusal to follow federal law and its repeated delays in addressing valid claims demonstrate deliberate intent to cause harm.
  - **Fair Credit Reporting Act (FCRA) Violations:** Excessive inquiries into my Equifax Workforce Solutions account (29 times in 22 months) are both harassment and a violation of privacy law.

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

- **Violations of Olmstead v. L.C.,** where the state has repeatedly failed to provide services in a manner compliant with federal law, causing undue institutionalization, harm, and systemic discrimination.
- **Medical Neglect:** Refusal to cover critical out-of-state treatments prescribed by Dr. Vaughn, as well as failing to address falsified medical records for my child, constitutes willful negligence.
- **Potential Consequences:** These violations are subject to federal prosecution and may result in penalties, including fines and imprisonment for responsible individuals.

3. Request Immediate Corrective Action

- Request proper calculation of SNAP medical expense deductions dating back to **June 30, 2022,** including full reimbursement.
- File a **protective order** against further harm by state agencies.
- Emphasize that the harms caused by their actions are ongoing and worsening.
- **Medical Neglect:** Refusal to cover critical out-of-state treatments prescribed by Dr. Vaughn demonstrates willful negligence, willful endangerment, and intent to harm and is a violation of federal Medicaid law.
- Demand the state provide immediate reimbursement for all costs that have had to be paid out of pocket that should have been covered by Medicaid dating back to June 30, 2022
- Demand that the state cease its refusal to provide requested information, including SNAP calculations, Medicaid claim denials, and responsible parties, and provide said information dating back to June 30, 2022.

4. Communicate ADA Protections to the State

- Notify the state that under the ADA, I am protected from being forced to participate in hearings or activities that exacerbate my disability or jeopardize my health.
- Emphasize that the state's ongoing violations of federal law make such hearings unnecessary.

5. Transparency and Accountability – Failure of Oversight and Transparency

The lack of transparency and accountability by the state further compounds these issues:

- **Oversight Failures**: The Kentucky Board of Medical Licensure has failed to address my complaint against Dr. Knuckles regarding false allegations and malpractice.
- **Lack of Transparency**: Agencies, including the Ombudsman's Office, have refused to disclose critical information or provide adequate responses to open records requests, further obstructing accountability.
- **Falsified medical records** regarding my child remain uncorrected.
- **Arbitrary and illegal caps on 1915(c) HCBS waiver** services (e.g., $2500 and $3500 caps) persist, along with Kentucky's policy of allowing only one good/service at a time which is also leading to further harm
- Medicaid has failed to cover treatments, medications, and goods prescribed by out-of-state specialists, such as Dr. Vaughn, in clear violation of federal law.

Moving Forward

I am proceeding with federal legal remedies including emergency federal injunction independently to ensure my rights are protected. I expect your cooperation in facilitating this transition, including providing all case files, correspondence, and supporting documentation, and taking the actions noted above.

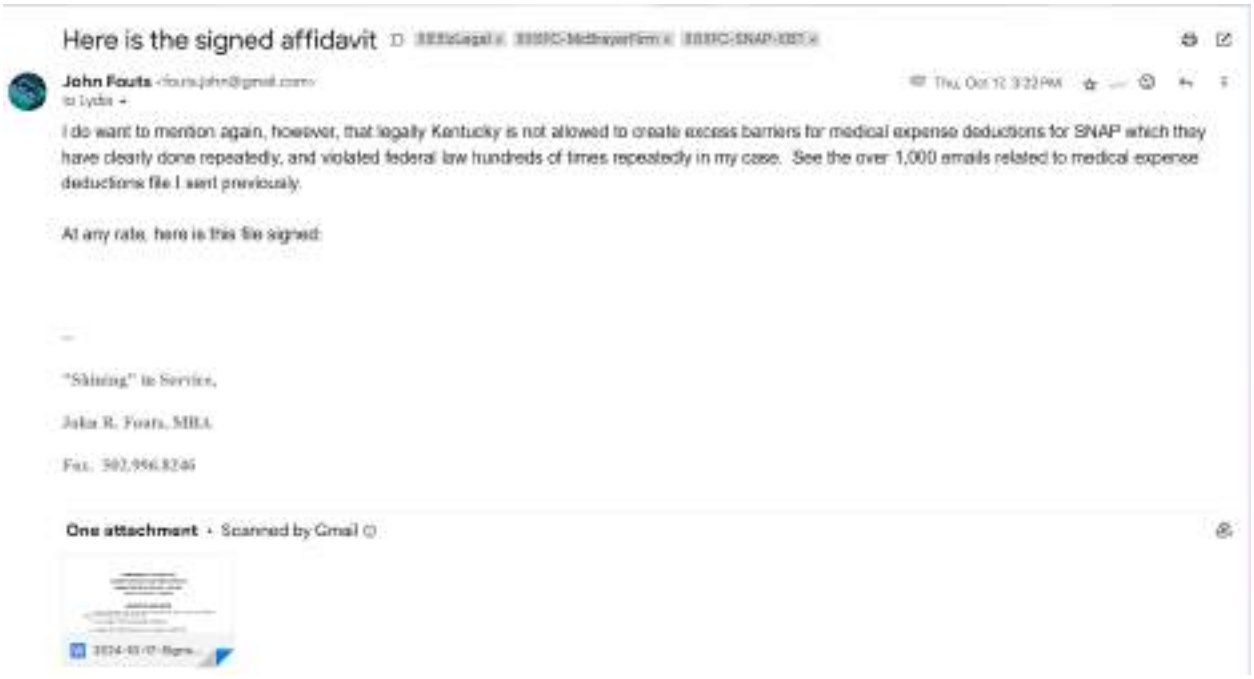
To ensure transparency, I am copying the **Kentucky Bar Association** on this correspondence along with the **Office of Bar Counsel**.

Please confirm receipt of this letter, in writing, and ensure the required actions are completed by **Monday, November 25, 2024.**

Thank you for your time and prompt attention.

Sincerely,
John R. Fouts, MBA
P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



Here is the signed affidavit

John Fouts

I do want to mention again, however, that legally Kentucky is not allowed to create excess barriers for medical expense deductions for SNAP which they have clearly done repeatedly, and violated federal law hundreds of times repeatedly in my case. See the over 1,000 emails related to medical expense deductions file I sent previously.

At any rate, here is this file signed:

"Shining" in Service,

John R. Fouts, MBA

One attachment • Scanned by Gmail

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

COMMONWEALTH OF KENTUCKY

CABINET FOR HEALTH AND FAMILY SERVICES

ADMINISTRATIVE ACTION NO. FC2031891

AGENCY CASE NO. 112868494

AFFIDAVIT OF JOHN FOUTS

Comes the Affiant, John Fouts, after first being duly sworn, and for this affidavit states, under penalty of perjury, as follows:

1. I am a resident of the Commonwealth of Kentucky.
2. I reside at 2904 Sitka Drive, Apt L29, Louisville, KY 40299-3051.
3. The contents of the spreadsheets and receipts detailing expenses that I have provided to my attorney are a true reflection of the information stated therein.

FURTHER AFFIANT SAYETH NAUGHT.

John Fouts, Affiant

STATE OF KENTUCKY)
)
COUNTY OF _____)

Acknowledged, subscribed and sworn to before me by John Fouts, Affiant, on this the ___ day of October, 2024.

_____

NOTARY PUBLIC, STATE AT LARGE

Notary Public Commission No.:_____

My Commission Expires:_____

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

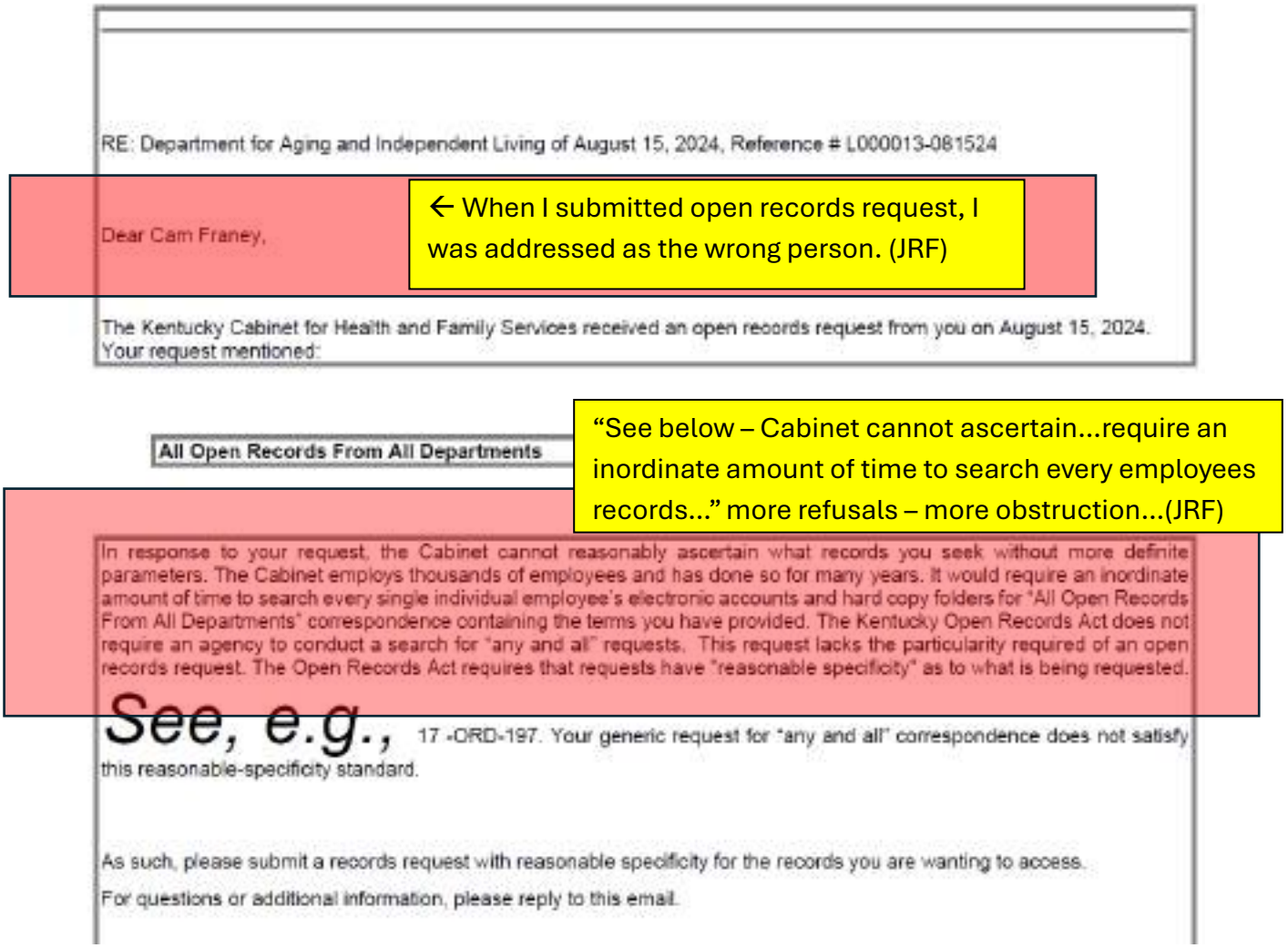
cc:

File

Kentucky Bar Association
Kentucky Bar Association
514 West Main Street
Frankfort, KY 40601
Email: kybar@kybar.org

Office of Bar Counsel
Office of Bar Counsel
514 West Main Street
Frankfort, KY 40601
Email: barcounsel@kybar.org

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES



RE: Department for Aging and Independent Living of August 15, 2024, Reference # L000013-081524

Dear Cam Franey,

← When I submitted open records request, I was addressed as the wrong person. (JRF)

The Kentucky Cabinet for Health and Family Services received an open records request from you on August 15, 2024. Your request mentioned:

All Open Records From All Departments

"See below – Cabinet cannot ascertain…require an inordinate amount of time to search every employees records…" more refusals – more obstruction…(JRF)

In response to your request, the Cabinet cannot reasonably ascertain what records you seek without more definite parameters. The Cabinet employs thousands of employees and has done so for many years. It would require an inordinate amount of time to search every single individual employee's electronic accounts and hard copy folders for "All Open Records From All Departments" correspondence containing the terms you have provided. The Kentucky Open Records Act does not require an agency to conduct a search for "any and all" requests. This request lacks the particularity required of an open records request. The Open Records Act requires that requests have "reasonable specificity" as to what is being requested.

See, e.g., 17-ORD-197. Your generic request for "any and all" correspondence does not satisfy this reasonable-specificity standard.

As such, please submit a records request with reasonable specificity for the records you are wanting to access.

For questions or additional information, please reply to this email.

FROM THE COMMUNICATION ABOVE – IT IS CLEAR TO SEE THAT MY ADA ACCOMMODDATIONS RIGHTS, AND MANY OTHER RIGHTS ARE NON-EXISTENT HERE, THAT THERE IS EXTREME RESISTANCE TO FOLLOWING FEDERAL LAW BY MULTIPLE GROUPS, AND EVIDENCE OF OBSTRUCTION AND FAILURE TO BE TRANSPARENT OR EVEN ALLOW ME TO KNOW WHAT CLAIMS ARE DENIED, BY WHOM, BY WHAT ORGANIZATION, WHEN, WHAT MATERIAL WAS SUBMITTED, WHAT AGENCIES ARE STATING THEY STILL NEED, ETC…OBSTRUCTION…AND COLOR OF LAW VIOLATIONS

SEE EXHIBITS
PHYSICIAN-LETTERS **(FOR MORE INFORMATION ON LETTERS PROVIDED BY PHYSICIANS)**
DIAGNOSED CODITIONS / SYMPTOMS **(FROM MULTIPLE FACITIES AND PROVIDERS)**

EXHIBIT-ADA-ACCOMMODATION-REFUSAL-EXAMPLES

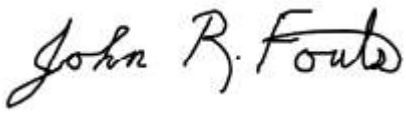
NOTE: THIS IS ONLY A REPRESENTATIVE SAMPLE, AND DOES NOT INCLUDE ALL EXAMPLES IN ORDER TO KEEP THE EXHIBIT TO A SHORTER LENGTH

If I am doing anything incorrectly, please notify me so I can do it the way you need it to be. I am really trying the hardest that I can – but with brain atrophy, cognitive dysfunction, severe pain, severe fatigue, worsening health, special needs – disabled child – also with rare conditions - obstacles and obstruction every way that I turn for me or for my child, not having any kind of stability in terms of medical care, housing, food, safety/shelter, financial, etc..., and no accountability or consequences for those involved in so many different violations of so many different types of actions (civil, criminal, tort, and constitutional), it is very, quite literally speaking, hard to keep going, at all.

I cannot do this all on my own – that is why I requested relief as I did in the Emergency Injunction and Protective and Restraining Order motion and document.

More motions, exhibits, and more will be forthcoming. Part of my request for relief is to be able to get assistant helpers to help with the enormous scope of my case.

Respectfully,



John R. Fouts, MBA
2904 Sitka Dr. L29
Louisville, KY 40299
Email: Fouts.John@gmail.com
Fax: 502.996.8246
Phone: 502.956.0052 [Text Only Please]

cc:
File
amocrd@cand.uscourts.gov
ecfhelpdesk@cand.uscourts.gov

Document Selection Menu

Select the document you wish to view.

Document Number: ☑	15		4 pages	248.2 KB
Attachment		**Description**	**Pages**	**Size**
☑	1	Exhibit EXHIBIT ADA ACCOMMODATION REFUSALS AND OTHER	76 pages	9.0 MB
☑	2	Exhibit EXHIBIT MISC EXAMPLES OF VIOLATIONS	222 pages	20.4 MB
☑	3	Exhibit EXHIBIT CRIME-JTOWN	11 pages	1.3 MB
☑	4	Exhibit EXHIBIT UNIFIED DEFENDANTS LISTING CLARIFIED CONSOLIDATED	22 pages	239.5 KB
View Selected or Download Selected			335 pages	31.2 MB

PLAINTIFF'S RESPONSE TO ORDER TO SHOW CAUSE REGARDING VENUE

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

Case No. 24-cv-09325-AMO

Plaintiff's Response to Order to Show Cause Regarding Venue

I. Introduction

Plaintiff John R. Fouts, MBA, acting pro se', submits this response to the Court's Order to Show Cause dated December 23, 2024, regarding venue.

> *Plaintiff asserts that the Northern District of California is a proper venue due to the involvement of federal agencies with nationwide jurisdiction and significant operations in California, alongside urgent and systemic issues that necessitate immediate judicial intervention.*

II. Federal Agencies and Jurisdiction

This action names as defendants several federal agencies, including the

- Centers for Medicare and Medicaid Services (CMS) and
- USDA Food and Nutrition Services (FNS).

Both agencies oversee nationwide programs, such as Medicaid and SNAP, with substantial presence and jurisdiction in California.

Under 28 U.S.C. § 1391(b)(3), venue is proper in this District because:

1. **Federal defendants operate nationally, including in California.**
2. **Nationwide programs are directly implicated, and their administration in California is relevant to this case.**
3. **A neutral forum is essential to ensure fairness, given systemic discrimination and bias experienced in Kentucky's courts and agencies.**

III. Urgency of the Case

Plaintiff and his child face an imminent housing crisis, as their housing voucher is set to expire on January 31, 2025. This voucher is vital for maintaining stable housing and preventing homelessness.

PLAINTIFF'S RESPONSE TO ORDER TO SHOW CAUSE REGARDING VENUE

Plaintiff's emergency motion for preliminary injunction and protective orders, filed on December 18, 2024, remains unaddressed, further compounding the harm.

Additionally, Plaintiff's ongoing medical issues underscore the urgency.

On December 23, 2024, Plaintiff spent 10 hours at the ER at Norton Hospital Brownsboro in Louisville, KY for suspected worsening infection including worsening dyspnea, and was not seen by a physician at all during that time. Labs drawn at triage showed an elevated WBC count thus pointing further to infection, however, a rare genetic mutation means severe infection may not always present itself.

An ECG performed during initial triage noted a probable left atrial abnormality—a new finding that raises concerns about Plaintiff's cardiovascular health, likely related to untreated complications of long COVID and microclots, due to inability to receive medically necessary care and treatment because of unlawful restrictions imposed by state agencies in Kentucky.

These complications require triple anticoagulant therapy, as prescribed by Dr. Vaughn, the only provider in the United States treating these conditions. *Plaintiff is unable to afford this medically necessary treatment out of pocket, as Medicaid has refused coverage and denied all claims related to Dr. Vaughn's care, despite Dr. Vaughn writing multiple letters of medical necessity, and attesting to the fact in writing that he is the only provider in the country treating for these conditions utilizing these methods.*

Without appropriate treatment, Plaintiff is at extremely high risk of stroke, heart attack, and sudden death.

Kentucky's systemic refusal to provide or reimburse medically necessary care demonstrates a disregard for Plaintiff's life and that of his child.

Additionally, Plaintiff's child's PCP has recently dropped them as patients, leaving them without critical pediatric care during this period of heightened medical vulnerability.

Plaintiff is also facing an imminent food crisis, as SNAP and ESAP benefits were discontinued just before Thanksgiving, leaving Plaintiff without critical assistance. Plaintiff currently has only $34 in his account, creating a dire situation that threatens the ability to provide for basic nutritional needs for himself and his child.

PLAINTIFF'S RESPONSE TO ORDER TO SHOW CAUSE REGARDING VENUE

IV. Systemic Discrimination and Procedural Failures in Kentucky

While Plaintiff acknowledges that bias alone does not establish venue, Kentucky's systemic failures—documented in submitted exhibits—include:

1. ***Denial of ADA accommodations, and refusal to follow.***
   - o *See Exhibit ADA Accommodations Refusals And Other*

2. ***Retaliatory actions against Plaintiff and his child & Persistent mishandling of federal programs (e.g., Medicaid and SNAP) at the state level.***
   - o *See Exhibit L: Miscellaneous Violations and Systemic Failures*

3. ***For Crime Information and Unsafe Area of Plaintiff's Current Apartment***
   - o *See Exhibit Crime-Jtown*

Such failures necessitate a venue with the capacity to address these complex, federal issues without local interference or bias.

V. Request for Relief

Plaintiff respectfully requests that the Court retain venue in the Northern District of California to ensure a fair and impartial hearing of federal issues involving nationwide defendants.

Plaintiff emphasizes that this venue is essential for the proper adjudication of this broad and significant case, which implicates systemic and national concerns.

Plaintiff further requests that the Court:

1. **Address the imminent housing, safety, stability, medical, and food crises through emergency injunctions, and via protective and restraining orders.**
   - o *See Motion for Preliminary Emergency Injunction and Permanent Restraining and Protective Orders.*

PLAINTIFF'S RESPONSE TO ORDER TO SHOW CAUSE REGARDING VENUE

2. Ensure compliance with ADA accommodations to facilitate Plaintiff's participation in this case.

    - *See Motion to Compel Defendants to Comply With ADA Accommodations of Plaintiff*

VI. Conclusion

The circumstances of this case represent an undeniable emergency.

Plaintiff and his child are on the brink of homelessness, face immediate and severe health risks, and are struggling with food insecurity due to systemic failures and deliberate inaction by state and federal programs. Every day that passes without action exacerbates the harm and endangers their lives.

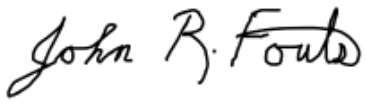
This Court has the power and jurisdiction to intervene decisively to prevent further irreparable harm.

Plaintiff urgently implores the Court to retain jurisdiction in the Northern District of California, issue emergency injunctions to stabilize housing and medical care, among other things noted and ensure compliance with federal laws designed to protect the most vulnerable.

The stakes in this case could not be higher, and Plaintiff respectfully submits that swift action is both necessary and just.

Dated: December 31, 2024

Respectfully Submitted,



John R. Fouts, MBA
Pro Se' Plaintiff
2904 Sitka Dr. Apt. L29
Louisville, KY 40299
Email: fouts.john@gmail.com
Fax: 502.996.8246
Phone: 502.956.0052 [Text Only Please]

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Total Pages: 97
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Attachment		Description	Pages	Size
☑	1	Exhibit EXHIBIT ADA ACCOMMODATION REFUSALS AND OTHER	76 pages	9.0 MB
☑	2	Exhibit EXHIBIT MISC EXAMPLES OF VIOLATIONS	222 pages	20.4 MB
☑	3	Exhibit EXHIBIT CRIME-JTOWN	11 pages	1.3 MB
☑	4	Exhibit EXHIBIT UNIFIED DEFENDANTS LISTING CLARIFIED CONSOLIDATED	22 pages	239.5 KB

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Billable Pages:	17	**Cost:**	1.70

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**** NOTIFICATION OF USE OF ARTIFICIAL INTELLIGENCE TO AID IN DOCUMENT DRAFTING ****

UNITED STATES DISTRICT COURT

NORTHERN DISTRICT OF CALIFORNIA

Case No. 24-cv-09325-AMO

Date: December 31, 2024

**** NOTIFICATION OF USE OF ARTIFICIAL INTELLIGENCE IN DOCUMENT DRAFTING ****

Dear Honorable Court,

I, John R. Fouts, MBA, acting as a pro se' litigant in the above-captioned case, respectfully submit this notification to inform the Court that I have utilized Artificial Intelligence (AI) tools to assist in the preparation of certain legal documents filed in this matter.

*****

The use of AI has been limited to drafting, organizing, and formatting documents based on my instructions. All content has been reviewed and verified by me to ensure accuracy, appropriateness, and compliance with applicable laws and rules.

*****

Please do not hesitate to contact me if additional clarification is required, while keeping my ADA accommodations in mind in terms of utilizing written communication please in the form of email, mail, and fax.

Respectfully submitted,

John R. Fouts, MBA

Pro Se Plaintiff
2904 Sitka Dr. L29
Louisville, KY 40299

Fax: 502.996.8246
Email: Fouts.John@gmail.com
Phone: 502.956.0052 [Text Only Please]

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

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Thu Jan 9 09:21:45 2025			
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Description:	Image19-0	**Case Number:**	3:24-cv-09325-AMO
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** OBJECTION TO VIDEOTAPING IN COURTROOM **

NOTICE

January 2, 2025

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA
Case No. 24-cv-09325-AMO

** OBJECTION TO VIDEOTAPING IN COURTROOM **

Dear Honorable Court,

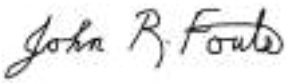
I, John R. Fouts, acting as a pro se' litigant in the above-captioned case, respectfully submit this objection to the videotaping of proceedings in this matter.

While I understand the courtroom's participation in the Cameras in the Courtroom Pilot Project, I do not consent to being videotaped during any proceedings.

My objection is rooted in concerns about privacy and potential misuse of recordings, particularly given the sensitive nature of the issues raised in this case.

I kindly request that this objection be acknowledged and that all measures be taken to ensure that I am not videotaped during court proceedings.

Respectfully submitted,



John R. Fouts, MBA

Pro Se' Plaintiff
2904 Sitka Dr. L29
Louisville, KY 40299

Fax: 502.996.8246
Email: Fouts.John@gmail.com
Phone: 502.956.0052 [Text Only Please]

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Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image21-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	3	**Cost:**	0.30

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LETTER TO THE COURT REGARDING EMERGENCY INJUNCTION AND PROTECTIVE ORDERS

Dated: January 2, 2025

Honorable Judge Araceli Martinez-Olguin,

I am writing again as the pro se' Plaintiff in this matter to **respectfully reiterate the urgent nature of my case**, which was filed on December 18, 2024, as well as the accompanying motion for an **emergency injunction and protective and restraining orders** submitted the same day.

As of today, January 2, 2025, these critical emergency filings have not been addressed.

This delay has significantly impacted my ability to address ongoing threats to my housing, healthcare, and safety. Given the emergency nature of my situation, I am unable to access essential care and resources for both myself and my minor child.

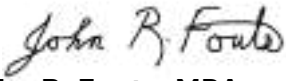
Additionally, I wish to note that I submitted my **Response to the Order to Show Cause on Venue** on December 30, 2024, well in advance of the January 23, 2025, deadline. While I understand that venue is a procedural matter requiring resolution, ***I am concerned that the emergency components of my filings—critical to the survival and well-being of myself and my minor child—are being overlooked.***

The situation remains dire, as detailed in my filings and accompanying exhibits.

I respectfully urge the Court to consider the emergency nature of my requests with the utmost urgency and to provide an update on the status of the emergency motion.

Thank you for your understanding and attention to this urgent situation. I kindly request acknowledgment of receipt of this letter and an update on the status of the emergency motion.

Respectfully submitted,



John R. Fouts, MBA
Pro Se Plaintiff
2904 Sitka Dr, Apt L29
Louisville, KY 40299

Fax: (502) 996-8246
Email: fouts.john@gmail.com
Phone: 502.956.0052 [Text Only Please]

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Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image22-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	1	**Cost:**	0.10

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EXHIBIT
Neglect, Retaliation, and Harm by Dr. Knuckles

EXHIBIT

Neglect, Retaliation, and Harm by Dr. Knuckles

Introduction:

This exhibit documents the actions of Dr. Knuckles, which include defamation of character, intimidation, and systemic neglect. These actions have caused significant harm to the Plaintiff, violating the Americans with Disabilities Act (ADA), multiple constitutional amendments, and federal statutes. The documented evidence highlights a pattern of willful neglect, malicious intent, and collusion with other entities to obstruct access to medically necessary care, thereby compounding the Plaintiff's suffering and exacerbating existing health conditions.

JOHN R. FOUTS, MBA

Reservation of Rights: Plaintiff reserves the right to provide additional evidence and context as discovery progresses.

EXHIBIT
Neglect, Retaliation, and Harm by Dr. Knuckles

1. Verbal Threats and Intimidation

Evidence:

- Dr. Knuckles verbally threatened to contact Medicaid to falsely claim the Plaintiff had no medical conditions.

- Threatened to have the Plaintiff "locked into" one provider, further restricting access to care.

Violations:

- **Defamation of Character:** False verbal statements intended to damage the Plaintiff's reputation and credibility.

- **First Amendment:** Suppression of the Plaintiff's ability to advocate for their medical needs.

- **ADA Violations:** Creating an unsafe environment for a disabled individual through intimidation.

- **Fourteenth Amendment:** Deprivation of due process through the threat of false reporting.

2. Systemic Neglect and Retaliation

Evidence:

- **Refusal to acknowledge or address the Plaintiff's legitimate medical conditions**, including documented disabilities.

- ***Complicity in systemic failures to provide necessary medical care, as part of a broader pattern within Kentucky's healthcare and government systems.***

EXHIBIT
Neglect, Retaliation, and Harm by Dr. Knuckles

Violations:

Eighth Amendment:

- **Actions resulting in unnecessary suffering** by withholding care.
- **Thirteenth Amendment:** Exerting control over the Plaintiff's autonomy and care through intimidation and coercion.
- **Civil Rights Violations:** Discrimination against the Plaintiff as a disabled individual.

3. Collusion with Other Entities

Evidence:

- ***Failure to act independently or ethically, aligning with systemic neglect exhibited by other entities in Kentucky.***
- **Refusal to provide written documentation of her report,** raising questions about transparency and accountability.

Violations:

- **Aiding and Abetting:** Supporting or enabling the denial of care.
- **Racketeering and Conspiracy:** Acting in concert with other entities to obstruct care and rights.

4. Constitutional Violations

Evidence:

- **Actions that directly harm the Plaintiff and child (by default)** by undermining rights and access to care.

EXHIBIT
Neglect, Retaliation, and Harm by Dr. Knuckles

- **Specific Constitutional Amendments Violated:**
    - **First Amendment:** Suppression of advocacy efforts.
    - **Fourth Amendment:** Deprivation of medical autonomy.
    - **Fifth Amendment:** Denial of due process through threats and false statements.
    - **Eighth Amendment:** Exacerbation of suffering through willful neglect.
    - **Ninth Amendment:** Infringement on unenumerated rights, such as the right to dignified care.
    - **Thirteenth Amendment:** Efforts to restrict autonomy and enforce dependence on a broken system.
    - **Fourteenth Amendment:** Denial of equal protection and due process.

Conclusion

The Kentucky Board of Medical Licensure (KBML) has failed to provide the report submitted by Dr. Knuckles, despite its critical relevance to the Plaintiff's case. This lack of transparency further obstructs the Plaintiff's ability to address the false allegations and violations of medical ethics, ADA rights, and constitutional protections.

This exhibit demonstrates the urgent need for judicial intervention to address the harmful actions of Dr. Knuckles, which are part of a broader pattern of systemic neglect and discrimination. Immediate action is necessary to ensure accountability and compliance with federal laws, to protect the Plaintiff and child from further harm, and to restore their access to necessary medical care and services.

June 8, 2024

KY Board of Medical Licensure
Fax (502) 429-7158
Grievance Form Detail

1.) Situation Regarding Dr. Knuckles and Her Inappropriate Behavior Toward Me – Need Guidance

A local dermatologist saw me fairly recently, and I was asking her about Mast Cell Activation Syndrome/Disorders... I have voiced to many doctors, that I feel that mast cells are involved, and most state that Systemic Mastocytosis is the only thing that Mast Cells cause. While they can indeed cause that, that is not their only involvement with disease.

The local dermatologist seemed open to that idea and seemed to have an idea of her own, but she was not willing to share yet (the local doctor that is a dermatologist is Dr. Brown at Associates in Dermatology). Dr. Brown referred me to Cleveland Clinic, and to Dr. Knuckles in Richmond, KY.

When I went to see Dr. Knuckles, initially, I thought the appointment, at first, went well – I felt like she 'heard me' although there were some things that bothered me – she had said that I need to forget about health problems and get on with my life (which I would love to do, but haven't been able to find a way to in over a decade!)....but I thought she meant to not 'focus' on health so much which I could see that perspective – but also not easy to do.

She also asked me how it was to parent – and I said very hard – because my child has autism, ADHD, gastroperesis, neuropathy, and is transgender (I was not thinking about being in Southern Kentucky–In Richmond...and frankly – that should not matter). She said I needed to go to church and pray... I told her I actually did used to go to church, but I don't have the energy even if I wanted to go.

She said that when she is tired, she just musters up the strength and goes to do what she has to do anyway....so it was becoming more and more clear she did not understand the situation. I have a Myalgic Encephalomyelitis diagnosis as well as many others.

This is what happened – she ordered a Tryptase test, she ordered Xolair, an Epi pen, and Metronidazole. She ordered prostaglandin, leukotriene, and histamine metabolites urine test ... so I got the Tryptase serum test drawn, and I got the urine sample submitted to LabCorp... The Tryptase came back at 6.1 - then LabCorp called me after a week, and told me that they no longer offer the test for which I submitted my urine sample. Later that week, CVS Specialty called me, and said the PA for Xolair had been approved, but they said I had no choice, but to have the Xolair administered at the doctor's office due to anaphylactic reactions I had to certain substances as a child (i.e. ragweed season would send me to the hospital with severe asthma and I'd end up having to get several epinephrine or Sus-Phrine shots....bee stings could do the same thing....so would low pressure systems of weather (barometric pressure)...so I said well if that is what I have to do – then that is what I have to do – so the pharmacist at CVS pharmacy shipped the Xolair to Dr. Knuckles' office.

Dr. Knuckles called to say my Tryptase was in-range so everything was 'normal'. I asked her about the 1.2 + 2 rule for Mast Cell activation because I had a 2.8 measure of Tryptase in 2017. I don't know if that is still considered baseline or not. She insisted no such rule exists (but it does), but I just let it go during that phone call. She then told me she was not going to re-order the urine test.

She then lied to me and told me that insurance wouldn't cover Xolair – but I knew better because CVS Specialty had already given me all the details. I also knew that Xolair had already been delivered to her office. So, in essence, she committed Medicaid fraud...

I didn't even say anything about that. *She then went on to say that I was not sick, and she said I have to stop this "Munchausen Syndrome Behavior"* – to which I just said I get what you are saying Dr. Knuckles, and then she let me go...

****

This type of medical gaslighting IS NOT OKAY.

****

Well later that night, when unable to sleep due to the stress caused by this situation, I wrote her an email stating that I cannot 'fake' a positive skin punch biopsy for small fiber neuropathy (which is the gold standard diagnosis of that condition), nor a DEXA scan that shows lumbar osteoporosis, nor doppler ultrasound showing chronic venous insufficiency, nor a primary immune deficiency disorder (tnfrsf13b deficiency) shown via whole genome sequencing, nor many other 'objective' medical tests. There is plenty of definitive medical evidence in my case which is very complex.

She told me that none of those tests were valid...they were done at Mayo Clinic and Washington University primarily. the DEXA scan was done locally...the Whole Genome Sequencing was ordered locally by Norton, but completed by a company called VariantYX.

She tried to call, but I missed the call. I think I called her the next day, but it might have been 2 days... She told me that I was not sick...again...and that I needed to stop 'faking it'.... She said I don't have any medical problems (which simply is not true whatsoever).

She said Mayo and Washington University were wrong – that I don't have small fiber neuropathy (which obviously I do)....she said I don't have a thyroid problem – I don't even have a thyroid gland–it was removed from functioning order via radioactive iodine in 2010....she said I don't have Erythromelalgia–etc... even though it was diagnosed by the leading expert on that condition in the United States (Dr. Mark Davis at Mayo Clinic in Rochester, MN)–or at least the expert at the time I was there.

Then, she threatened me... She then went on to tell me that she was going to contact Medicaid, and tell them that I need to be locked down to one doctor, and to tell them that I am 'faking' illness.

The only reason I see a number of specialists is because I was guided by other doctors to do so – and they are important to my care (e.g. I see an immunologist for the primary immune deficiency disorder I have / inborn error of immunity as one example...I see a neurologist for the neurological issues I have...etc...).

She went on to say that I have no genetic problems either – it was getting to be too much for me by this point.

I cannot fake genetic mutations either-and-I am being so very sincere when I say that I do not have the energy to do nearly anything that I want to, or must do...

I told her if she did those things that she threatened, then she would be the one that ended up looking a fool. I then ended the call. **I am not faking anything–I am seriously ill...**

I want the following items for resolution:

1.) A formal letter of apology.

2.) I want my medical record at Dr. Knuckles' office to be cleared of any nonsensical information that is false, or removed from existence completely. Her false statements about me could harm me in the future as well if it is not taken care of.

3.) I want there to be disciplinary action against the provider (Dr. Knuckles) for treating me in this way.

a. She has caused a lot of damage to me especially in terms of stress.

b. Assassinated my character directly by making false accusations about me.

c. Gaslighted me by stating the illnesses I have experienced are not real...

d. Told me the medical conditions I have, many of which have been proven with objective medical testing, are not real

e. Threatened to affect my insurance coverage adversely by lying to them...

f. She committed Medicaid fraud by ordering a medication for me...which was shipped to her office by CVS Specialty Pharmacy and delivered to her office...then lying to me by saying insurance would not cover it...she is the one who had to get the PA for it!...I did not receive the medication. I alerted CVS Specialty Pharmacy's appropriate team today. I am trying to figure out who to notify at Medicaid and at DCBS/CHFS – I will probably send them a copy of this letter as notification.

I have not been directly treated so badly by literally anyone, for a long time.... I have been stressed out ever since that all happened (early ~~this~~ last week)...

I reported the incident to my primary care doctor, because Dr. Knuckles also said she'd be contacting my doctor to discuss this... I haven't heard back from him (sent info on MyChart). I've learned that it is so critically important to have all documentation over the years.

The stress from the Dr. Knuckles incident has weighed very heavily on me.

I appreciate your attention to this very important matter.

Sincerely,

ohn R. Fouts * P. (502) 956-0052 * F. (502) 996-8246 * E. Fouts.John@gmail.com

Gmail John Fouts <fouts.john@gmail.com>

Images -- Dermatology Appt - Dr. Knuckles

1 message

John Fouts <fouts.john@gmail.com> Sun, May 5, 2024 at 7:32 PM
To: John Fouts <Fouts.John@gmail.com>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

20 attachments

2023-09-Weird-Rash-Hands-3.jpg
48K

2022-Associates-In-Dermatology-8.jpg
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2023-11-Inflamed-Knuckles-2.jpg
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EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES

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Gmail John Fouts <fouts.john@gmail.com>

Pictures for Dr. Knuckles -- John R. Fouts

1 message

John Fouts <fouts.john@gmail.com> Sun, May 5, 2024 at 7:50 PM
To: John Fouts <Fouts.John@gmail.com>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

11 attachments

Copper-Part-1-For-Healing-Neurons.jpg
242K

2024-05-05-Skin-Pictures-for-Dr-Knuckles-JRF.pdf
4173K

2024-04-04-pictures-for-Dr-Ashley-Brown-Associates-In-Dermatology-To-Help-John-Fouts.xlsx
5945K

Tryptase-Level-2.8-John-Fouts-Question.pdf
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2024-05-02-Tryptase-6-1.pdf
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2024-05-02-Vitamin-D-Low-Supplementing-with-5000-IU-Daily.pdf
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2024-02-07-Health-Summary-MyHealthNow-U-of-L-Health-Hospital-John-Fouts.pdf
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2023-Medicaid-Complete-Formulary-Traditional-Medicaid-Updated-2023-November-02-Kentucky Medicaid Pharmacy Preferred Drug List-John-R-Fouts-For-Healing-Neurons.pdf
542K

2023-December-Norton-MyChart-Current-Symptoms-Listing-John-R-Fouts-Healing-Neurons.pdf
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2023-December-U-Of-L-MyChart-Current-Symptoms-Listing-John-R-Fouts-Healing-Neurons.pdf
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2024-05-05-UK-MyChart-John-R-Fouts-Symptoms-Health-Summary.pdf
2307K

Gmail John Fouts <fouts.john@gmail.com>

Fwd: Images -- Dermatology Appt - Dr. Knuckles -- John R. Fouts

1 message

John Fouts <fouts.john@gmail.com> Mon, May 6, 2024 at 6:56 PM
To: mlfkrichmond@gmail.com

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Sun, May 5, 2024, 7:32 PM
Subject: Images -- Dermatology Appt - Dr. Knuckles
To: John Fouts <Fouts.John@gmail.com>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

20 attachments

2023-09-Weird-Rash-Hands-3.jpg
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EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES

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5610K

EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES

Gmail John Fouts <fouts.john@gmail.com>

Fwd: Pictures for Dr. Knuckles -- John R. Fouts

1 message

John Fouts <fouts.john@gmail.com> Mon, May 6, 2024 at 1:33 PM
To: "mlfkrichmond@gmail.com" <mlfkrichmond@gmail.com>

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Sun, May 5, 2024, 7:50 PM
Subject: Pictures for Dr. Knuckles -- John R. Fouts
To: John Fouts <Fouts.John@gmail.com>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

11 attachments

Copper-Part-1-For-Healing-Neurons.jpg
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4173K

2024-04-04-pictures-for-Dr-Ashley-Brown-Associates-In-Dermatology-To-Help-John-Fouts.xlsx
5945K

Tryptase-Level-2.8-John-Fouts-Question.pdf
144K

2024-05-02-Tryptase-6-1.pdf
172K

2024-05-02-Vitamin-D-Low-Supplementing-with-5000-IU-Daily.pdf
200K

EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES
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2024-02-07-Health-Summary-MyHealthNow-U-of-L-Health-Hospital-John-Fouts.pdf
3336K

2023-Medicaid-Complete-Formulary-Traditional-Medicaid-Updated-2023-November-02-Kentucky Medicaid Pharmacy Preferred Drug List-John-R-Fouts-For-Healing-Neurons.pdf
542K

2023-December-Norton-MyChart-Current-Symptoms-Listing-John-R-Fouts-Healing-Neurons.pdf
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2024-05-05-UK-MyChart-John-R-Fouts-Symptoms-Health-Summary.pdf
2307K

Gmail John Fouts <fouts.john@gmail.com>

John R. Fouts DOB 01.31.1979 Consolidated lab results from Ornament app - Dr. Knuckles

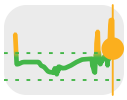
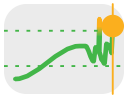
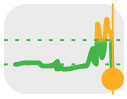
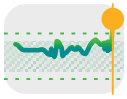
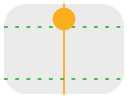
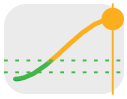
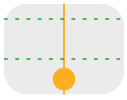
1 message

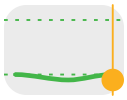
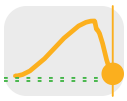
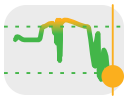
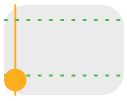
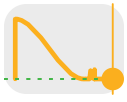
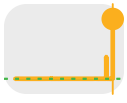
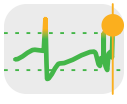
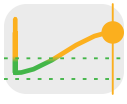
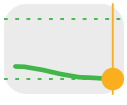
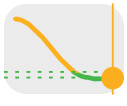
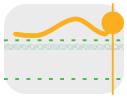
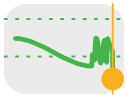
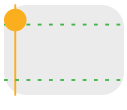
John Fouts <fouts.john@gmail.com> Mon, May 6, 2024 at 1:42 PM
To: mlfkrichmond@gmail.com

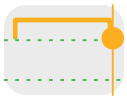
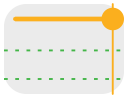
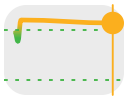
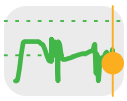
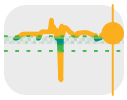
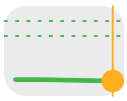
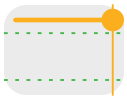
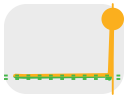
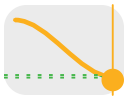
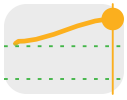
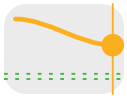
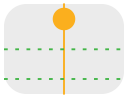
https://ul.orna.me/KOge/share/?s=TUUZQ-yGHg

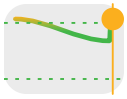
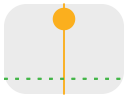
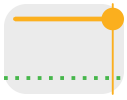
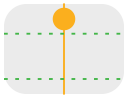
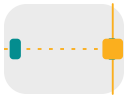
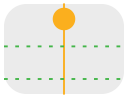
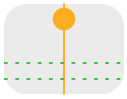
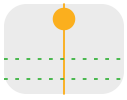
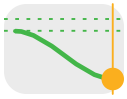
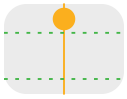
Biomarkers history

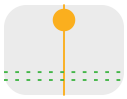
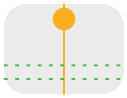
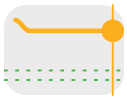
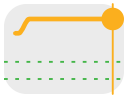
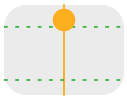
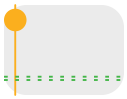
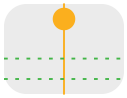
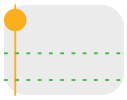
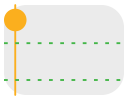
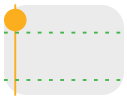
Patient	Male, 46 years
Last lab	02.05.2024

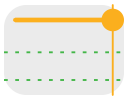
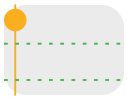
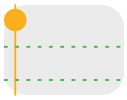
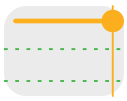
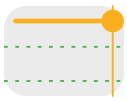
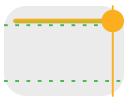
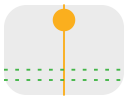
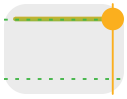
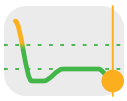
	ALT	63.0 ▲ IU/L
	Iron Saturation	54.0 ▲ %
	Globulin	1.10 ▼ g/dL
	MCV	102 ▲ fL
	MCH	34.9 ▲ pg
	Iodine, serum	0.100 ▲ mcg/mL
	ESR	1.00 ▼ mm/hr
	RDW	16.0 ▲ %
	Vitamin B1	565 ▲ nmol/L
	PaCO2	30.0 ▼ mmHg
	IgM, serum	23.0 ▼ mg/dL
	paO2	4.50 ▼ mmHg

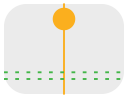
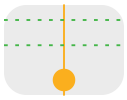
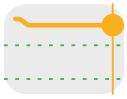
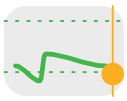
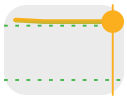
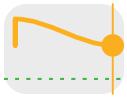
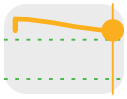
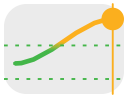
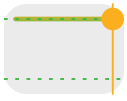
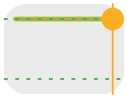
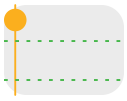
	Phosphorus, serum	2.30 ▼ mg/dL
	Thyroid Peroxidase Ab	21.0 ▲ IU/mL
	Albumin/Globulin Ratio, serum	1.00 ▼ ×100%
	VLDL-Cholesterol	35.0 ▲ mg/dL
	Aldosterone	1.00 ▼ ng/dl
	Testosterone, Free (Direct)	107 ▲ pg/mL
	TSH	0.01... ▼ mcIU/mL
	Creatinine, serum	255 ▲ mg/dL
	Iron, serum	171 ▲ mcg/dL
	Mercury/Creat, urine	4.50 ▲ mcg/g
	Uric Acid, serum	3.70 ▼ mg/dL
	Thyroxine (T4), Total	3.80 ▼ mcg/dL
	SHBG	68.1 ▲ nmol/L
	Vitamin D, 25-Hydroxy	19.1 ▼ pg/mL
	Calcium Ionized	5.30 ▲ mg/dL

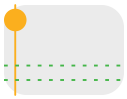
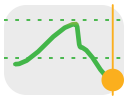
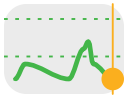
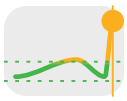
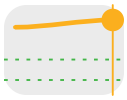
	VEGF	101 pg/mL
	IL-5	2.10 pg/mL
	LDL-Cholesterol	114 mg/dL
	Vitamin B12	1.71... pg/mL
	eGFR	80.8 mL/min/1.73 m²
	Neutrophils %	64.0 %
	PTT	29.9 s
	IL-1b	6.50 pg/mL
	B2M, serum	0.7... mcg/mL
	pH, urine	65.0 %
	PDW, %	2.70 %
	Chromogranin A	183 ng/mL
	Androstenedione, blood	14.0 ng/dl
	Glutamic Acid Decarboxylase Antibody, serum	32.7 IU/mL
	Hepatitis B Surface Ag IgG+IgM Ab	20.0 IU/L

	Riboflavin	20.0 ▼ nmol/L
	T lymphocytes (CD3+)	1.43... ▲ ×10³/mcL
	Mucus, urine qualitative	■
	Serine	2.80 ▼ mcmol/L
	Factor VIII Activity %	157 ▲ %
	Immunoglobulin free light chains kappa, serum	189 ▲ mg/dL
	Immunoglobulin free light chains lambda, serum	78.0 ▲ mg/dL
	Immunoglobulin free light chains kappa/lambda ratio, serum	2.42 ▲ ×100%
	M-gradient serum, scrining	Det... ■
	Saccharomyces cerevisiae (ASCA) IgA Ab	36.8 ▲ IU/mL
	Silver, hair	3.00 ▲ mcg/g
	Thallium, hair	0.3... ▲ mcg/g
	RDW-SD	10.4 ▼ fL
	Segmented neutrophils %	66.0 ▲ %
	Antinuclear Ab, screen qualitative	Det... ■

	ALY, %	19.0 ▲ %
	ALY	1.10 ▲ ×10³/mcL
	Epstein-Barr Virus capsid Ag IgG Ab	113 ▲ IU/mL
	Cytomegalovirus IgG Ab	2.10 ▲ IU/mL
	Epstein-Barr Virus nuclear Ag IgG Ab	42.0 ▲ IU/mL
	Hemoglobin S	98.0 ▲ %
	Hemoglobin A2	80.0 ▲ %
	Lactic acid/Creat, urine	32.0 ▲ mmol/mol
	Phenylacetic acid (PAA)/Creat, urine	11.0 ▲ mmol/mol
	RBC, urine	50.0 ▲ units/mcL
	Succinic acid/Creat, urine	11.0 ▲ mmol/mol
	Tetanus Toxoid IgG Antibody	1.09 ▼ IU/mL
	Ammonia	77.0 ▲ mcg/dL
	Ureaplasma urealyticum+Ureaplasma parvum DNA, urogenital scraping...	4.70 ▲ GE
	Platelet aggregation collagen-induced, %	83.0 ▲ %

	Platelet aggregation ristocetin-induced, %	115 ▲ %
	T cells activated (CD3+CD25+), %	19.0 ▲ %
	T cells activated (CD3+CD25+)	342 ▲ units/mcL
	Antibodies to Herpes Simplex Virus 1, IgG positivity coefficient	47.5 ▲ ×100%
	Diuresis, minute	293 ▲ mL/min
	Chlamydia pneumoniae, IgG qualitative	Det... ■
	Chlamydia pneumoniae, IgG positivity coefficient	1.62 ▲ ×100%
	Mycoplasma pneumoniae IgG Ab, qualitative	Det... ■
	Mycoplasma pneumoniae IgG Ab, positivity coefficient	1.40 ▲ ×100%
	Mycoplasma pneumoniae IgA Ab, positivity coefficient	0.8... ▲ ×100%
	Urine quantity	1.74... ▲ mL
	Varicella Zoster Virus IgM Ab, positivity coefficient	0.910 ▲ ×100%
	Antibodies to Human Herpes Virus 6, IgG positivity coefficient	9.43 ▲ ×100%
	Antibodies to Herpes Simplex Virus 2, IgG positivity coefficient	0.910 ▲ ×100%
	Beta-1-globulin	0.3... ▼ g/dL

	Leukocyte esterase, urine	500 ▲ units/mcL
	Semen volume	77.6 ▲ mL
	Sperm vitality, %	0.150 ▼ %
	Epstein-Barr Virus early Ag IgG Ab	17.4 ▲ IU/mL
	Testosterone, Free (Direct) %	1.40 ▼ %
	von Willebrand factor antigen, %	186 ▲ %
	Antinuclear IgG Ab by Hep-2 substrate, qualitative	Pos... ■
	IGFBP-3, serum	2.90 ▼ mcg/mL
	Gadolinium/Creat, urine	140 ▲ mcg/g
	Antimony/Creat, urine	0.5... ▲ mcg/g
	Nickel/Creat, urine	4.70 ▲ mcg/g
	IL-2 receptor alpha soluble, serum	1.40... ▲ pg/mL
	IL-12	1.90 ▲ pg/mL
	IL-17	1.40 ▲ pg/mL
	Salivary gland protein 1 antibodies, IgG	30.8 ▲ IU/mL

	Carbonic anhydrase 6 antibodies, IgG	83.1 ▲ IU/mL
	Staphylococcus spp., pharynx qualitative	Det... ■
	Blood glucose, averaged	53.... ▼ mg/dL
	Blood oxygen, averaged	92.0 ▼ %
	Anti-SSA, index	2.80 ▲ ×100%
	VGKC Complex Ab, serum	91.0 ▲ pmol/L
	IgA, CSF	129 ▲ mg/dL

Gmail John Fouts <fouts.john@gmail.com>

Final email regarding Health Information and Background -- John R. Fouts -- DOB -- 01.31.1979 -- And background on what I used to do -- per your ask at the appt.

1 message

John Fouts <fouts.john@gmail.com> Thu, May 9, 2024 at 5:55 PM
To: mlfkrichmond@gmail.com

Dr. Knuckles,

This is longer than I would like, but sometimes I am wordy....this is what I used to do...if you want to see only the health stuff....skip to the line of equals symbols about midway down...

This should round out the rest of the health information on me. I want to share first, about what I used to do before becoming disabled by all this illness. You asked me what I used to do and I am not sure I answered you... But... I was in the top 2% of my class in high school - graduated 8th out of 392 with a weighted gpa of 4.220. I was one of the 'smart kids' that went to Summer School to help maintain GPA... That being said, I experienced a lot of trauma as a child and score highly on the ACE questionnaire. My mom was dealing with severe mental illness surrounding Dissociative Identity Disorder (so it was very confusing growing up), and my dad was a work-a-holic to cope with the mental health situation my mom was in the throws of, and my sister was younger than me so any time anything was 'given' in terms of love - it was deferred to her as the younger child - and there was a lot of neglect and emotional abuse...I understand this is pretty common with complex presentations - so just giving some background - there were also other extenuating crazy circumstances too but no need to line them out.

I went to Purdue after that to the Electrical and Computer Engineering school, but I was miserable -- I didn't like the classes, they were too big for me to actually learn with the material being so complicated, I didn't really even know how to 'study' when I went there because everything came naturally to me before that, and eventually I started partying out of being so depressed, and flunked out of the Engineering school.

I did go back, however, to Purdue and back then decided to at least make it more fun, so I looked into Technical Graphics, then Computer Graphics, and then ultimately landed in the school of Technology with a Bachelor of Science in Organizational Leadership and Supervision. It was kind of cool because I loved the psychology of leadership - it was like I could not get enough information on the topic there for a while. It was also neat

because there was a very diverse range of people in my classes which was not so much the case in the other majors or programs. I knew I had to get out of there though, so after being there for 5.5 years, and the last 2.5 years being incredibly stressful due to making up time (doing things like taking 21 credit hour Summers), and going to school non-stop, I did eventually graduate. When I was at Purdue, some friends took me to some wineries in Illinois, and I fell in love with that atmosphere....I decided I wanted to make wine and have a winery one day....

When I graduated from Purdue, I moved back to the Louisville area to the Highlands (Bardstown Rd.), and met my now ex-wife....she was getting a Master's degree, and I decided I wanted one too. So while working full time (initially in the non-profit sector for the American Red Cross as an Office Manager [during Hurricane Katrina] -- but as Manager of the Health, Volunteer, and Youth Services departments, and CNA program, and CPR and First Aid card programs and instructor training programs, I was not involved with Disaster...nor with the 'blood' side. -- at Goodwill -- I worked for Bridgepoint Goodwill and Easter Seals back then as a Retail Store Manager]). I think it was at Goodwill that I really hurt my back, but I didn't say anything back then and it is water under the bridge now. While going to school for my MBA, I was also working full time....eventually moving to become a Retirement Service Center Retirement Plan Valuation Specialist for Fortune 500 companies like Pepsi....to see if their retirement plans were overfunded or underfunded for paying out employees upon their retirements. I really did not like that job, and the company was so disorganized, and preached but did not practice, work and life balance...some people were there until 2 or 3 a.m. each night...and one person even died at the company in a different office, and wasn't found dead for 2 or 3 days....it was not for me either....I always wanted to make a difference in the world, and became part of the Business Process Development Team there at Mercer and also did Cross-Border Invoicing. I was working on building out the winery plan in the MBA program at IUS. So it was like I was going to school 4 days per week and working 5 days per week and doing extra homework and projects on the weekends, and that was just my style - always a go-getter, always a type A personality type...etc....

Eventually, I landed a job opportunity at a cocktail mix company and I thought wow - I am going to learn a lot here - funny quick side note here. I had to fly to Kansas City for the interview, and almost missed my plane because there was a skunk in my garage and I didn't want to get sprayed whilst in my best attire. That was a long time ago though. I worked for the cocktail mix company from 2007 until 2011. I graduated with the MBA in 2006. In 2007, while working full time, bought land, 2008 planted hundreds of vines (was so funny though - think Green Acres style funny - one story - I got a tiller stuck in a tree....)....in 2009 I had been dealing with back injuries for years and no longer able to stand up straight for over half a month at a time....had spine surgery 4/14/2009 - medical malpractice - laser not intended for use in spine.....damage to L4/L5 and L5/S1...radiculopathy....2010...opened the doors to the winery publicly on 10.16.2010. My child was born on 4/26/2011. In addition to the winery being open on the weekends, I was still working full time, and now also teaching an online course too to help make ends meet (at Ivy Tech)....eventually got to the point that fatigue and energy and pain so bad - I couldn't do anything anymore....was nearly completely bedbound for about 2

years....started to gain limited health back over a long period...eventually learned how to do web programming, and then found an ultra flexible boss and very small company and worked there with a lot of flexibility for nearly 5 years before becoming unable to work -- more incapacitated even....by further symptomology and progression of things...

BUT -- my biggest loves are my child, nature, art, music, expressionism, transcendentalism, medical research [of course these days], I used to love to camp and one of my favorite things to do was to hike - I LOVE RRG. I also love travel. I have been to 38 states. I am missing AK, HI, and New England area to complete visiting all of them. I still have a pipe dream goal of stepping foot on every continent, but also have had to learn to be content as things are.

Through this journey, I lost my business, my house, my wife, half custody of my child, the ability to enjoy my favorite things as I would like to and be who I am so there has been some spiritual suffering too -- I try to be as positive as I can be -- and at the same time -- think it is ironic that an eternal optimist would be stuck in a chronically ill state... I often wonder what my true purpose here was, is, or will be. I'm a thinker...a dreamer...a believer that all things are possible...and also ironically...a hopeless romantic at heart... but haven't the slightest clue about how to meet someone in my current state of health...

Here are some pictures (see attached). I even threw in one of my child and me (supposed to be) silhouetted on one of my very first watercolor paintings [it is supposed to be me and my child at RRG]. I also included a painting I made of fire and ice fire - it is how I feel.

I also now maintain a website I built all about small fiber neuropathy called SFNlife.org. www.sfnlife.org It is a constant work in progress....I need to work on it some more soon --

And here is a small sample of original music that I wrote:

https://www.khismof.com/music/Island-John-Original.mp3

I would not normally share, because I am shy, but I want you to see that there 'are' other sides than health research to me. It is a constant struggle for me to not think about it though - honestly - about being sick now for 15 years...

The KHISMOF website is going to be a book hopefully soon.

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Health Stuff
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I wish you could see the view of the Ornament App that I see - but I don't think it is possible. I have had lots of labs done by many people, so I tried to get them all into one place where patterns can be observed - otherwise it is impossible to see what is going on [still is somewhat hazy in a lot of the areas]...

Here is some of my history (lab):

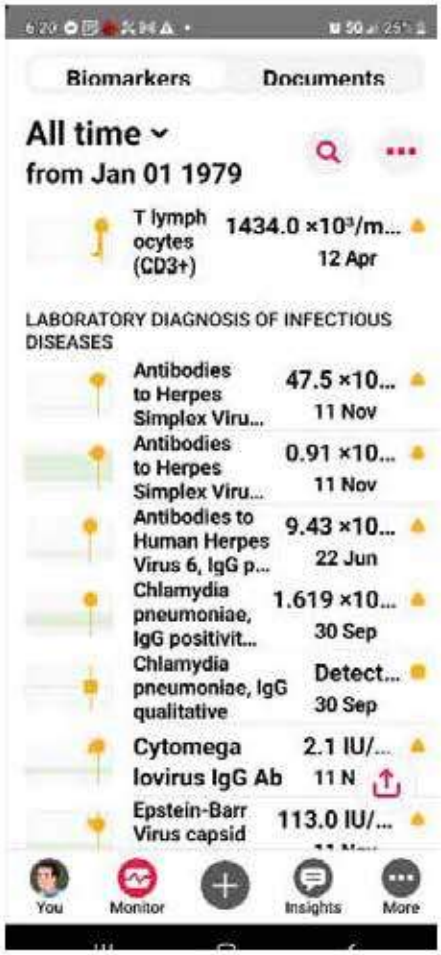
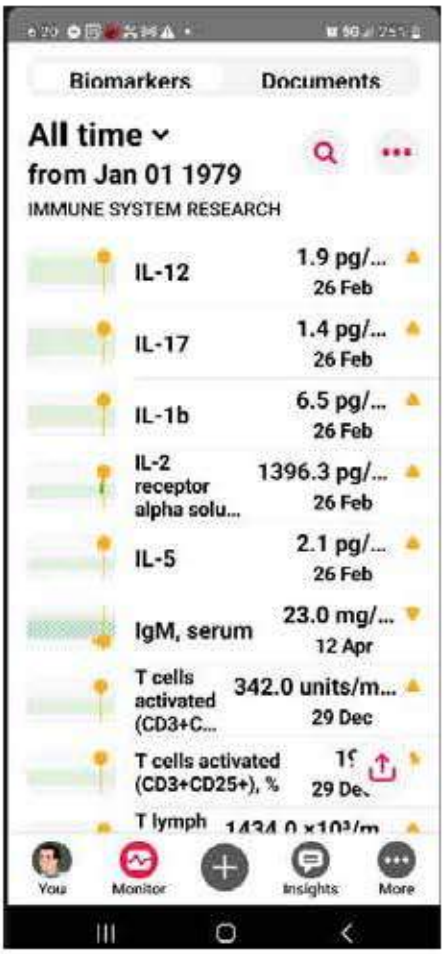


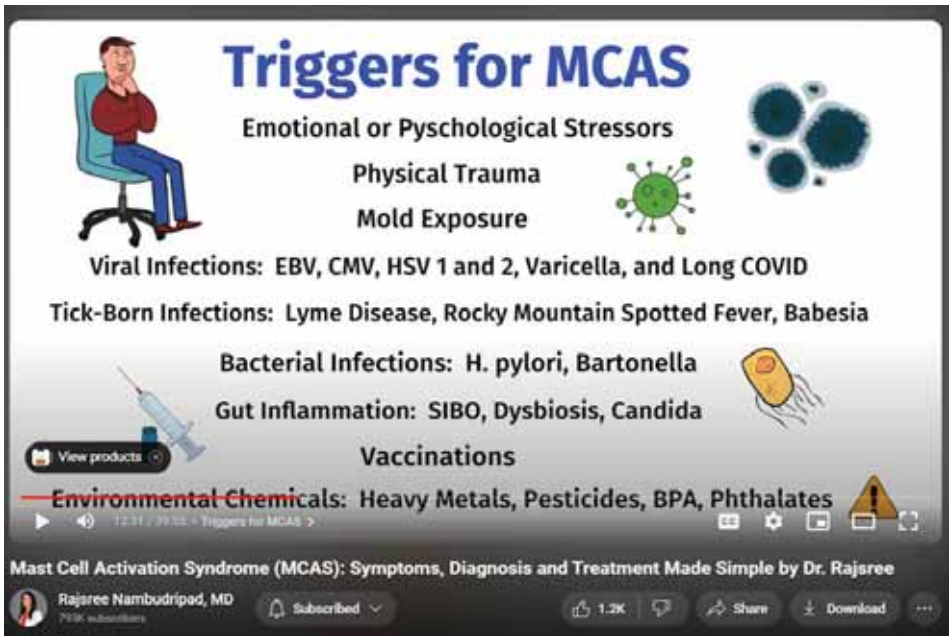
EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES

HAIRS
Silver, 3.0 mcg... 13 Aug
Thallium, hair 0.3 mcg... 22 Jun
B2M, serum 0.7 mcg/mL 10 Ju
Chromo granin A 183.0 ng/ 24 May
All time
from Jan 01 1979
urealyticum+Ure aplasma parvu... 4.7 ... 04 May
Varicella Zoster Virus IgM Ab, posit... 0.91 ×10... 27 Jul
URINE ANALYSIS
Antimony/ Creat, urine 0.5 mcg... 09 Jun
Diuresis, minute 292.5 mL/m... 28 Apr
Gadolinium/ Creat, urine 140.0 mcg... 09 Jun
Lactic acid/ Creat, ur... 32.0 mmol/m... 25 Feb
Mercury/ Creat, urine 4.5 mcg... 09 Ju
Nickel/Creat, urine 4.7 mc... 09 Jun


Biomarkers
Documents
All time
from Jan 01 1979
IMMUNE SYSTEM RESEARCH
IL-12
1.9 pg/...
26 Feb
IL-17
1.4 pg/...
26 Feb
IL-1b
6.5 pg/...
26 Feb
IL-2 receptor alpha solu...
1396.3 pg/...
26 Feb
IL-5
2.1 pg/...
26 Feb
IgM, serum
23.0 mg/...
12 Apr
T cells activated (CD3+C...
342.0 units/m...
29 Dec
T cells activated (CD3+CD25+), %
29 De
T lymph
You
Monitor
Insights
More

Biomarkers
Documents
All time
from Jan 01 1979
HORMONAL STUDIES
Aldosterone
1.0 ng/...
19 Nov
Androste nedione, blo...
14.0 ng/...
26 Jan
SHBG
68.1 nmol...
29 Feb
TSH
0.01 mclU/...
02 May
Testoster one, Free (Direct)
106.86 pg/...
29 Feb
Testosterone, Free (Direct) %
1.4...
29 Feb
Thyroid Peroxidase ...
21.0 IU/...
03 Apr
Thyroxine (T4), Total
3.8 mc
16 O
You
Monitor
Insights
More

I have also had heavy metals in the past (probably still do) -- have 8 mercury amalgam fillings I am trying to get safely removed....as one example...also have had a lot of emotional trauma (wasn't safe for my kid to be alone with my ex-wife when my child was younger - and I was very ill - and the marriage was terrible) -- emotional trauma compounded the issue. Anyway - look at the list below compared to my lab results just as one indicator please. I also have had SIBO in the past, and feel like I have it again now, and have really bad refractory GERD.



Compare those to this list of things that can cause Mast Cell issues that Dr.

I have also attached a tryptase level I had of 2.8 and one of 6.1 showing the 1.2+2 increase. I also have had TPO antibodies for many years [but also have Grave's Disease] so those antibodies can occur with that...there are like 2 or 3 cases in the literature of ppl that develop Hashimotos after RAI for Grave's. It is possible I could fall into that group but I don't know.

Because of the winery work, I have had a lot of toxic exposures [I wore appropriate gear - but if I was spraying the field, and customers came, I would have to unsuit, wash up, help them, re-suit up, finish spraying etc....]....so things like RoundUp, Sevin, AgriPhos, Sulfurex, QuadriPhos, Manzate, Penncozeb...I have all the MSDS sheets somewhere....

I have also been exposed to Mold quite a bit of my life, and at my last apartment, it was a major problem. I had urine testing done, and am positive for Mycotoxins in my body. I don't think they can get out due to issues with bile flow and Lipopolysaccharides, but cannot PROVE it necessarily. I had environmental testing done, and it showed the same molds that cause the mycotoxins that were in my body were present in the apartment....for what it's worth from your perspective regarding health and mast cell issues. My mast cells aren't happy campers...

I also have a history of Lyme Disease, Rocky Mountain Spotted Fever, Mycoplasma Pneumoniae, Chlamydia Pneumoniae (not the STD), EBV reactivation, HSV-1 escaping immune surveillance, HHV-6 same, CMV - same, etc...my immune system cannot so far find its way back to my old equilibrium or even one of peace against myself (autoimmunity issues).

I have a number of questions about if I am still harboring parasites - and specifically about the amount of brain atrophy I have....related to everything....per a NeuroQuant volumetric brain scan I have....I am in the 9th normative percentile overall for brain volume....and there are several areas showing 'profound atrophy'. It concerns me.

Of course you have seen my extensive symptoms lists and problems. Any or all of the above could have led to triggering angry mast cells (or confused ones)... since they sit pretty close to nerves, it could be contributing to the small fiber neuropathy too along with the autonomic dysfunction and pots-like symptoms...and of course the dermatographism, other hives and weird rashes, and extreme eye issues - all of the above.

<u>So mast cell related relevant results attached:</u>
* Tryptase level more than 1.2 + 2 rule -- check
* Anti-IgE receptor antibodies -- Negative
* KIT D816V mutation -- Negative (serum)
* FC-Epsilon Receptor antibodies -- Negative

*** oddities from past labs -- high Chromagranin A, low Serine, high Succinic Acid, high Phenylaceticacid, low Phosphorous, 2 positive fungitell tests serially indicating beta d glucans or fungal infection [would be consistent with mold], penicillium sps nasal culture positive result, abnormal amount of geotrichium in sputum sample in growth...it is no wonder my body is struggling....

*** New -- despite greatly increasing my vitamin D dose...it is as if my body no longer is able to accept it....my level is 19...going to 5,000 IU per day instead of 2,000 IU per day led to a big drop in level...it is bizarre...

Autologous Skin Serum Test -- Not Done Yet
Basophil Activation Test -- Not Done Yet
Biopsy at site of reaction -- Not Done Yet
---
24 hr urine -- will probably start on Sunday and end on Monday (to make sure it doesn't sit somewhere over the weekend at the lab)
Blood drawn today for Tryptase level as of today.

Severe asthma as a kid - often inpatient - often requiring immediate oxygen, multiple shots of epi, etc... many triggers for severe asthma....

All that could have been related to CVID-2 or Specific Antibody Deficiency issues -- I have a Selective IgM Deficiency as one thing....and transient hypogammaglobulinemia...and some other stuff related...

I haven't been allergy tested since I was a kid, keep asking people, they keep saying it isn't their specialty, so I am giving up for now on trying to get that done.

This will be all I send for now - unless you ask for anything else - but I wanted to make sure I answered your question about what I like to do. I also love to play music - but my joints hurt too badly to do so anymore...and my eyes....I can play piano with my eyes closed....but it is easier with them open....it is also an energy problem. I have hope that something is out there or some combination of things - mind, body, spirit, herbs, supplements, medications, etc... that will help.

I wanted to ask you, for next appointment, if we could talk about how I can take care of my feet....I have not been able to wear socks (covering my toes), or shoes for almost 8 years now....so I know there are a bunch of icky things on my feet...I was only able to begin wearing compression stockings in 2022....and they still have to be open pain...when things touch my skin, they feel like they are just made of fire.

Won't send anything else unless asked to do so. Thank you Dr. Knuckles and team.

Thank You.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

---

8 attachments

100_2881.JPG
1018K

100_2928.JPG
1035K

100_2873 (1).JPG
1140K

100_2887 (1).JPG
1137K

100_2892 (1).JPG
1087K

Tryptase-Level-2.8-John-Fouts-Question.pdf
144K

2024-05-02-Tryptase-Level-6-1-more-than-1.2-times-2-of-2-7-baseline-JRF-UK.pdf
172K

2024-04-15-anti-IgE-antibody-normal-in-range.pdf
39K

Gmail John Fouts <fouts.john@gmail.com>

GAO submission COMP-25-001095

1 message

Fraud <Fraud@gao.gov> Tue, Dec 17, 2024 at 12:56 PM
To: "fouts.john@gmail.com" <fouts.john@gmail.com>

Thank you for contacting FraudNet at the United States Government Accountability Office (GAO).

This message serves as acknowledgment of your submission. The following complaint control number has been assigned (COMP-25-001095). Please maintain this unique control number for your records and for use when contacting GAO about the status of your submission.

This submission will be reviewed in the order in which it was received by one of our experienced investigative research analysts. If you chose a filing preference of either standard or confidential, you may be contacted if additional information is required to process this allegation. If our analysts determine further action is warranted, we will refer your allegation to the appropriate federal, state, or local agency or department for potential audit or investigation.

To submit an allegation of fraud, waste, abuse, or mismanagement of federal funds, please choose your filing preference (choose one):

1. Standard - I do not place any restrictions on the release of my contact information. If necessary, you may contact me for more information about my submission.
2. Confidential - Please keep my name confidential and do not release my contact information. If necessary, you may contact me for more information about my submission.

FraudNet

Government Accountability Office (GAO)

441 G Street, N.W.

Mail Stop 4T21

Washington, DC 20548

fraud@gao.gov

Fax: 202.512.2841

Gmail John Fouts <fouts.john@gmail.com>

GAO SUBMISSION: COMP-25-000634

1 message

Fraud <Fraud@gao.gov> Thu, Nov 14, 2024 at 12:05 PM
To: "fouts.john@gmail.com" <fouts.john@gmail.com>

Thank you for contacting FraudNet at the United States Government Accountability Office (GAO).

This automated message serves as acknowledgment of your submission. A complaint control number has been assigned COMP-25-000634. Please maintain this unique control number for your records and for use when contacting GAO about the status of your submission.

This submission will be reviewed in the order in which it was received by one of our experienced investigative research analysts. If you chose a filing preference of either standard or confidential, you may be contacted if additional information is required to process this allegation. If our analysts determine further action is warranted, we will refer your allegation to the appropriate federal, state, or local agency or department for potential audit or investigation.

FraudNet

Government Accountability Office (GAO)

441 G Street, N.W.

Mail Stop 4T21

Washington, DC 20548

Fax: 202.512.2841

Gmail John Fouts <fouts.john@gmail.com>

GAO SUBMISSION: COMP-25-000634

1 message

Fraud <Fraud@gao.gov> Thu, Nov 14, 2024 at 12:46 PM
To: "fouts.john@gmail.com" <fouts.john@gmail.com>

We reviewed your information and found that the situation you describe is not within the scope of any on-going GAO work. FraudNet policy is to forward reports of wrongdoing to executive agencies for their review and action. However, we note you have already reported this matter to another federal entity or to several federal entities. In the interest of not duplicating their efforts, we suggest you follow up with that office.

For your information, GAO is responsible for assisting the Congress in carrying out its oversight responsibilities pertaining to government programs, activities and functions. Generally, this involves examining the programs and operations of federal departments and agencies, rather than reviewing singular allegations of wrongdoing. Because our resources are finite, we focus our evaluations on those federal programs and activities that Congress has requested us to review. We do not undertake reviews at the request of citizens or citizens groups.

We will retain your information on file for consideration in any future GAO work.

Thank you for your interest in combating fraud, waste and abuse.

FraudNet
Government Accountability Office (GAO)
441 G Street, N.W.
Mail Stop 4T21
Washington, DC 20548
Fax: 202.512.2841
fraud@gao.gov

Gmail John Fouts <fouts.john@gmail.com>

Re: GAO submission COMP-25-001095

1 message

John Fouts <fouts.john@gmail.com> Tue, Dec 17, 2024 at 4:57 PM
To: Fraud <Fraud@gao.gov>

2

On Tue, Dec 17, 2024 at 12:56 PM Fraud <Fraud@gao.gov> wrote:

> Thank you for contacting FraudNet at the United States Government Accountability Office (GAO).
>
> This message serves as acknowledgment of your submission. The following complaint control number has been assigned (COMP-25-001095). Please maintain this unique control number for your records and for use when contacting GAO about the status of your submission.
>
> This submission will be reviewed in the order in which it was received by one of our experienced investigative research analysts. If you chose a filing preference of either standard or confidential, you may be contacted if additional information is required to process this allegation. If our analysts determine further action is warranted, we will refer your allegation to the appropriate federal, state, or local agency or department for potential audit or investigation.
>
> To submit an allegation of fraud, waste, abuse, or mismanagement of federal funds, please choose your filing preference (choose one):
>
> 1. Standard - I do not place any restrictions on the release of my contact information. If necessary, you may contact me for more information about my submission.
> 2. Confidential - Please keep my name confidential and do not release my contact information. If necessary, you may contact me for more information about my submission.
>
> FraudNet

Government Accountability Office (GAO)

441 G Street, N.W.

Mail Stop 4T21

Washington, DC 20548

fraud@gao.gov

Fax: 202.512.2841

--

John R. Fouts, MBA

Name: John Robert Fouts | DOB: 1/31/1979 | MRN: EP00734755 | PCP: Joshua D Allen, MD | Legal Name: John Robert Fouts

Health Summary

Current Health Issues

Current Health Issues

Please review your health issues and verify that the list is up to date. **Call 911 if you have an emergency.**

Fatigue Added 11/6/2015	Copper deficiency of 2016 Added 11/1/2016	Myelopathy Added 2/9/2017
Nerve disorder Added 2/9/2017	Pain Added 2/9/2017	Iron deficiency anemia due to chronic blood loss Added 4/10/2017
Chest pain Added 4/21/2017	Spells	Polyarthralgia Added 4/6/2018
Cubital tunnel syndrome on left Added 4/6/2018	Cubital tunnel syndrome Added 5/9/2018	Other inflammatory polyneuropathies Added 4/12/2021

Vision disorder Added 3/23/2021	Neuromuscular disorder Added 7/13/2021	Dry eye syndrome of bilateral lacrimal glands Added 3/23/2021
Dysphagia Added 3/11/2020	Erythromelalgia Added 1/1/2016	Exophoria Added 4/1/2020
Complex regional pain syndrome Added 7/13/2021	Gastroesophageal reflux disease Added 6/15/2021	Graves' disease Added 11/1/2017
History of esophageal stricture Added 11/11/2021	Hypothyroidism due to drugs Added 4/23/2020	Male erectile dysfunction Added 10/31/2017
Migraine Added 10/31/2017	Narcolepsy Added 10/26/2020	Vitamin D deficiency Added 4/23/2020
Polyneuropathy Added 4/12/2021	Iron deficiency anemia due to dietary causes of 2021 Added 11/11/2021	Erythromelalgia of 2022 Added 2/16/2022

Hemangioma of spine Added 11/27/2023	History of infectious mononucleosis Added 11/27/2023	Pancreas (digestive gland) works poorly Added 11/27/2023
Hypothyroidism Added 11/27/2023	Immunodeficiency Added 11/27/2023	Sjogren's syndrome Added 11/27/2023
Chronic dyspnea Added 11/27/2023	Ataxia Added 11/27/2023	OSA on CPAP Added 11/2/2015
H/O Graves' disease Added 11/2/2015	Arachnoid cyst Added 11/2/2015	Chronic back pain Added 11/2/2015
Confusion Added 11/2/2015	Forgetfulness Added 11/2/2015	Dysesthesia Added 4/6/2017

Health Issues You Reported

Raynaud's phenomenon
Added 1/1/2017

Family history of Graves' disease
Added 1/1/2007

Sjogren's disease
Added 12/1/2010
Comments: Not dx finally until early in 2023. Dr. Armstrong - University of Louisville (Rheumatology).

CVID (common variable immunodeficiency)
Added 1/31/1979
Comments: I have Homozygous TNFSRF13B Deficiency. This is an Inborn Error of Immunity or Primary Immune Deficiency Disorder. The broad scope it falls into is CVID2. This was found via whole genome genetic sequencing done by Variantyx and ordered by Norton.

Specific antibody deficiency with normal IG concentration and normal number of B cells
Added 1/31/1979
Comments: I had hypogammaglobulinemia before IVIG started so not sure of best way to list this in the system as my Ig concentration was low....but number of B cells was normal.

Sjogren's disease
Added 1/1/2011

Please see full list involving over 20+
Comments: I have over 20+ diagnoses - please see the previously provided list - and please update your system.

Personal Notes About My Health Issues

Notes entered here will not be viewable by your doctor.

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Name: John Robert Fouts | DOB: 1/31/1979 | MRN: 4000280952 | PCP: Joshua Allen, MD | Legal Name: John Robert Fouts

Health Summary

University of Louisville Hospital requires manual updates.

Current Health Issues

Current Health Issues

Please review your health issues and verify that the list is up to date. **Call 911 if you have an emergency.**

- Inflammation of the lining of the nasal passages caused by an allergy
  Started 10/31/2017
- Anisometropia
  Started 3/23/2021
- Disorder with symptoms of excessive anxiety and worrying about everyday life events
  Started 4/21/2017
- Asthma
  Started 10/31/2017
- Loss of energy
  Started 11/6/2015
- Disorder that includes widespread muscle pain, joint stiffness, and fatigue
  Started 10/31/2017
- Inadequate intake of copper
  Started 2/9/2017
- Insufficient tear production causing eye dryness and/or irritation
  Started 3/23/2021
- Patient who has a history of tobacco use
  Started 2/11/2021
- Enlarged thyroid gland with the production of higher than normal levels of thyroid hormone
  Started 11/1/2017
- Hypersomnia
  Started 11/4/2020
- Inability to have an erection or maintain an erection during sexual activity
  Started 10/31/2017

Migraine (severe headache) attack
Started 10/31/2017

Disorder characterized by excessive daytime sleepiness and uncontrollable sleep attacks throughout the day
Started 10/26/2020

Anxiety disorder with symptoms of unexpected and repeated episodes of intense fear with physical symptoms such as rapid heart rate, chest pain, shortness of breath, and dizziness
Started 9/28/2020

Major depression disorder with recurrent (repeat) episodes of depression
Started 2/18/2020

Disease of nerve(s) causing progressive muscle weakness and loss of sensation
Started 12/1/2010

Exophoria
Started 4/1/2020

Vitamin D deficiency
Started 4/23/2020

Erythromelalgia (CMS/HCC)
Started 10/12/2016

Acid reflux in which there is backflow of the stomach contents into the esophagus (tube from the mouth to the stomach)
Started 6/15/2021

Cramp and spasm of a muscle & Spontaneous contraction affecting a small number of muscle fibers, often causing a flicker of movement under the skin
Started 7/13/2021

Complex regional pain syndrome type I
Started 7/13/2021

Patient who has a history of a digestive system disease
Started 11/11/2021

Blood that lacks enough healthy red blood cells caused by lack of iron
Started 11/11/2021

Lower than normal levels of thyroid after a procedure
Started 12/28/2021

Chronic (long term) reduced blood flow in the leg or arm veins
Started 12/1/2010

Disorder of the lacrimal system (tear producing system)
Started 3/23/2021

Entrapment of left ulnar nerve at elbow
Started 4/6/2018

Abnormal skin sensation
Started 4/6/2017

Disturbance of skin sensation
Started 11/22/2022

Infection caused by the fungus Candida
Started 1/17/2023

Insufficient tear production causing eye dryness and/or irritation
Started 2/24/2021

Inflammation of the lining of the nasal passages caused by pollen
Started 1/17/2023

Irritable bowel syndrome
Started 1/17/2023

Defect of vision in which the eye is able to focus on objects in the distance but not on close objects, also known as farsightedness
Started 10/29/2020

Vision disorder that results in blurred vision caused by the irregular shape of the cornea (front transparent portion of the eye) or a curvature of the lens of the eye
Started 12/16/2015

Destruction of pinpoint areas on the surface of the cornea (front transparent portion of the eye)
Started 3/2/2020

Defect of vision in which the eye is able to focus on objects in the distance but not on close objects, also known as farsightedness
Started 3/2/2020

Sleep apnea
Started 1/17/2023

Upper back pain & Chronic (long term) pain
Started 11/2/2015

Chronic (long term) feeling of tiredness
Started 11/2/2015

Chronic (long term) pain
Started 1/17/2023

Disorder of the eyes, eyelids, tear ducts and/or eye muscles & Inflammation of the thyroid gland caused by the immune system attacking its own thyroid tissue
Started 10/29/2020

Gastroparesis
Started 5/23/2023

Autoimmune disorder (condition in which the body's own immune system attacks healthy cells) causing dry eyes, dry mouth and inflammation of the joints
Started 5/23/2023

Chest pain
Started 7/1/2023

Dizziness and giddiness
Started 7/1/2023

Pain in the foot
Started 7/1/2023

Pain between the ribs
Started 10/22/2023

OSA on CPAP
Started 11/2/2015

H/O Graves' disease
Started 11/2/2015

Arachnoid cyst
Started 11/2/2015

Confusion
Started 11/2/2015

Forgetfulness
Started 11/2/2015

Myelopathy
Started 2/9/2017

Nerve disorder
Started 2/9/2017

Pain
Started 2/9/2017

Iron deficiency anemia due to chronic blood loss
Started 4/10/2017

Chest pain
Started 4/21/2017

Spells

Polyarthralgia
Started 4/6/2018

Cubital tunnel syndrome
Started 5/9/2018

Other inflammatory polyneuropathies
Started 4/12/2021

Dysphagia
Started 3/11/2020

Hypothyroidism due to drugs
Started 4/23/2020

Polyneuropathy
Started 4/12/2021

Hemangioma of spine
Started 11/27/2023

History of infectious mononucleosis
Started 11/27/2023

Pancreas (digestive gland) works poorly
Started 11/27/2023

Hypothyroidism
Started 11/27/2023

Immunodeficiency
Started 11/27/2023

Chronic dyspnea Started 11/27/2023	Ataxia Started 11/27/2023	Sjogren's syndrome
Dysphagia	GERD (gastroesophageal reflux disease)	Abdominal pain, generalized Started 4/7/2022
Erythromelalgia	Leg swelling Started 2/6/2022	Hypothyroid
Fibromyalgia	PAIN IN JOINT INVOLVING LOWER LEG	PAIN IN JOINT INVOLVING LOWER LEG
CARE INVOLVING OTHER PHYSICAL THERAPY	Pain in right foot	H/O Graves' disease
Copper deficiency	Small fiber neuropathy	Benign fasciculation-cramp syndrome

Sinus tachycardia Started 2/6/2022	JUVENILE OSTEOCHONDROSIS OF LOWER EXTREMITY, EXCLUDING FOOT	BILATERAL KNEE PAIN
Pain in left foot	Asthma	Chronic venous insufficiency
Pain in unspecified limb	PAIN IN JOINT INVOLVING ANKLE AND FOOT	Chronic fatigue syndrome
Gastroparesis	History of esophageal stricture	Disturbance of skin sensation
PATELLAR TENDINITIS	PLANTAR FASCIAL FIBROMATOSIS	Leg pain Started 2/6/2022
BILATERAL KNEE PAIN	CRPS (complex regional pain syndrome type I)	

Health Issues You Reported

Raynaud's phenomenon
Started 1/1/2017

Family history of Graves' disease
Started 1/1/2007

CVID (common variable immunodeficiency)
Started 1/31/1979
Comments: I have Homozygous TNFSRF13B Deficiency. This is an Inborn Error of Immunity or Primary Immune Deficiency Disorder. The broad scope it falls into is CVID2. This was found via whole genome genetic sequencing done by Variantyx and ordered by Norton.

Specific antibody deficiency with normal IG concentration and normal number of B cells
Started 1/31/1979
Comments: I had hypogammaglobulinemia before IVIG started so not sure of best way to list this in the system as my Ig concentration was low....but number of B cells was normal.

See List Provided at time of Check-In
Started 1/31/1979
Comments: See list provided - I filled out paperwork previously that I had sent in to Vanderbilt, but it seems that none of the information was uploaded to my Vanderbilt record. I am bringing paper copies of lots of the information with me.

Please see full list involving over 20+
Comments: I have over 20+ diagnoses - please see the previously provided list - and please update your system.

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Name: John Fouts | DOB: 1/31/1979 | MRN: 026485524 | PCP: Alexandra M Berry, PA | Legal Name: John Fouts

Health Summary

Current Health Issues

Current Health Issues

Please review your health issues and verify that the list is up to date. **Call 911 if you have an emergency.**

Other immunodeficiencies Started 8/26/2023	Contact with and (suspected) exposure to covid-19 Started 7/9/2023	Complex regional pain syndrome Started 1/31/2024
Complex regional pain syndrome Started 7/13/2021	Complex regional pain syndrome Started 7/13/2021	Complex regional pain syndrome I, unspecified Started 1/2/2024
Other specified functional intestinal disorders Started 12/19/2023	Skin growth Started 8/9/2023	Influenza due to identified novel influenza A virus with other respiratory manifestations Started 1/24/2024
Chest pain Started 10/22/2023	Iron deficiency anemia due to chronic blood loss Started 4/10/2017	Iron deficiency anemia due to dietary causes Started 11/11/2021

Iron deficiency anemia
Started 8/31/2023

Astigmatism
Started 12/1/2023

Irritable bowel syndrome
Started 1/17/2023

Degenerative joint disease of ankle and foot
Started 9/1/2023

Effusion, right ankle
Started 8/17/2023

Effusion, left ankle
Started 8/17/2023

Difficulty swallowing
Started 3/11/2020

Dry mouth, unspecified
Started 12/19/2023

Keratoconjunctivitis sicca, in Sjogren's syndrome
Started 3/15/2023

Keratoconjunctivitis sicca, not specified as Sjogren's, bilateral
Started 11/17/2023

Dry eyes
Started 2/24/2021

Dry eyes
Started 3/23/2021

Disorder of tear duct system
Started 3/23/2021

Other malaise
Started 6/20/2023

Dizziness
Started 7/1/2023

Disturbance of skin sensation
Started 11/22/2022

Derangement of unspecified medial meniscus due to old tear or injury, left knee
Started 2/14/2023

Cramp and spasm
Started 4/25/2023

Corneal ectasia, right eye
Started 3/15/2023

Vitamin deficiency, unspecified
Started 8/22/2023

Vitamin D deficiency
Started 4/23/2020

Deficiency of other specified B group vitamins
Started 8/22/2023

Copper deficiency
Started 11/1/2016

Confusion
Started 11/2/2015

Common variable immunodeficiency, unspecified (CMS/HCC)
Started 9/26/2023

Combined disorders of mitral, aortic and tricuspid valves
Started 9/25/2023

Blood pooling in veins
Started 12/1/2010

Fatigue
Started 11/6/2015

Chronic fatigue
Started 11/2/2015

Shortness of breath
Started 10/16/2023

Other forms of dyspnea
Started 11/13/2023

Shortness of breath
Started 7/7/2023

Chronic dyspnea
Started 11/27/2023

Cartilage disorder
Started 9/15/2023

Pleurodynia
Started 10/22/2023

Abnormal sensation
Started 4/6/2017

Chest pain
Started 4/21/2017

Chest pain on breathing
Started 7/1/2023

Numbness and tingling
Started 2/13/2023

Chest discomfort
Started 7/1/2023

Candida infection
Started 1/17/2023

Bitten or stung by nonvenomous insect and other nonvenomous arthropods, initial encounter
Started 5/8/2023

Enlarged prostate
Started 5/4/2023

Benign tumor of membranes that cover spinal cord
Started 3/23/2023

Neuromuscular disorder
Started 7/13/2021

Loss of coordination
Started 11/13/2023

Sleep apnea
Started 1/17/2023

Sleep apnea
Started 11/2/2015

Sleep apnea
Started 5/15/2023

Asthma
Started 10/31/2017

Disorder of central nervous system
Started 11/2/2015

Anxiety
Started 4/21/2017

Farsightedness
Started 3/2/2020

Vision disorder
Started 3/23/2021

Nasal inflammation due to allergen
Started 10/31/2017

Acute pharyngitis, unspecified
Started 1/24/2024

Inflammation of bladder
Started 5/30/2023

Achilles tendinitis
Started 5/24/2023

Achilles tendinitis
Started 5/24/2023

Abnormal histological findings in specimens from other organs, systems and tissues
Started 8/16/2023

History of fainting spells of unknown cause
Started 1/31/2024

Hemangioma
Started 11/27/2023

Hemangioma
Started 6/16/2023

Hay fever
Started 1/17/2023

Thyroid eye disease
Started 10/29/2020

Graves' disease
Started 11/1/2017

Genetic susceptibility to disease
Started 6/20/2023

Digestive system disorder
Started 5/23/2023

Acid reflux
Started 6/15/2021

Dry skin
Started 8/9/2023

Furuncle of head (any part, except face)
Started 8/9/2023

Indigestion
Started 12/19/2023

Forgetfulness
Started 11/2/2015

Foot pain
Started 7/1/2023

Pain
Started 2/9/2017

Fibromyalgia
Started 10/31/2017

Chronic pain
Started 1/17/2023

Chronic back pain
Started 11/2/2015

Neck pain
Started 12/20/2023

Latent squint
Started 4/1/2020

Erythromelalgia
Started 1/1/2016

Erectile dysfunction
Started 10/31/2017

Inflammatory disorder of male genital organs
Started 5/4/2023

Cyst of epididymis
Started 5/4/2023

Cyst and mucocele of nose and nasal sinus
Started 2/24/2023

Entrapment of left ulnar nerve at elbow
Started 4/6/2018

Cubital tunnel syndrome on left
Started 4/6/2018

Unspecified hereditary corneal dystrophies, bilateral
Started 11/17/2023

Disorder of labyrinth of inner ear
Started 10/26/2023

Goiter
Started 8/31/2023

Tarsal tunnel syndrome, bilateral lower limbs
Started 9/5/2023

Fast heart beat
Started 7/8/2023

Inflammation of cornea
Started 3/2/2020

High pitched breath sound
Started 1/23/2024

Low back pain
Started 3/28/2023

Spondylosis without myelopathy or radiculopathy, lumbar region
Started 2/24/2023

Disease of nerves in the arms, legs, hands and feet
Started 12/1/2010

Nerve disorder
Started 4/12/2021

Other specified polyneuropathies
Started 1/2/2024

Other inflammatory polyneuropathies
Started 4/12/2021

Sjogren's syndrome
Started 5/23/2023

Dilated veins in scrotum
Started 5/4/2023

Pain in scrotum
Started 4/17/2023

Rosacea conjunctivitis, bilateral
Started 12/1/2023

Astigmatism
Started 12/16/2015

Recurrent major depressive disorder
Started 2/18/2020

Protein in urine
Started 7/3/2022

Presbyopia (age-related focusing changes)
Started 4/5/2023

Poor urinary stream
Started 5/4/2023

Immune deficiency disorder
Started 8/26/2023

Unspecified symptoms and signs involving the genitourinary system
Started 5/30/2023

Pain in joint, multiple sites
Started 4/6/2018

Pain in joint, multiple sites
Started 4/6/2018

Panic attack
Started 9/28/2020

Pancreas (digestive gland) works poorly
Started 11/27/2023

Other specified diseases of pancreas
Started 11/13/2023

Palpitations
Started 6/7/2023

Pain in thoracic spine
Started 2/24/2023

Pain in toe of right foot
Started 9/8/2023

Pain in toe of left foot
Started 9/8/2023

Pain in left knee
Started 10/24/2023

Other specified follicular disorders
Started 8/9/2023

Other specified symptoms and signs involving the circulatory and respiratory systems
Started 1/24/2024

Other specified erythematous conditions
Started 8/9/2023

Erythematous condition, unspecified
Started 5/8/2023

Other specified enthesopathies of left lower limb, excluding foot
Started 9/15/2023

Other specified disorders of temporomandibular joint
Started 5/23/2023

Other articular cartilage disorders, unspecified site
Started 10/24/2023

Other articular cartilage disorders, left foot
Started 10/24/2023

Other specified arthritis, unspecified hand
Started 5/23/2023

Other specified abnormal immunological findings in serum
Started 1/2/2024

Skin inflammation
Started 8/9/2023

Other pruritus
Started 8/9/2023

Other intervertebral disc displacement, lumbar region
Started 2/24/2023

Conjunctivitis
Started 9/1/2023

Bone spur
Started 4/14/2023

Bone spur
Started 4/14/2023

Infection of spine
Started 1/15/2024

Urination, excessive at night
Started 4/17/2023

Other hereditary and idiopathic neuropathies
Started 11/14/2023

Nerve disorder
Started 2/9/2017

Stuffy nose
Started 1/23/2024

Narcolepsy
Started 10/26/2020

Spinal stenosis, sacral and sacrococcygeal region
Started 2/24/2023

Narrowing of spinal canal
Started 2/24/2023

Disease of spinal cord
Started 2/9/2017

Generalized muscle weakness
Started 2/13/2023

Asthma
Started 8/31/2023

Migraines
Started 11/2/2015

Migraines
Started 2/24/2023

Meibomian gland dysfunction left upper eyelid
Started 12/1/2023

Lyme disease
Started 1/2/2024

Right tennis elbow
Started 2/14/2023

Latent hypermetropia
Started 10/29/2020

Underactive thyroid
Started 11/13/2023

Excessive sleepiness
Started 11/4/2020

Narcolepsy in conditions classified elsewhere without cataplexy
Started 11/13/2023

Narcolepsy
Started 5/19/2023

Other hypersomnia
Started 5/19/2023

Underactive thyroid due to drugs
Started 4/23/2020

Underactive thyroid
Started 12/28/2021

Underactive thyroid
Started 12/8/2023

Common variable immunodeficiency
Started 2/16/2024

H/O Graves' disease
Started 11/2/2015

Spells

History of esophageal stricture
Started 11/11/2021

History of infectious mononucleosis
Started 11/27/2023

Insufficient tear production causing eye dryness and/or irritation
Started 3/23/2021

Patient who has a history of tobacco use
Started 2/11/2021

Lower than normal levels of thyroid after a procedure
Started 10/30/2017

Inability to have an erection or maintain an erection during sexual activity
Started 10/31/2017

Disease of nerve(s) causing progressive muscle weakness and loss of sensation
Started 12/1/2010

Inflammation of the lining of the nasal passages caused by pollen
Started 1/17/2023

Chronic (long term) feeling of tiredness
Started 11/2/2015

Disorder of the eyes, eyelids, tear ducts and/or eye muscles & Inflammation of the thyroid gland caused by the immune system attacking its own thyroid tissue
Started 10/29/2020

Muscle pain
Started 3/24/2024

Acute (sudden onset) inflammation of the bladder with hematuria (presence of blood in urine)
Started 5/30/2023

Genetic disorder causing opacities (clouding), edema (swelling caused by fluid retention) and/or lesions (areas of abnormal tissue) of the cornea (front transparent portion of the eye), bilateral
Started 11/17/2023

Disorder of the skin and/or subcutaneous tissue (layer of tissues that lies directly underneath the skin)
Started 8/9/2023

Disorder of the tendon (connects muscle to bone) and/or the ligament (connects bones or joints) attachments in lower leg
Started 9/15/2023

Partial or total loss of memory
Started 11/2/2015

Underactive thyroid gland with lower than normal levels of thyroid hormones caused by a drug or substance
Started 4/23/2020

Narrowing of the spinal canal (opening through which the spinal cord passes) of the lower back
Started 2/24/2023

Narrowing of the spinal canal (opening through which the spinal cord passes) of the lower back without leg pain, heaviness and/or weakness with walking
Started 2/24/2023

Chronic (long term) symptoms of the intestinal tract without a reason found
Started 12/19/2023

Abnormal pins and needles sensation of skin
Started 2/13/2023

Inflammation of the joints affecting the hand joint
Started 5/23/2023

Disorder of the articular cartilage (tough flexible tissue of joints) in the ankle and/or foot joint & Disorder of the articular cartilage (tough flexible tissue of joints) in the ankle and/or foot joint
Started 10/24/2023

Old tear of the inner cartilage (tough flexible tissue) of the knee
Started 2/14/2023

Inadequate development of a portion of the vertebra (spinal column bone) in the lower back area
Started 2/24/2023

Chronic (long term) degeneration (breakdown) of the ankle and/or foot joint causing pain and stiffness, not caused by another disease or condition
Started 9/1/2023

Urine flow that is slower than normal
Started 5/4/2023

Inherited disease of multiple nerves arising spontaneously or caused by an unknown cause
Started 11/14/2023

Patient who has a history of a circulatory disease (system that circulates blood throughout the body)
Started 1/31/2024

Skin condition causing itching
Started 8/9/2023

Health Issues You Reported

Raynaud's phenomenon
Started 1/1/2017

Family history of Graves' disease
Started 1/1/2007

Specific antibody deficiency with normal IG concentration and normal number of B cells
Started 1/31/1979
Comments: I had hypogammaglobulinemia before IVIG started so not sure of best way to list this in the system as my Ig concentration was low....but number of B cells was normal.

See List Provided at time of Check-In
Started 1/31/1979
Comments: See list provided - I filled out paperwork previously that I had sent in to Vanderbilt, but it seems that none of the information was uploaded to my Vanderbilt record. I am bringing paper copies of lots of the information with me.

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Health Summary

The information provided is in the electronic medical record.If you believe any data is incorrect, please notify the Health Information Management department by calling:

UofL Hospital: Phone: 502-562-4758
Jewish Downtown Hospital: Phone: 502-587-2833
Mary and Elizabeth Hospital: Phone 502-363-7973
Peace Hospital: Phone 502-479-4179
Shelbyville Hospital: Phone 502-647-4069
Medical Center East: Phone: 502-587-2833
Medical Center South: Phone 502-363-7973
Medical Center Southwest: Phone: 502-587-2833
Medical Center Northeast: Phone: 502-587-2833

Trouble finding results? The results seen here come from the UofL Health inpatient and medical center facilities, as well as the Brown Cancer Center medical oncology services, Pulmonary Cystic Fibrosis clinic, Neurology MS clinic, Hepatitis C clinic, and the Trager Transplant clinics. For most outpatient results for University of Louisville Physicians, please refer to information below about ***MyChart***.

MyChart is your secure online health connection, providing personalized online access to your medical record with your provider at UofL Health – UofL Physicians. View test results, provider clinical notes, upcoming appointments and pay your bill. Visit MyChart.UofLHealth.org.

JOHN FOUTS

Current Medications

Your pharmacy may make changes, so be sure to ask your pharmacist for exact medication instructions.

Learn More — *https://healthlibraryportal.elsevier.com/?clientid=74777158*

Symbicort 160 mcg-4.5 mcg/inh inhalation aerosol Learn more about this

Date Started On: Jul 09, 2023 **Ordered By:** FISCHER, TRACY S, MD-EMR

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 2 Puff
Frequency: Two Times A Day
Route: Inhalation

Armour Thyroid 30 mg oral tablet Learn more about this

Date Started On: Jul 09, 2023

amphetamine-dextroamphetamine 30 mg oral tablet Learn more about this

Date Started On: Jul 09, 2023

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 1 Tab
Frequency: Two Times A Day
Route: Oral

Creon 12,000 units oral delayed release capsule Learn more about this

Date Started On: Jul 09, 2023

pilocarpine 7.5 mg oral tablet Learn more about this

Date Started On: Jul 09, 2023

ocular lubricant preserved ophthalmic solution Learn more about this

Date Started On: Jul 09, 2023

Creon 12,000 units oral delayed release capsule Learn more about this

Date Started On: Jan 24, 2023

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 1 Cap
Frequency: Three Times A Day
Route: Oral

Non Formulary IV Learn more about this

Date Started On: Jan 24, 2023

pilocarpine

Learn more about this
Date Started On: Jan 24, 2023

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 5 mg
Frequency: Three Times A Day
Route: Oral

NP Thyroid 30 mg oral tablet Learn more about this

Date Started On: Jan 23, 2023

lidocaine 5% topical film Learn more about this

Date Started On: Jan 23, 2023

ergocalciferol 50,000 intl units (1.25 mg) oral capsule Learn more about this

Date Started On: Sep 12, 2022

ferrous gluconate 324 mg (38 mg elemental iron) oral tablet Learn more about this

Date Started On: Sep 12, 2022

ProAir HFA 90 mcg/inh inhalation aerosol Learn more about this

Date Started On: Sep 12, 2022

ALPRAZolam 0.5 mg oral tablet Learn more about this

Date Started On: Sep 12, 2022

hydroxychloroquine 200 mg oral tablet Learn more about this

Date Started On: Sep 12, 2022

gabapentin 600 mg oral tablet Learn more about this

Date Started On: Sep 12, 2022

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: See Instructions

IVIG Learn more about this

Date Started On: Apr 06, 2022

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 35 mg/kg
Frequency: Weekly
Route: IntraVENous

sildenafil Learn more about this

Date Started On: Oct 05, 2021

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 100 mg
Frequency: as needed

famotidine 20 mg oral tablet Learn more about this

Date Started On: Oct 05, 2021

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 2 Tab
Frequency: Two Times A Day
Route: Oral

NP Thyroid 120 mg oral tablet Learn more about this

Date Started On: Jul 12, 2021

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 1 Tab
Frequency: Every Day
Route: Oral

Adderall Learn more about this

Date Started On: Jul 12, 2021

The dose, frequency, and route information that is displayed below may have changed when your prescription was filled. Do not rely on the information below as instructions for taking the medication; always consult your pharmacy or health care provider for instructions and medication information.

Dose: 30 mg
Frequency: Three Times A Day
Route: Oral

Immunizations

No immunizations recorded

Current Allergies

sulfa drugs

Glutens

Health Issues

Anisometropia Learn more about this
Date Identified: Mar 23, 2021
Status: Active

Disorder of lacrimal gland Learn more about this
Date Identified: Mar 23, 2021
Status: Active

Narcolepsy Learn more about this
Date Identified: Oct 26, 2020
Status: Active

Panic attack Learn more about this
Date Identified: Sep 28, 2020
Status: Active

Vitamin D deficiency Learn more about this	**Date Identified:** Apr 23, 2020 **Status:** Active
Exophoria Learn more about this	**Date Identified:** Apr 01, 2020 **Status:** Active
Dysphagia Learn more about this	**Date Identified:** Mar 11, 2020 **Status:** Active
Recurrent major depression Learn more about this	**Date Identified:** Feb 18, 2020 **Status:** Active
Ulnar nerve entrapment at elbow Learn more about this	**Date Identified:** May 09, 2018 **Status:** Active
Entrapment of left ulnar nerve at elbow Learn more about this	**Date Identified:** Apr 06, 2018 **Status:** Active
Migraine Learn more about this	**Date Identified:** Oct 31, 2017 **Status:** Active
Erythromelalgia Learn more about this	**Date Identified:** Jan 01, 2016 **Status:** Active
Asthma Learn more about this	**Status:** Active
H/O Graves' disease Learn more about this	**Status:** Active
Small fiber neuropathy Learn more about this	**Status:** Active
CRPS (complex regional pain syndrome type I) Learn more about this	**Status:** Active
Dysphagia Learn more about this	**Status:** Active
Benign fasciculation-cramp syndrome Learn more about this	**Status:** Active
History of esophageal stricture Learn more about this	**Status:** Active
Fibromyalgia Learn more about this	**Status:** Active

Erythromelalgia Learn more about this	**Status:** Active
Hypothyroid Learn more about this	**Status:** Active
Disturbance of skin sensation Learn more about this	**Status:** Active
GERD (gastroesophageal reflux disease) Learn more about this	**Status:** Active
Gastroparesis Learn more about this	**Status:** Active
Sjogren's syndrome Learn more about this	**Status:** Active
Copper deficiency Learn more about this	**Status:** Active
Chronic venous insufficiency Learn more about this	**Status:** Active
Chronic fatigue syndrome Learn more about this	**Status:** Active

MyQuest™

FOUTS,JOHN

DOB: 01/31/1979
Sex: M
Phone:
Patient ID: 026485524

Age:
Fasting:

Specimen: 95390031
Requisition: 1014519851
Lab Reference ID: 1014519851
Report Status: FINAL

Collected: 04/12/2024 12:43
Received: 04/17/2024 14:17
Reported: 04/25/2024 23:06

Client #: 58578
DENISKIN, ROMAN
UNIV OF KENTUCKY
800 ROSE ST HA 647
LEXINGTON, KY 40536

IgE Ab (Anti-IgE IgG)

Analyte	Value	
IgE Ab (Anti-IgE IgG)	**16**	Reference Range: <168 ng/mL

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics. It has not been cleared or approved by FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.

Performing Sites

EZ Quest Diagnostics Nichols Institute, 33608 Ortega Highway, San Juan Capistrano, CA 92675-2042 Laboratory Director: I Maramica MD, PhD

Key

Priority Out of Range ▲ Out of Range

These results have been sent to the person who ordered the tests. Your receipt of these results should not be viewed as medical advice and is not meant to replace discussion with your doctor or other healthcare professional.

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Quest Diagnostics™

Name: John Fouts | DOB: 1/31/1979 | MRN: 026485524 | PCP: Provider Not In System, MD | Legal Name: John Fouts

Tryptase

Collected on April 14, 2017 1:47 PM

Norton Healthcare

Lab tests - BMT Lab (Blood)

Results

Tryptase
Normal value: <=10.9 ug/L

Value
2.8

Authorizing provider: Terrence P. Donohue
Collection date: April 14, 2017 1:47 PM
Result date: April 17, 2017 4:49 PM
Result status: Final
Resulting lab:
ARUP
500 CHIPETA WAY
SALT LAKE CITY UT 84108-1221

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Name: John Robert Fouts | DOB: 1/31/1979 | MRN: 4000280952 | PCP: Joshua Allen, MD | Legal Name: John Robert Fouts

TRYPTASE (SO)

Collected on May 2, 2024 3:04 PM

UK Healthcare

Not yet reviewed by care team.

Results

Performed By: ARUP Laboratories
500 Chipeta Way
Salt Lake City, UT 84108
Laboratory Director: Jonathan R. Genzen, MD, PhD
CLIA Number: 46D0523979

TRYPTASE
Normal value: <=10.9 ug/L

Value
6.1

Ordering provider: Nakul Katyal, MD
Collection date: May 2, 2024 3:04 PM
Specimens: Serum (Blood, Venous)
Result date: May 4, 2024 12:16 AM
Result status: Final
Resulting lab:
ARUP LABORATORY (BEAKER)

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Name: John Robert Fouts | DOB: 1/31/1979 | MRN: 4000280952 | PCP: Joshua Allen, MD | Legal Name: John Robert Fouts

VITAMIN D, 1, 25-DIHYDROXY

Collected on May 2, 2024 3:04 PM

UK Healthcare

Lab tests - Blood (Blood, Venous)

Not yet reviewed by care team.

Results New

VITAMIN D, 1, 25-DIHYDROXY

Normal range: 19.9 - 79.3 pg/mL

Ordering provider: Ivana C Deyl, MD
Authorizing provider: Marijeta Pekez, MD
Collection date: May 2, 2024 3:04 PM
Result date: May 3, 2024 1:30 PM
Result status: Final
Resulting lab:
UK HEALTHCARE LAB
800 Rose Street
Lexington KY 40536
Amy S. Gewirtz, MD (Lab director)

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Kentucky Medicaid Pharmacy Program Single Preferred Drug List (PDL)

Effective November 2, 2023

GENERAL DEFINITION OF TERMS

Clinical Criteria (CC) – Due to the nature of some medications, prior authorization (PA) is required for the medication to be covered. Medications with this indicator may require prior use of a different medication or drug product, a qualifying diagnosis to be reported and/or appropriate clinical criteria to be satisfied before prior authorization is approved. Prescriptions exceeding plan limitations such as a **Quantity Limit (QL)**, **Maximum Duration (MD)**, or **Age Edit (AE)**, in addition to those subject to **Clinical Criteria (CC)**, will require additional approval. All non-preferred agents require prior authorization.

Quantity Limits (QL) – Quantity limits have been placed on medications to be consistent with the maximum dosage that the Food and Drug Administration (FDA) has approved to be both safe and effective. Medications where the quantity exceeds the FDA's maximum daily dose will require PA. Prescriptions exceeding plan limitations will require PA.

Medication with Maximum Duration (MD) – Medications indicated will be available for a defined period (e.g., 60 days) per rolling year (365 days) before requiring a new or additional PA.

Age Edit (AE) – Medications indicated are available for members above or below a given age without PA.

Maintenance Drugs – Maintenance drugs are medications that generally require regular, long-term use and are prescribed for the treatment of a chronic medical condition. The following classes are examples of common maintenance drugs. *Maintenance drugs, as determined by First Databank (FDB) or Medi-Span, can be processed for up to a 92 days' supply for KY Medicaid recipients.*

- ACE Inhibitors
- Beta Blockers
- COPD Agents
- Diabetes Drugs
- Lipotropics
- Antidepressants
- Antipsychotics
- Anticonvulsants

To view the most current PA criteria, please go to https://kyportal.magellanmedicaid.com/provider/public/home.xhtml.

To request a PA, please submit the Kentucky Medicaid Pharmacy Prior Authorization Form to the member's plan.

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I. CARDIOVASCULAR

Drug Class	Preferred Agents	Non-Preferred Agents
ACE Inhibitors	benazepril enalapril tablets, solution (Amneal) lisinopril quinapril ramipril	*Accupril®* *Altace®* *captopril* *enalapril solution* *Epaned™ CC* *fosinopril* *Lotensin®* *moexipril* *perindopril* *Qbrelis™ CC, QL* *trandolapril* *Vasotec®* *Zestril®*
ACEI + Diuretic Combinations	benazepril/HCTZ lisinopril/HCTZ	*Accuretic®* *captopril/HCTZ* *enalapril/HCTZ* *fosinopril/HCTZ* *Lotensin HCT®* *quinapril/HCTZ* *Vaseretic®* *Zestoretic®*
Angiotensin Receptor Blockers	Entresto™ irbesartan losartan olmesartan valsartan	*Atacand®* *Avapro®* *Benicar®* *candesartan* *Cozaar®* *Diovan®* *Edarbi™* *eprosartan* *Micardis®* *telmisartan*
ARB + Diuretic Combinations	irbesartan/HCTZ losartan/HCTZ olmesartan/HCTZ valsartan/HCTZ	*Atacand HCT®* *Avalide®* *Benicar HCT®* *candesartan/HCTZ* *Diovan HCT®* *Edarbyclor™* *Hyzaar®* *Micardis HCT®* *telmisartan/HCTZ*

AE = Age Edits **CC** = Clinical Criteria **MD** = Medications with Maximum Duration **QL** = Quantity Limits

EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES
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I. CARDIOVASCULAR

Drug Class	Preferred Agents	Non-Preferred Agents
Angiotensin Modulator + CCB Combinations	amlodipine/benazepril valsartan/amlodipine valsartan/amlodipine/HCTZ	*Azor™* *Exforge®* *Exforge HCT®* *Lotrel®* *olmesartan/amlodipine* *olmesartan/amlodipine/HCTZ* *Tribenzor®* *telmisartan/amlodipine* *verapamil/trandolapril*
Anti-Anginal & Anti-Ischemic Agent	ranolazine ER	*Aspruzyo Sprinkle ER™ QL* *Corlanor® CC* *Ranexa®*
Oral Anti-Arrhythmics	amiodarone 100, 200 mg disopyramide dofetilide flecainide mexiletine propafenone quinidine sulfate Sorine® sotalol sotalol AF	*amiodarone 400 mg* *Betapace®* *Betapace AF®* *Multaq®* *Norpace®* *Norpace® CR* *Pacerone®* *propafenone SR/ER* *quinidine gluconate ER* *Rythmol SR®* *Sotylize® CC* *Tikosyn®*
Direct Renin Inhibitors	N/A	*aliskiren* *Tekturna®* *Tekturna HCT®*
Beta Blockers	atenolol bisoprolol metoprolol tartrate metoprolol succinate ER nadolol nebivolol propranolol propranolol ER	*acebutolol* *betaxolol* *Bystolic™* *Corgard®* *Hemangeol™* *Inderal® LA* *Inderal® XL* *InnoPran XL®* *Kapspargo™* *Lopressor®* *pindolol* *Tenormin®* *timolol* *Toprol XL®*
Beta Blockers + Diuretic Combinations	atenolol/chlorthalidone bisoprolol/HCTZ	*metoprolol tartrate/HCTZ* *propranolol/HCTZ* *Tenoretic®* *Ziac®*

I. CARDIOVASCULAR

Drug Class	Preferred Agents	Non-Preferred Agents
Alpha/Beta Blockers	carvedilol labetalol	*carvedilol ER* *Coreg®* *Coreg CR®*
Calcium Channel Blockers (DHP)	amlodipine nifedipine ER/SA/SR	*felodipine ER* *isradipine* *Katerzia™* *levamlodipine* *nicardipine* *nifedipine IR* CC *nimodipine* CC *nisoldipine ER* *Norliqva®* *Norvasc®* *Nymalize®* CC *Procardia XL®* *Sular® ER*
Calcium Channel Blockers (Non-DHP)	Cartia XT diltiazem diltiazem ER/CD Dilt-XR Taztia XT® Tiadylt ER® verapamil verapamil ER tablets	*Calan® SR* *Cardizem®* *Cardizem CD®* *Cardizem LA®* *diltiazem ER (generic Cardizem LA®)* *Matzim LA™* *Tiazac ER®* *verapamil ER capsules* *verapamil ER PM* *Verelan PM®*
Pulmonary Arterial Hypertension (PAH) Agents	Alyq® CC, QL ambrisentan CC Revatio suspension™ CC sildenafil tablets CC tadalafil CC, QL Tracleer® tablets CC, QL	*Adcirca™* QL *Adempas®* QL *bosentan tablets* *Letairis™* *Liqrev®* *Opsumit®* QL *Orenitram ER™* *Revatio tablets™* CC *sildenafil suspension* CC *Tadliq®* *Tracleer® 32 mg tablets for suspension* CC, QL *Tyvaso™* CC *Tyvaso™ DPI* CC *Uptravi®* QL *Ventavis®* CC
Lipotropics: Bile Acid Sequestrants	cholestyramine cholestyramine light colestipol tablets Prevalite®	*colesevelam* *Colestid®* *colestipol granules/packets* *Questran®* *Questran Light®* *Welchol®*

EXHIBIT-NEGLECT-RETALIATION-AND-HARM-BY-DR-KNUCKLES
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I. CARDIOVASCULAR

Drug Class	Preferred Agents	Non-Preferred Agents
Lipotropics: Fibric Acid Derivatives	fenofibrate nanocrystallized (generic Tricor®) fenofibrate capsules (generic Lofibra®) fenofibric acid (generic Trilipix® DR) gemfibrozil	*Antara®* *fenofibrate (generic Lipofen®, Fenoglide®)* *fenofibrate tablets (generic Lofibra®)* *fenofibric acid (generic Fibricor®)* *Fenoglide®* *Fibricor®* *Lipofen®* *Lopid®* *TriCor®* *Trilipix® DR*
Lipotropics: Other	ezetimibe niacin ER omega-3 acid ethyl esters	*icosapent ethyl* *Juxtapid®* CC *Leqvio®* AE, CC *Lovaza®* *Nexletol™* CC, AE, QL *Nexlizet™* CC, AE, QL *Niaspan® ER* *Praluent®* CC *Repatha™* CC *Vascepa®* *Zetia®*
Lipotropics: Statins	atorvastatin QL lovastatin QL pravastatin QL rosuvastatin QL simvastatin QL	*Altoprev®* QL *amlodipine/atorvastatin* CC, QL *Atorvaliq®* *Caduet®* QL *Crestor®* QL *Ezallor™ Sprinkle* QL *ezetimibe/simvastatin* QL *fluvastatin* QL *fluvastatin ER* QL *Lescol XL®* QL *Lipitor®* QL *Livalo®* QL *Vytorin™* QL *Zocor®* QL *Zypitamag* QL
Platelet Aggregation Inhibitors	Brilinta™ cilostazol clopidogrel dipyridamole prasugrel	*aspirin/dipyridamole* *aspirin/omeprazole* QL *Effient™* *Plavix®* *Zontivity™*

I. CARDIOVASCULAR

Drug Class	Preferred Agents	Non-Preferred Agents
Anticoagulants	Eliquis® enoxaparin Jantoven® Pradaxa® warfarin Xarelto®	*Arixtra™* *dabigatran* *fondaparinux* *Fragmin®* *Lovenox®* *Savaysa™* *Xarelto® granules for suspension*

II. GASTROINTESTINAL

Drug Class	Preferred Agents	Non-Preferred Agents
Anti-Emetics: Other	Bonjesta® meclizine metoclopramide oral solution, tablets prochlorperazine tablets promethazine syrup, tablets promethazine/Promethegan 12.5, 25 mg suppositories scopolamine patches	*Antivert®* *Compro®* *Diclegis™ CC, QL* *doxylamine/pyridoxine CC, QL* *Gimoti™ CC, QL* *metoclopramide ODT* *prochlorperazine suppositories* *Promethegan 50 mg suppositories* *Reglan®* *Transderm-Scop®* *trimethobenzamide*
Oral Anti-Emetics: 5-HT3 Antagonists	ondansetron	*granisetron* *Sancuso® CC, QL*
Oral Anti-Emetics: NK-1 Antagonists	aprepitant QL	*Akynzeo® QL* *Emend® QL*
Oral Anti-Emetics: Δ-9-THC Derivatives	dronabinol CC, QL	*Marinol® CC, QL*
H2 Receptor Antagonists	famotidine	*cimetidine* *nizatidine* *Pepcid®*
Proton Pump Inhibitors	esomeprazole magnesium capsules QL lansoprazole capsules QL Nexium® suspension QL omeprazole capsules QL pantoprazole tablets QL	*Aciphex® QL* *Dexilant™ QL* *Dexlansoprazole DR capsules* *esomeprazole suspension QL* *Konvomep™ QL* *lansoprazole ODT QL* *Nexium® capsules QL* *omeprazole/sodium bicarbonate QL* *pantoprazole suspension QL* *Prevacid® QL* *Prilosec® QL* *Protonix® QL* *rabeprazole QL* *Zegerid® QL*

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II. GASTROINTESTINAL

Drug Class	Preferred Agents	Non-Preferred Agents
Anti-Ulcer Protectants	Carafate® suspension misoprostol sucralfate tablets	*Carafate® tablets* *Cytotec®* *sucralfate suspension*
***H. pylori* Treatment**	Pylera® QL	*bismuth subcitrate potassium/metronidazole/ tetracycline* QL *lansoprazole/amoxicillin/clarithromycin* QL *Omeclamox-Pak™* QL *Talicia®*
Antispasmodics/ Anticholinergics	dicyclomine ED-Spaz glycopyrrolate hyoscyamine methscopolamine NuLev® Oscimin®	*Anaspaz®* *chlordiazepoxide/clidinium* *Cuvposa®* *Dartisla ODT* *Donnatal®* *Glycate®* *glycopyrrolate oral solution* *Hyosyne®* *Levsin®* *Librax®* *Phenohytro®* *phenobarbital/hyoscyamine/atropine/scopolamine* *Robinul®* *Robinul Forte®* *Symax®* *Symax Fastabs®*
Bile Salts	ursodiol capsules, tablets	*Bylvay™* CC, QL *Chenodal®* *Cholbam®* *Livmarli™* CC, QL *Ocaliva®* CC, QL, AE *Reltone™* *Urso®, Urso Forte®*
Antidiarrheals	diphenoxylate with atropine tablets loperamide	*diphenoxylate with atropine liquid* *Lomotil®* *Motofen®* *Mytesi™* CC, QL *opium*

II. GASTROINTESTINAL

Drug Class	Preferred Agents	Non-Preferred Agents
Ulcerative Colitis Agents	Apriso™ balsalazide Lialda™ mesalamine enema (generic Rowasa®) mesalamine suppository (generic Canasa®) Pentasa® sulfasalazine sulfasalazine EC/DR	*Asacol® HD* *Azulfidine®* *Azulfidine EN-tabs®* *budesonide ER (generic Uceris®)* QL *budesonide rectal foam* *Canasa®* *Colazal®* *Delzicol®* *Dipentum®* *mesalamine oral formulations (generics of Apriso™, Asacol® HD, Delzicol®, Pentasa® and Lialda™)* *Rowasa®, sfRowasa®* *Uceris®* QL
Laxatives and Cathartics	lactulose solution (including Constulose®, Enulose®, Generlac) MoviPrep® polyethylene glycol (PEG) 3350 bottle PEG 3350/electrolyte solution for reconstitution (including GaviLyte-C®, GaviLyte-G®)	*alvimopan* *Clenpiq™* *Entereg®* *GoLYTELY®* *Kristalose®* *OsmoPrep® Tablets* *PEG-3350, sodium sulfate, sodium chloride, potassium chloride, sodium ascorbate and ascorbic acid for oral solution (generic for MoviPrep®)* *Plenvu® powder packets* *sodium sulfate, potassium sulfate, magnesium sulfate oral solution (generic for Suprep)* *Suflave™* *Suprep®* *Sutab®*
GI Motility Agents	Amitiza® CC, AE, QL Linzess® CC, AE, QL Movantik® CC, AE, QL Trulance™ CC, AE, QL	*alosetron* CC, AE, QL *Ibsrela®* CC, AE, QL *Lotronex®* CC ,AE, QL *lubiprostone* AE, QL *Motegrity™* AE, QL *Relistor®* CC, AE, QL *Symproic®* CC , AE, QL *Viberzi®* CC, AE, ,QL

III. RESPIRATORY

Drug Class	Preferred Agents	Non-Preferred Agents
Antibiotics, Inhaled	Bethkis® QL Kitabis™ Pak QL tobramycin inhalation solution (generic for TOBI®) QL	*Arikayce®* CC, QL *Cayston®* QL *TOBI®* QL *TOBI Podhaler®* QL *tobramycin inhalation solution (generic for Bethkis® and Kitabis Pak™)* QL

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III. RESPIRATORY

Drug Class	Preferred Agents	Non-Preferred Agents
Minimally Sedating Antihistamines	cetirizine oral solution/syrup levocetirizine tablets	*Clarinex®* *Clarinex-D® 12 Hr* *desloratadine* *levocetirizine solution*
Intranasal Antihistamines and Anticholinergics	azelastine 0.1%, 0.15% ipratropium nasal spray olopatadine nasal spray	*Patanase™*
Short-Acting Beta$_2$ Adrenergic Agonists	albuterol inhalation solution QL albuterol low-dose inhalation solution QL Proventil® HFA QL terbutaline tablets QL Ventolin HFA® QL	*Airsupra™* *albuterol HFA* QL *albuterol oral syrup, tablets* QL *albuterol ER tablets* QL *levalbuterol HFA* QL *levalbuterol inhalation solution* QL *metaproterenol oral syrup* QL *ProAir® Digihaler™* QL *ProAir RespiClick®* QL *Xopenex®* QL *Xopenex HFA®* QL
Long-Acting Beta$_2$ Adrenergic Agonists	Serevent® Diskus QL	*arformoterol* CC, QL *Brovana®* CC, QL *Formoterol* CC, QL *Perforomist™* CC, QL *Striverdi® Respimat®* QL
Beta Agonists: Combination Products	Advair® Diskus QL Advair® HFA QL Dulera® QL Symbicort® QL	*AirDuo Digihaler™* CC, QL *AirDuo RespiClick®* CC, Q, AE *Breo® Ellipta®* QL *Breyna* QL *budesonide/formoterol* QL *fluticasone/salmeterol* QL *fluticasone/vilanterol* QL *Wixela™ Inhub™* QL
COPD Agents	albuterol-ipratropium inhalation solution QL Anoro® Ellipta® QL Atrovent® HFA QL Bevespi Aerosphere™ QL Combivent® Respimat® QL ipratropium inhalation solution QL Spiriva HandiHaler® QL Stiolto™ Respimat® QL	*Breztri Aerosphere™* QL *Daliresp™* CC, QL *Duaklir® Pressair®* *Incruse® Ellipta®* QL *Lonhala™ Magnair™* CC, QL *roflumilast* CC, QL *Spiriva® Respimat®* QL *tiotropium* QL *Trelegy Ellipta* CC, QL *Tudorza® Pressair™* QL *Yupelri®* CC, QL

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III. RESPIRATORY

Drug Class	Preferred Agents	Non-Preferred Agents
Inhaled Corticosteroids	Asmanex® Twisthaler QL budesonide inhalation suspension AE, QL Flovent HFA® QL	*Alvesco® QL* *ArmonAir™ Digihaler™ QL* *Arnuity® Ellipta® QL* *Asmanex® HFA QL* *Flovent Diskus® QL* *Fluticasone propionate HFA QL* *Pulmicort Flexhaler® QL* *Pulmicort Respules® QL* *QVAR® RediHaler™*
Intranasal Corticosteroids	Dymista® QL fluticasone propionate QL	*azelastine/fluticasone QL* *Beconase AQ® QL* *budesonide* *Children's Qnasl™ QL* *flunisolide QL* *mometasone QL* *Nasonex® QL* *Omnaris™ QL* *Qnasl™ QL* *Xhance™ CC* *Zetonna™ QL*
Leukotriene Modifiers	montelukast chewable, tablets QL montelukast granules AE, QL	*Accolate® QL* *Singulair® QL* *zileuton ER QL* *zafirlukast QL* *Zyflo® QL*
Self Injectable Epinephrine	epinephrine 0.3 mg (generic EpiPen®, Mylan) QL epinephrine 0.15 mg (generic EpiPen Jr.®, Mylan) QL EpiPen® QL EpiPen Jr.® QL	*epinephrine 0.3 mg (generic Adrenaclick®) QL* *epinephrine 0.15 mg (generic Adrenaclick®) QL* *epinephrine 0.3 mg (generic EpiPen®) QL* *epinephrine 0.15 mg (generic EpiPen Jr.®) QL* *Symjepi™ QL*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Alzheimer's Agents	donepezil 5 and 10 mg tablets, ODT Exelon® Patch memantine tablets rivastigmine capsules	*Adlarity® patch* *Aricept®* *donepezil 23 mg tablets* CC *galantamine* *galantamine ER* *memantine ER* *memantine solution* *Namzaric®* *Namenda® tablets* *Namenda XR®* *Razadyne®* *rivastigmine patch*
Antianxiety Agents	alprazolam IR tablets MD buspirone chlordiazepoxide MD diazepam oral solution, tablets MD lorazepam MD	*alprazolam ER/XR* MD *alprazolam ODT* MD *alprazolam intensol* MD *Ativan®* MD *clorazepate* MD *diazepam Intensol* MD *diazepam oral concentrate* MD *lorazepam intensol/oral concentrate* MD *Loreev XR*MD *meprobamate* *oxazepam* MD *Xanax®* MD *Xanax XR*MD
Antidepressants: MAOIs	N/A	*Emsam®* *Marplan®* *Nardil®* *phenelzine* *tranylcypromine*
Antidepressants: Other	bupropion bupropion SR bupropion XL 150 mg, 300 mg tablets trazodone	*Aplenzin™* *Auvelity™* CC, AE, QL *bupropion XL 450 mg tablets* *Forfivo XL™* *nefazodone* *Spravato™* CC, AE, QL *Trintellix™* *Viibryd™* *vilazodone* *Wellbutrin®* *Wellbutrin® SR* *Wellbutrin® XL*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Antidepressants: SNRIs	desvenlafaxine succinate ER (generic Pristiq®) venlafaxine venlafaxine ER capsules	*desvenlafaxine ER base* *desvenlafaxine fumarate ER* *Effexor XR®* *Fetzima®* *Pristiq®* *venlafaxine besylate ER tablets* *venlafaxine ER tablets*
Antidepressants: SSRIs	citalopram escitalopram tablets fluoxetine capsules, solution fluoxetine ER paroxetine tablets, suspension sertraline tablets, capsules, solution, oral concentrate	*Brisdelle™ CC* *Celexa®* *escitalopram solution* *fluoxetine 90 mg DR, tablets QL* *fluvoxamine* *fluvoxamine ER* *Lexapro™* *paroxetine capsules* *paroxetine controlled release tablets* *paroxetine ER tablets* *Paxil® tablets, suspension* *Paxil® CR tablets* *Pexeva®* *Prozac®* *Zoloft® tablets, solution, oral concentrate*
Antidepressants: Tricyclics	amitriptyline clomipramine doxepin concentrate, capsules imipramine hydrochloride mirtazapine nortriptyline capsule	*amoxapine* *Anafranil®* *desipramine* *imipramine pamoate* *Norpramin®* *nortriptyline solution* *Pamelor®* *protriptyline* *Remeron®* *trimipramine*
Anticonvulsants: First Generation	Celontin® clobazam QL clonazepam tablets QL diazepam rectal gel QL divalproex delayed-release divalproex sodium ER divalproex sprinkle ethosuximide felbamate Nayzilam® AE, QL phenobarbital CC phenytoin IR/ER primidone CC valproic acid Valtoco® QL	*clonazepam ODT* *Depakote®* *Depakote ER®* *Depakote® Sprinkle* *Diastat® QL* *Dilantin®* *Felbatol®* *Klonopin® QL* *methosuximide* *Mysoline®* *Onfi™ QL* *Phenytek®* *Sympazan™ CC, QL* *Zarontin®*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Anticonvulsants: Second Generation	Banzel® CC, QL Gabitril® QL lacosamide solution, tablets QL lamotrigine chewable tablets, tablets (except dose packs) levetiracetam ER QL levetiracetam solution, tablets QL Roweepra® tablets QL Sabril® CC, QL tiagabine QL topiramate QL zonisamide QL	*Briviact® CC, QL* *Diacomit™ CC, QL* *Elepsia® XR QL* *Epidiolex™ CC* *Eprontia™* *Fintepla® QL* *Fycompa™ QL* *Keppra® solution, tablets QL* *Keppra XR® QL* *Lamictal®* *Lamictal ODT®* *Lamictal® XR™ QL* *lamotrigine dose packs* *lamotrigine ER QL* *lamotrigine ODT* *Motpoly XR* *Qudexy® XR QL* *rufinamide QL* *Spritam QL* *Topamax® QL* *topiramate ER QL* *Trokendi XR™ QL* *Vigabatrin QL* *Vigadrone® QL* *Vimpat® QL* *Xcopri® CC, QL* *Zonisade™ QL* *Ztalmy® AE, CC, QL*
Anticonvulsants: Carbamazepine Derivatives	carbamazepine tablets carbamazepine ER capsules (generic Carbatrol®) carbamazepine ER tablets Equetro™ oxcarbazepine QL Tegretol® suspension	*Aptiom® QL* *carbamazepine suspension* *Carbatrol®* *Epitol®* *Oxtellar™ XR QL* *Tegretol® tablets* *Tegretol® XR* *Trileptal® QL*
First-Generation Antipsychotics	amitriptyline/perphenazine chlorpromazine fluphenazine haloperidol loxapine perphenazine thioridazine thiothixene trifluoperazine	*Adasuve®* *molindone* *pimozide*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Second-Generation Antipsychotics	aripiprazole tablets CC, QL asenapine CC, QL clozapine tablets CC, QL lurasidone CC, QL olanzapine CC, QL quetiapine CC, QL quetiapine ER CC, QL risperidone CC, QL Vraylar™ AE, CC, QL ziprasidone capsules CC, QL	*Abilify® oral formulations* QL *Abilify MyCite®* CC, QL *aripiprazole ODT, oral solution* *Caplyta®* CC, QL *clozapine ODT* QL *Clozaril®* QL *Fanapt™* QL *Geodon® capsules* QL *Invega®* QL *Latuda®* CC, QL *Lybalvi™* CC, AE, QL *olanzapine/fluoxetine* CC, QL *Nuplazid™* CC, QL *paliperidone* QL *Rexulti®* QL *Risperdal®* QL *Saphris®* CC, QL *Secuado®* QL *Seroquel®* QL *Seroquel® XR* QL *Symbyax®* CC, QL *Versacloz®* QL *Zyprexa®* QL *Zyprexa® Zydis* QL
Antipsychotics: Injectable	Abilify Maintena™ CC, QL Aristada ER™ CC, QL Aristada Initio™ CC, QL fluphenazine decanoate CC, QL Geodon® injection CC, QL haloperidol decanoate CC, QL haloperidol lactate CC, QL Invega® Hafyera CC, QL Invega® Sustenna® CC, QL Invega Trinza™ CC, QL olanzapine CC, QL Perseris ER™ CC Risperdal® Consta® CC, QL	*Haldol® Decanoate* QL *ziprasidone injection* QL *Zyprexa®* QL *Zyprexa® Relprevv* QL

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Stimulants and Related Agents	Adderall XR® CC, QL atomoxetine CC, QL Concerta® CC, QL dexmethylphenidate CC, QL dexmethylphenidate ER CC, QL dextroamphetamine CC, QL guanfacine ER CC, QL Methylin® solution CC, QL methylphenidate solution, tablets CC, QL mixed amphetamine salts tablets CC, QL Vyvanse® capsules, chewable tablets CC, QL	*Adderall® QL* *Adzenys XR-ODT™ AE, QL* *amphetamine sulfate QL* *Aptensio XR® QL* *Azstarys™ QL* *clonidine ER QL* *Cotempla XR-ODT™ AE, QL* *Daytrana® QL* *Desoxyn® QL* *Dexedrine® QL* *Dextroamphetamine- amphetamine sulfate ER QL* *dextroamphetamine ER QL* *dextroamphetamine solution QL* *dextroamphetamine sulfate tablets (generic for Zenzedi®) QL* *Dyanavel® XR AE, QL* *Evekeo® QL* *Evekeo® ODT QL* *Focalin® QL* *Focalin® XR QL* *Intuniv® QL* *Jornay PM™ AE, QL* *lisdexamfetamine QL* *methamphetamine QL* *methylphenidate CD (generic Metadate CD®) QL* *methylphenidate chewable tablets QL* *methylphenidate ER tablets QL* *methylphenidate ER OROS (generic Concerta®) QL* *methylphenidate LA (generic Ritalin LA®) QL* *methylphenidate patch QL* *mixed amphetamine salts ER capsules QL* *Mydayis™ AE, QL* *ProCentra® QL* *Qelbree™ QL* *QuilliChew ER™ AE ,QL* *Quillivant XR® QL* *Relexxii QL* *Ritalin® QL* *Ritalin LA® QL* *Strattera® QL* *Zenzedi® QL*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Anti-Migraine: 5-HT1 Receptor Agonists	Imitrex® nasal QL rizatriptan QL rizatriptan ODT QL sumatriptan syringe, tablet, vial QL	*almotriptan QL* *Amerge® QL* *eletriptan QL* *Frova™ QL* *frovatriptan QL* *Imitrex® kit, vial, tablet QL* *Maxalt® QL* *Maxalt-MLT® QL* *naratriptan QL* *Onzetra™ Xsail™ CC, AE, QL* *Relpax™ QL* *sumatriptan kit QL* *sumatriptan nasal spray QL* *sumatriptan/naproxen QL* *Treximet™ QL* *Tosymra ™* *Zembrace™ SymTouch® CC, QL* *zolmitriptan tablet, nasal spray QL* *zolmitriptan ODT QL* *Zomig® QL* *Zomig-ZMT® QL*
Anti-Migraine: CGRP Inhibitors	Aimovig™ CC, AE, QL Ajovy™ CC, AE,QL Emgality™ 120 mg/mL CC, AE, QL Nurtec™ ODT CC, AE, QL Ubrelvy™ CC, AE, QL	*Emgality™ 100 mg/mL CC, AE, QL* *Reyvow™ CC, AE, QL* *Qulipta™ CC, AE, QL*
Dopamine Receptor Agonists	pramipexole ropinirole	*bromocriptine* *Mirapex® ER* *Neupro®* *Parlodel®* *pramipexole ER* *ropinirole ER*
Movement Disorders	Austedo® CC, AE, QL Ingrezza® AE, QL tetrabenazine	*Austedo XR® CC, AE, QL* *Xenazine®*
Narcolepsy Agents	Provigil® CC, QL	*armodafinil QL* *modafinil QL* *Nuvigil® QL* *sodium oxybate solution CC, QL* *Sunosi™ CC, QL* *Wakix® CC, QL* *Xyrem® CC, QL* *Xywav™ CC, QL*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Neuropathic Pain	duloxetine DR (generic Cymbalta®) gabapentin QL lidocaine 5% patch QL Lidoderm® QL pregabalin QL	*Cymbalta®* *Drizalma Sprinkle™* *duloxetine (generic Irenka™)* *Gralise™* *Horizant®* *Lidocan™ CC, QL* *Lyrica® QL* *Lyrica® CR QL* *Neurontin® QL* *pregabalin ER QL* *Savella®* *ZTlido™ CC, QL*
Parkinson's Disease	amantadine benztropine entacapone levodopa/carbidopa levodopa/carbidopa CR levodopa/carbidopa ODT levodopa/carbidopa/entacapone selegiline trihexyphenidyl	*Azilect®* *carbidopa* *Comtan®* *Dhivy™* *Duopa™* *Gocovri™* *Inbrija™* *Kynmobi™ CC, QL* *Lodosyn®* *Nourianz™ CC QL* *Ongentys® CC, QL* *Osmolex™ ER* *rasagiline* *Rytary™* *Sinemet®* *Stalevo®* *Tasmar®* *tolcapone* *Xadago® CC, QL* *Zelapar™*

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Sedative Hypnotic Agents	temazepam 15 mg, 30 mg MD, QL zolpidem MD, QL	*Ambien®* MD, QL *Ambien CR®* MD, QL *Belsomra®* MD, QL *Dayvigo™* MD, QL *Doral®* MD, QL *doxepin* QL *(generic Silenor®)* *Edluar®* CC, MD, QL *estazolam* MD, QL *eszopiclone* MD, QL *flurazepam* MD, QL *Halcion®* MD, QL *Hetlioz®* CC, QL *Hetlioz LQ®* CC, QL *Igalmi™* AE, CC, QL *Intermezzo®* MD, QL *Lunesta™* MD, QL *quazepam* MD, QL *Quviviq™* AE, CC, MD, QL *ramelteon* CC, MD, QL *Restoril®* MD, QL *Rozerem®* CC, MD, QL *Silenor®* QL *tasimelteon* CC, QL *temazepam 7.5 mg, 22.5 mg* MD, QL *triazolam* MD, QL *zaleplon* MD, QL *zolpidem capsules* MD, QL *zolpidem ER* MD, QL *zolpidem SL* MD, QL
Skeletal Muscle Relaxants	baclofen QL chlorzoxazone QL cyclobenzaprine QL methocarbamol QL orphenadrine ER QL tizanidine tablets QL	*Amrix®* QL, MD *baclofen solution, suspension* QL *carisoprodol* QL, MD *carisoprodol compound* QL, MD *cyclobenzaprine ER* QL, MD *Dantrium®* QL *dantrolene* QL, CC *Fexmid®* QL, MD *Fleqsuvy*QL *Lorzone®* QL *Lyvispah™* QL *metaxalone* QL *Norgesic* *Norgesic Forte* *orphenadrine compound* *Soma®* QL, MD *tizanidine capsules* QL *Zanaflex®* QL

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IV. CENTRAL NERVOUS SYSTEM

Drug Class	Preferred Agents	Non-Preferred Agents
Spinal Muscular Atrophy	N/A	*Evrysdi™* CC *Spinraza®* CC *Zolgensma®* CC
Tobacco Cessation	bupropion SR QL Chantix® AE, QL nicotine buccal/gum/lozenge QL nicotine transdermal system QL Nicotrol® Inhaler QL Nicotrol® NS QL varenicline AE, QL	*NicoDerm CQ®* QL *Nicorette®* QL

V. ANALGESICS

Drug Class	Preferred Agents	Non-Preferred Agents
Narcotic Agonist/ Antagonists	N/A	*butorphanol NS* *pentazocine/naloxone* QL
Narcotics: Short-Acting	codeine/APAP CC, AE, MD, QL hydrocodone/APAP CC, MD, QL hydrocodone/ibuprofen CC, MD, QL hydromorphone tablets CC, MD, QL morphine concentrate, solution, tablets CC, MD, QL oxycodone solution, tablets CC, MD, QL oxycodone/APAP tablets CC, MD, QL tramadol 50 mg CC, MD, AE, QL tramadol/APAP MD, AE, QL	*Apadaz™* MD, QL *Ascomp® with codeine* CC, AE, QL *benzhydrocodone/APAP* MD, QL *butalbital/APAP/caffeine/codeine* CC, AE, QL *butalbital/ASA/caffeine/codeine* CC, AE, QL *butalbital compound/codeine* CC, AE, QL *carisoprodol/ASA/codeine* MD, AE, QL *codeine* MD, AE, QL *dihydrocodeine bitartrate/APAP/caffeine* MD, QL *Dilaudid®* MD, QL *Fioricet-codeine* CC, AE, QL *hydromorphone liquid, suppositories* MD, QL *levorphanol* MD, QL *Lortab®* MD, QL *meperidine solution, tablets* MD, QL *morphine suppository* MD, QL *Nucynta™* MD, QL *oxycodone capsules, concentrate, oral syringe* MD, QL *oxycodone/APAP (generic for Primlev and Prolate)* MD, QL *oxycodone/APAP solution* MD, QL *oxymorphone* MD, QL *Percocet®* MD, QL *Qdolo™* MD, AE, QL *Roxicodone®* MD, QL *Roxybond* MD, QL *Seglentis* MD, AE, QL *tramadol 100 mg* MD, AE, QL *tramadol solution* MD, AE, QL *Ultracet®* MD, AE, QL

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V. ANALGESICS

Drug Class	Preferred Agents	Non-Preferred Agents
		Ultram® MD, AE, QL
Narcotics: Long-Acting	Butrans™ CC, QL fentanyl transdermal 12, 25, 50, 75, 100 mcg CC, QL morphine sulfate ER (generic MS Contin®) CC, QL tramadol ER (generic Ultram® ER) CC, AE, QL	*Belbuca™* AE, QL *buprenorphine patch* QL *ConZip™* AE, QL *Duragesic®* QL *fentanyl transdermal 37.5, 62.5, 87.5 mcg* QL *hydrocodone ER* QL *hydromorphone ER* QL *Hysingla™ ER* QL *methadone* CC, QL *morphine sulfate SA (generic Kadian®, Avinza™)* QL *MS Contin®* QL *Nucynta® ER* CC,QL *oxycodone ER* QL *OxyContin®* QL *oxymorphone ER* QL *tramadol ER capsules (generic ConZip™)* AE, QL *tramadol ER tablets (generic Ryzolt®)* AE, QL *Xtampza™ ER* AE, QL
Narcotics: Fentanyl Buccal Products	N/A	*Actiq®* CC, QL *fentanyl citrate buccal tablet* CC, QL *fentanyl citrate lollipop* CC, QL *Fentora®* CC, QL
Opiate Dependence Treatments	Brixadi™ AE Bunavail® AE, QL buprenorphine AE, QL buprenorphine/naloxone SL films AE, QL buprenorphine/naloxone SL tablets AE, QL Lucemyra™ AE, QL naltrexone AE Sublocade™ AE, QL Suboxone® films AE, QL Vivitrol® AE Zubsolv® AE, QL	*N/A*

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V. ANALGESICS

Drug Class	Preferred Agents	Non-Preferred Agents
Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)	celecoxib QL diclofenac sodium DR/EC tablets diclofenac sodium topical gel (1%) ibuprofen indomethacin ketorolac tablets QL meloxicam tablets naproxen sodium tablets naproxen tablets sulindac	*Arthrotec®* *Celebrex® QL* *Daypro®* *diclofenac epolamine patches CC* *diclofenac sodium/misoprostol* *diclofenac potassium* *diclofenac potassium powder pack* *diclofenac sodium SR/ER* *diclofenac 1.5% topical solution CC* *diclofenac 2% solution pump CC* *diflunisal* *Duexis® CC* *EC-Naprosyn®* *Elyxyb solution™ CC, AE, QL* *etodolac, etodolac ER* *Feldene®* *fenoprofen* *Flector® CC* *flurbiprofen* *ibuprofen/famotidine* *indomethacin ER* *ketoprofen* *ketoprofen ER* *ketorolac nasal spray CC* *Licart™ CC* *Lofena™* *meclofenamate* *mefenamic acid* *meloxicam capsules CC* *Mobic®* *nabumetone* *Nalfon®* *Naprelan® CR* *Naprotin™ kit* *naproxen CR/ER/DR* *naproxen suspension* *naproxen/esomeprazole CC, QL* *oxaprozin* *Pennsaid® CC* *piroxicam* *Relafen™* *Relafen™ DS* *tolmetin* *Vimovo™ CC, QL* *Voltaren® topical gel*

VI. ANTI-INFECTIVES

Drug Class	Preferred Agents	Non-Preferred Agents
Antibiotics: Cephalosporins 1st Generation	cefadroxil capsules cephalexin capsules, suspension	*cefadroxil tablets, suspension* *cephalexin tablets*

VI. ANTI-INFECTIVES

Drug Class	Preferred Agents	Non-Preferred Agents
Antibiotics: Cephalosporins 2nd Generation	cefaclor capsule cefprozil cefuroxime axetil	*cefaclor suspension* *cefaclor ER*
Antibiotics: Cephalosporins 3rd Generation	cefdinir	*cefixime* *cefpodoxime* *Suprax®*
Antibiotics: Gastrointestinal (GI)	Firvanq™ CC metronidazole tablets neomycin tinidazole vancomycin capsules CC Xifaxan® CC, QL	*Dificid® CC, QL* *Flagyl®* *Likmez™* *metronidazole capsules* *nitazoxanide* *paromomycin* *Solosec™ CC, AE, QL* *Vancocin®* *vancomycin solution* *Aemcolo®*
Antibiotics: Macrolides/Ketolides	azithromycin clarithromycin E.E.S.® granules for suspension erythromycin base capsules DR	*clarithromycin ER* *E.E.S 400® Filmtab* *EryPed®* *Ery-Tab®* *Erythrocin®* *erythromycin base tablets* *erythromycin ethylsuccinate suspension* *erythromycin ethylsuccinate 400 mg tab* *erythromycin filmtab* *Zithromax®*
Antibiotics: Oxazolidinones	linezolid tablets CC, QL, MD Zyvox® suspension QL, MD	*linezolid suspension QL, MD* *Sivextro™ QL* *Zyvox® QL, MD*
Antibiotics: Penicillins	amoxicillin amoxicillin/clavulanate tablets, suspension ampicillin dicloxacillin penicillin V	*amoxicillin/clavulanate chewable tablets* *amoxicillin/clavulanate ER* *Augmentin®* *Augmentin XR®*
Antibiotics: Pleuromutilins	N/A	*Xenleta™ CC, AE, QL*
Antibiotics: Quinolones	ciprofloxacin tablets levofloxacin tablets	*Baxdela™ AE, QL* *ciprofloxacin suspension* *Cipro®* *levofloxacin solution* *moxifloxacin* *ofloxacin*
Antibiotics: Sulfonamides, Folate Antagonist	trimethoprim trimethoprim/sulfamethoxazole	*Bactrim®* *Bactrim DS®* *sulfadiazine* *Sulfatrim® suspension*
Antibiotics: Tetracyclines	demeclocycline doxycycline hyclate doxycycline monohydrate 50 mg, 100 mg capsules	*Doryx®* *Doryx® DR* *Doryx® MPC*

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VI. ANTI-INFECTIVES

Drug Class	Preferred Agents	Non-Preferred Agents
	doxycycline monohydrate suspension, tablets minocycline capsules Morgidox® tetracycline	*doxycycline hyclate DR* *doxycycline IR-DR* *doxycycline monohydrate 40, 75, 150 mg capsules* *doxycycline "kits" or "packs"* *minocycline tablets* *minocycline ER* *Minolira™ ER* *Morgidox® Kit* *Nuzyra™ CC, QL* *Solodyn®* *Targadox™* *Vibramycin®* *Ximino™ ER*
Antibiotics: Vaginal	Cleocin® Ovules Clindesse® metronidazole vaginal 0.75% gel Nuvessa®	*Cleocin® cream* *clindamycin vaginal 2% cream* *Vandazole®* *Xaciato™*
Antifungals: Oral	clotrimazole fluconazole griseofulvin suspension itraconazole capsules CC, QL nystatin suspension, tablets terbinafine	*Ancobon®* *Brexafemme® CC* *Cresemba®* *Diflucan®* *flucytosine* *griseofulvin microsize tablets* *griseofulvin ultramicrosize* *itraconazole solution* *ketoconazole* *Noxafil®* *Oravig™* *posaconazole* *Sporanox® QL* *Tolsura* *Vfend®* *Vivjoa® CC, QL* *voriconazole*
Antivirals: Herpes	acyclovir famciclovir valacyclovir	*Sitavig®* *Valtrex®* *Zovirax® suspension*
Antivirals: Influenza	oseltamivir QL	*Flumadine®* *Relenza®* *rimantadine* *Tamiflu® QL* *Xofluza™ CC, QL*

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VI. ANTI-INFECTIVES

Drug Class	Preferred Agents	Non-Preferred Agents
Anti-Infectives:	entecavir	*adefovir*
Hepatitis B	Epivir-HBV® solution	*Baraclude™*
	lamivudine HBV	*Epivir-HBV® tablet*
		Hepsera®
		Vemlidy® CC, QL
Hepatitis C: Direct-Acting Antiviral	Mavyret™ CC, AE, QL	*Epclusa® CC, AE, QL*
Agents	sofosbuvir/velpatasvir CC, AE, QL	*Harvoni® CC, AE, QL*
	Vosevi™ CC, AE, QL	*ledipasvir/sofosbuvir CC, AE, QL*
		Sovaldi™ CC, AE, QL
		Viekira Pak® CC, AE, QL
		Zepatier™ CC,AE, QL
Hepatitis C: Interferons	PEGASYS® syringe CC, QL	*PEGASYS® vial CC, QL*
Hepatitis C: Ribavirins	ribavirin CC	
Antiretrovirals:	abacavir QL	*Aptivus®*
HIV/AIDS	abacavir-lamivudine	*Atripla®*
	atazanavir QL	*Combivir®*
	Biktarvy® QL	*Crixivan®*
	Cimduo™ QL	*darunavir*
	Complera® QL	*didanosine DR QL*
	Delstrigo™ QL	*efavirenz/lamivudine/tenofovir disoproxil*
	Descovy® CC, QL	*fumarate QL*
	Dovato QL	*emtricitabine QL*
	Edurant®	*Epivir® QL*
	efavirenz	*Epzicom®*
	efavirenz/emtricitabine/tenofovir disoproxil fumarate QL	*etravirine*
	emtricitabine/tenofovir disoproxil fumarate QL	*fosamprenavir*
	Emtriva® QL	*Fuzeon®*
	Evotaz™ QL	*Invirase®*
	Genvoya® QL	*Kaletra® tablets, solution*
	Intelence®	*Lexiva®*
	Isentress®	*maraviroc*
	Juluca QL	*nevirapine QL*
	lamivudine QL	*nevirapine ER QL*
	lamivudine-zidovudine	*Norvir® tablets, solution QL, powder packets*
	lopinavir-ritonavir tablets, solution	*Prezcobix® QL*
	Odefsey® QL	*Retrovir®*
	Pifeltro™ QL	*Reyataz® QL*
	Prezista®	*Rukobia® CC, QL*
	ritonavir tablets	*stavudine capsules QL*
	Selzentry®	*Sunlenca® AE,CC, QL*
	Stribild® QL	*Sustiva®*
	Symfi™ QL	*Temixys™ QL*
	Symfi Lo™ QL	*Triumeq® suspension*
	Symtuza™ QL	*Tivicay® suspension*
	tenofovir disoproxil fumarate tablets QL	*Truvada® QL*
	Tivicay® tablets QL	*Viracept®*

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VI. ANTI-INFECTIVES

Drug Class	Preferred Agents	Non-Preferred Agents
	Triumeq® QL	*Viramune® QL*
	Trizivir®	*Viramune XR® QL*
	Tybost®	*Viread® powder packets*
	zidovudine syrup, tablets	*Viread® tablets QL*
		Vocabria™ CC, AE, QL
		Ziagen® QL
		zidovudine capsules

VII. ENDOCRINE AND METABOLIC AGENTS

Drug Class	Preferred Agents	Non-Preferred Agents
Diabetes: Insulins and Related Agents	Humalog® cartridge, vial and KwikPen®	*Admelog® and Admelog Solostar® CC*
	Humalog® Junior (Jr) KwikPen®	*Afrezza®*
	Humalog® Mix vial and KwikPen®	*Apidra™ vial and Solostar®*
	Humulin® R vial	*Basaglar® KwikPen® CC*
	Humulin® R U-500 vial and KwikPen®	*Fiasp® vial, pen, pump cartridge and FlexTouch CC*
	Humulin® 70/30 vial and KwikPen®	*Humalog® 200 unit/mL KwikPen®*
	insulin aspart cartridge vial and pen	*Humalog® Tempo Pen*
	insulin aspart/insulin aspart protamine pen and vial	*Humulin® N and Humulin® N KwikPen®*
	insulin glargine vial	*insulin degludec pen and vial*
	insulin glargine solostar U100	*insulin glargine-yfgn pen and vial CC*
	insulin lispro pen, vial and Jr, KwikPen®	*insulin lispro protamine KwikPen®*
	Lantus® and Lantus® Solostar	*Lyumjev™ pen and vial CC*
	Levemir® and Levemir® FlexTouch, Flexpen®	*Novolin® R, N vial, pen*
	Novolog® vial, cartridge, and FlexPen®	*Novolin® 70/30 vial, pen*
	Novolog® Mix FlexPen®	*Novolog® Mix vial*
		Semglee™ pen and vial CC
		Semglee (yfgn) ™ pen and vial CC
		Symlin® CC, AE
		Toujeo® Solostar® and Max Solostar®
		Tresiba® vial and FlexTouch®
Diabetes: DPP-4 Inhibitors	Janumet™ CC, QL	*alogliptin QL*
	Janumet XR™ CC, QL	*alogliptin/metformin QL*
	Januvia™ CC, QL	*alogliptin/pioglitazone QL*
	Jentadueto® CC, QL	*Glyxambi QL*
	Jentadueto® XR CC, QL	*Kazano® QL*
	Nesina® CC, QL	*Kombiglyze™ XR QL*
	Tradjenta™ CC, QL	*Onglyza™ QL*
		Oseni® QL
		Qtern® QL
		saxagliptin QL
		saxagliptin-metformin QL
		Steglujan™ AE, QL
		Trijardy® XR QL

VII. ENDOCRINE AND METABOLIC AGENTS

Drug Class	Preferred Agents	Non-Preferred Agents
Diabetes: GLP-1 Receptor Agonists	Byetta® CC, QL Ozempic® CC, AE, QL Victoza® CC, QL	*Adlyxin™ AE,QL* *Bydureon® BCise™ QL* *Mounjaro™ CC, AE, QL* *Rybelsus® AE, QL* *Soliqua™ CC, AE, QL* *Trulicity™ QL* *Xultophy® CC, AE, QL*
Diabetes: Alpha-Glucosidase Inhibitors	acarbose QL	*miglitol QL* *Precose® QL*
Diabetes: Metformins	glyburide/metformin metformin tablets metformin ER tablets (generic Glucophage XR®)	*glipizide/metformin* *Glumetza™* *metformin ER (generic Fortamet™, Glumetza®)* *metformin solution* *Riomet™* *Riomet ER™*
Diabetes: Meglitinides	nateglinide QL repaglinide QL	*repaglinide/metformin QL*
Diabetes: Sulfonylureas	glimepiride glipizide glipizide extended-release glyburide glyburide micronized	*Glucotrol XL®* *Glynase PresTab®*
Diabetes: Thiazolidinediones	pioglitazone QL	*Actos® QL* *ActoPlus Met® QL* *Duetact™ QL* *pioglitazone/glimepiride QL* *pioglitazone/metformin QL*
Diabetes: SGLT2 Inhibitors	Farxiga™ CC, QL Invokana® CC, QL Invokamet™ CC, QL Jardiance® CC, QL Synjardy® CC, QL Xigduo™ XR CC, QL	*Invokamet® XR QL* *Segluromet™ QL* *Steglatro™ AE, QL* *Synjardy® XR QL*
Glucagon Agents	Baqsimi™ CC glucagon emergency kit (Eli Lilly, Amphastar) Proglycem® Zegalogue® autoinjector AE	*diazoxide* *glucagon emergency kit (*Fresenius*)* *glucagon HCl* *Gvoke™* *Zegalogue® syringe AE*
Growth Hormones	Genotropin® CC Norditropin FlexPro® CC	*Humatrope® CC* *Nutropin AQ NuSpin® CC* *Omnitrope® CC* *Saizen® CC* *Serostim® CC* *Skytrofa™ CC* *Zomacton® CC*

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VII. ENDOCRINE AND METABOLIC AGENTS

Drug Class	Preferred Agents	Non-Preferred Agents
Bone Resorption Suppression and Related Agents	alendronate tablets QL Forteo™ CC, QL ibandronate tablets QL raloxifene	*Actonel® QL* *alendronate solution QL* *Atelvia™ QL* *Boniva® QL* *calcitonin-salmon* *Evenity™ CC, AE, QL* *Evista®* *Fosamax® QL* *Fosamax Plus D™ QL* *Miacalcin®* *Prolia™* *Reclast®* *risedronate QL* *teriparatide CC, QL* *Tymlos™ CC, AE, QL* *zoledronic acid*
Progestins for Cachexia	megestrol acetate 40 mg/mL QL, tablets	*megestrol acetate 625 mg/5 mL*
Pancreatic Enzymes	Creon® Zenpep®	*Pertzye™* *Viokace™*
Androgenic Agents	Androderm® AndroGel® Gel Pump (Abbvie) testosterone gel pump (generic Androgel®)	*AndroGel® Gel Packet* *Fortesta®* *Natesto™* *Testim®* *testosterone gel packet (generic AndroGel®)* *testosterone gel (generic Axiron®, Fortesta®, Testim®, Vogelxo®)* *Vogelxo®*
Uterine Disorder Treatments	Myfembree® Oriahnn® Orilissa®	

VII. ENDOCRINE AND METABOLIC AGENTS

Drug Class	Preferred Agents	Non-Preferred Agents
Oral Steroids	budesonide EC dexamethasone solution, tablets hydrocortisone methylprednisolone dose pack, tablets prednisolone solution prednisolone sodium phosphate solution (generic Pediapred® and Orapred®) prednisone dose pack, tablets, solution	*Alkindi® Sprinkle* *Celestone* *Cortef®* *cortisone* *Dexamethasone dose pack* *dexamethasone elixir* *dexamethasone intensol* *Emflaza® CC, QL* *Hemady®* *Medrol®* *methylprednisolone 8 mg, 16 mg tablets* *Millipred™* *Ortikos™* *prednisone intensol* *prednisolone sodium phosphate ODT* *prednisolone sodium phosphate solution (generic Millipred™ and Veripred™)* *prednisolone tablet* *Rayos®* *TaperDex™* *Tarpeyo™* *Veripred 20™*

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VIII. IMMUNOLOGIC AGENTS

Drug Class	Preferred Agents	Non-Preferred Agents
Cytokine and CAM Antagonists	Cosentyx® CC, QL Enbrel® CC, QL Humira® CC, QL Otezla® CC, QL	*Abrilada* CC, QL *Actemra® (syringe, Actpen)* CC, QL *adalimumab-adaz* CC, QL *adalimumab-adbm* CC, QL *adalimumab-fjkp* CC, QL *Amjevita™* CC, QL *Cibinqo™* CC, QL *Cimzia®* CC, QL *Cyltezo®* CC, QL *Enspryng™* CC, AE, QL *Entyvio Pen* CC, QL *Hadlima™* CC, QL *Hulio®* CC, QL *Hyrimoz®* CC, QL *Idacio®* CC, QL *Ilaris®* CC, QL *Ilumya™* CC, AE, QL *Kevzara®* CC ,AE, QL *Kineret®* CC, QL *Olumiant®* CC, AE, QL *Orencia®* CC, QL *Rinvoq™* CC, AE, QL *Siliq™* CC, AE, QL *Simponi™* CC, QL *Skyrizi™* CC, AE, QL *Sotyktu®* AE, CC, QL *Stelara™* CC, QL *Taltz®* CC, QL *Tremfya™* CC ,AE, QL *Xeljanz®* CC, QL *Xeljanz® XR* CC, QL *Yuflyma ®* CC, QL *Yusimry* CC, QL
Immunomodulators, Asthma	Fasenra® AE, QL Nucala AE, QL Xolair® AE, QL	*Tezspire ™* CC, AE, QL
Immunomodulators, Atopic Dermatitis	Dupixent® CC,, QL Elidel® Eucrisa® CC, QL	*Adbry™* CC, AE, QL *Opzelura™* CC, AE *pimecrolimus* *Protopic®* *tacrolimus ointment*

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VIII. IMMUNOLOGIC AGENTS

Drug Class	Preferred Agents	Non-Preferred Agents
Multiple Sclerosis Agents	Avonex® CC, QL Betaseron® CC, QL Copaxone® 20 mg CC, QL dalfampridine ER QL dimethyl fumarate CC, QL Gilenya™ CC, QL Rebif® CC, QL	*Ampyra™ QL* *Aubagio® QL* *Bafiertam™ AE, QL* *Copaxone® 40 mg QL* *Extavia® QL* *fingolimod QL* *glatiramer acetate QL* *Glatopa™ QL* *Kesimpta® CC, AE, QL* *Mavenclad® CC ,AE, QL* *Mayzent® CC ,AE, QL* *Plegridy® QL* *Ponvory™ CC, AE, QL* *Tascenso ODT™* *Tecfidera™ QL* *teriflunomide QL* *Vumerity™ AE, QL* *Zeposia® CC, AE, QL*
Immunosuppressants	azathioprine CellCept® suspension cyclosporine cyclosporine modified Gengraf® mycophenolate mofetil capsules, tablets mycophenolic acid sirolimus tacrolimus	*Astagraf XL™* *Azasan®* *CellCept® capsules, tablets* *Envarsus® XR* *everolimus* *Imuran®* *mycophenolate mofetil suspension* *Myfortic®* *Neoral®* *Prograf®* *Rapamune®* *Rezurock™ CC, AE, QL* *Sandimmune®* *Tavneos™ CC, AE, QL* *Zortress®*

IX. BLOOD MODIFIERS

Drug Class	Preferred Agents	Non-Preferred Agents
Antihyperuricemics	allopurinol colchicine tablets CC Colcrys® CC probenecid probenecid/colchicine	*colchicine capsules CC* *febuxostat QL* *Gloperba® CC* *Mitigare® CC* *Uloric® CC, QL* *Zyloprim®*

IX. BLOOD MODIFIERS

Drug Class	Preferred Agents	Non-Preferred Agents
Colony Stimulating Factors	Neupogen® CC, QL Nyvepria™ CC, QL	*Fulphila™ QL* *Fylnetra® QL* *Granix® QL* *Leukine® QL* *Neulasta® QL* *Neulasta Onpro® QL* *Nivestym™ QL* *Releuko™ QL* *Rolvedon™ AE,CC, QL* *Stimufend® QL* *Udenyca™ QL* *Zarxio® QL* *Ziextenzo® QL*
Erythropoiesis Stimulating Proteins	Aranesp® CC Epogen® CC Retacrit™ CC (Pfizer)	*Mircera®* *Procrit®* *Reblozyl® CC, AE* *Retacrit™ CC (Vifor)*
Phosphate Binders	calcium acetate MagneBind® 400 RX Renvela™ tablets, powder packets	*Auryxia™* *Fosrenol®* *lanthanum carbonate* *Renagel®* *sevelamer carbonate powder packets* *sevelamer carbonate tablets* *sevelamer hydrochloride* *Velphoro®*
Sickle Cell Anemia Treatments	Droxia® Endari™ CC, AE, QL Siklos®	*Oxbryta® CC, AE, QL*
Thrombopoiesis Stimulating Agents	*Promacta® tablets CC, QL*	*Doptelet® CC, QL* *Mulpleta® CC, QL* *Nplate™* *Promacta® suspension packets CC* *Tavalisse™ CC, QL*

X. OPHTHALMICS

Drug Class	Preferred Agents	Non-Preferred Agents
Ophthalmic Antivirals	trifluridine	*Zirgan®*
Ophthalmic Quinolones	ciprofloxacin ofloxacin Vigamox™	*Besivance™* *Ciloxan®* *gatifloxacin* *levofloxacin* *moxifloxacin (generic Moxeza™)* *moxifloxacin (generic Vigamox™)* *Ocuflox®* *Zymaxid™*

AE = Age Edits **CC** = Clinical Criteria **MD** = Medications with Maximum Duration **QL** = Quantity Limits

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X. OPHTHALMICS

Drug Class	Preferred Agents	Non-Preferred Agents
Ophthalmic Antibiotics, Non-Quinolones	bacitracin bacitracin/polymyxin B erythromycin 0.5% ointment gentamicin solution/ointment / Gentak® Polycin® polymyxin B/trimethoprim sulfacetamide solution tobramycin solution	*AzaSite™* *Natacyn®* *neomycin/polymyxin B/bacitracin* *neomycin/polymyxin B/gramicidin* *Neo-Polycin®* *Neo-Polycin HC®* *Polytrim®* *sulfacetamide ointment* *Tobrex®*
Ophthalmic Antibiotic-Steroid Combinations	dexamethasone/neomycin sulfate/polymyxin B dexamethasone/tobramycin hydrocortisone/bacitracin zinc/neomycin sulfate/polymyxin B TobraDex®	*hydrocortisone/neomycin sulfate/polymyxin B* *Maxitrol®* *prednisolone sodium phosphate/sulfacetamide sodium* *TobraDex® ST* *Zylet™*
Ophthalmic Antihistamines	olopatadine 0.1% (generic Patanol®) olopatadine 0.2% (generic Pataday™)	*azelastine* *bepotastine* *Bepreve™* *epinastine* *Lastacaft™* *Zerviate™*
Ophthalmic Beta Blockers	levobunolol timolol maleate (except preservative-free)	*betaxolol* *Betimol®* *Betoptic S®* *carteolol* *Istalol®* *timolol maleate once daily (generic Istalol®)* *timolol PF (preservative-free)* *Timoptic®* *Timoptic XE®*
Ophthalmic Carbonic Anhydrase Inhibitors	dorzolamide	*Azopt®* *brinzolamide* *Trusopt®*
Ophthalmic Combinations for Glaucoma	Combigan™ dorzolamide/timolol (except preservative-free) Simbrinza™	*brimonidine-timolol 0.2%-0.5%* *Cosopt®* *Cosopt PF®* *dorzolamide/timolol PF (preservative-free)*
Ophthalmic Vasoconstrictors	phenylephrine	*N/A*
Ophthalmic Mast Cell Stabilizers	cromolyn sodium	*Alocril®* *Alomide®*
Ophthalmic Mydriatics & Mydriatic Combinations	atropine sulfate cyclopentolate tropicamide	*Cyclogyl®* *Cyclomydril®* *Isopto Atropine®* *Mydriacyl®* *Paremyd®*

X. OPHTHALMICS

Drug Class	Preferred Agents	Non-Preferred Agents
Ophthalmic NSAIDs	diclofenac flurbiprofen ketorolac	*Acular®* *Acular LS®* *Acuvail®* *bromfenac* *BromSite™* *Ilevro™* *Nevanac™* *Prolensa™*
Ophthalmic Prostaglandin Agonists	latanoprost QL	*bimatoprost QL* *Iyuzeh ™ QL* *Lumigan® QL* *Travatan Z®* *travoprost* *Vyzulta™ AE, QL* *Xalatan® QL* *Xelpros™* *Zioptan® QL*
Ophthalmic Anti-Inflammatory Steroids	dexamethasone sodium phosphate Durezol™ fluorometholone prednisolone acetate prednisolone sodium phosphate	*Alrex®* *difluprednate* *Flarex®* *FML®* *FML Forte®* *Inveltys™* *Lotemax™* *loteprednol* *Maxidex®* *Pred Forte®* *Pred Mild®*
Ophthalmic Sympathomimetics	Alphagan P® 0.15% brimonidine 0.2%	*Alphagan P® 0.1%* *apraclonidine* *brimonidine 0.1%* *brimonidine 0.15%* *Iopidine®*
Ophthalmic Immunomodulators	Restasis® CC Xiidra™ CC, AE, QL	*Cequa™* *cyclosporine 0.05%* *Eysuvis™* *Tyrvaya™ CC, AE, QL* *Verkazia®*
Ophthalmics, Glaucoma Agents (Other)	Rhopressa® CC, AE, QL Rocklatan™ CC, AE, QL	*Isopto Carpine®* *phospholine iodide* *pilocarpine* *Vuity™*

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XI. OTICS

Drug Class	Preferred Agents	Non-Preferred Agents
Otic Antibiotics	Ciprodex® Otic ciprofloxacin/dexamethasone hydrocortisone/neomycin/polymyxin B ofloxacin 0.3% solution	*ciprofloxacin 0.2%* *Cipro HC® Otic* *ciprofloxacin/fluocinolone* *Cortisporin®-TC* *Otiprio®* *Otovel™*
Otic Anesthetics and Anti-Inflammatories	acetic acid	*acetic acid/hydrocortisone* *DermOtic®* *Flac® Otic Oil* *fluocinolone acetonide 0.01% oil*

XII. RENAL AND GENITOURINARY

Drug Class	Preferred Agents	Non-Preferred Agents
Alpha Blockers for BPH	alfuzosin ER doxazosin tamsulosin terazosin	*Cardura®* *Cardura XL®* *Flomax®* *Rapaflo™* *silodosin* *dutasteride/tamsulosin*
5-Alpha Reductase (5AR) Inhibitors	finasteride CC dutasteride	*Avodart®* *Jalyn®* *Proscar®*
Bladder Relaxants	oxybutynin QL oxybutynin ER QL solifenacin QL Toviaz ER™ QL	*darifenacin ER QL* *Detrol® QL* *Detrol® LA QL* *Ditropan® XL QL* *fesoterodine ER QL* *flavoxate QL* *Gelnique™ CC, QL* *Gemtesa™ CC, AE, QL* *Myrbetriq™ QL* *oxybutynin 2.5mg tablets QL* *Oxytrol® QL* *tolterodine QL* *tolterodine ER QL* *trospium QL* *trospium ER QL* *Vesicare® QL* *Vesicare LS®*

XIII. DERMATOLOGICS

Drug Class	Preferred Agents	Non-Preferred Agents
Topical Antiviral Agents	acyclovir cream, ointment	*Denavir®* *Xerese™* *Zovirax® cream, ointment*
Topical Antibiotic Agents	gentamicin QL mupirocin ointment QL	*Centany® QL* *mupirocin cream QL* *Xepi™ CC, QL*
Topical Antiparasitic Agents	Natroba® permethrin 5% cream	*Crotan™* *Eurax®* *Lindane* *malathion* *Ovide®* *spinosad*

XIII. DERMATOLOGICS

Drug Class	Preferred Agents	Non-Preferred Agents
Topical Acne Agents	adapalene/benzoyl peroxide 0.3-2.5% (Teva and Mayne Pharma) Clindacin® P™ clindamycin gel, medicated swab (pledget), solution clindamycin/benzoyl peroxide (generic BenzaClin® or Duac®; excluding pumps) erythromycin solution erythromycin/benzoyl peroxide Neuac® gel Retin-A® cream, gel	*Acanya™* *adapalene cream, gel pump* *adapalene/benzoyl peroxide* *Altreno™* *Arazlo™* *Atralin™* *Avar™, Avar E™, Avar E LS™, Avar LS™* *Avita®* *Benzamycin®* *BP 10-1®* *BP Cleansing Wash™* *Cleocin-T®* *Clindacin® ETZ* *Clindacin PAC™* *Clindagel®* *clindamycin foam, lotion* *clindamycin phosphate EQ 1% gel (Generic Clindagel®)* *clindamycin/benzoyl peroxide (Generic Acanya™)* *clindamycin/benzoyl peroxide gel pump* *clindamycin/tretinoin* *dapsone* *Ery®* *Erygel®* *erythromycin gel, medicated swab* *Evoclin®* *Fabior®* *Klaron®* *Neuac® Kit* *Onexton™* *Ovace®, Ovace Plus®* *Retin-A Micro®* *Rosula®* *sodium sulfacetamide* *sodium sulfacetamide/sulfur* *SSS 10-5®* *sulfacetamide* *sulfacetamide sodium* *sulfacetamide/sulfur* *sulfacetamide/sulfur/urea* *Sumadan™, Sumadan™ XLT* *Sumaxin®, Sumaxin® CP, Sumaxin® TS* *Tazarotene* *tretinoin* *tretinoin microsphere* *tretinoin microsphere pump* *Winlevi® AE*

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XIII. DERMATOLOGICS

Drug Class	Preferred Agents	Non-Preferred Agents
Topical Acne Agents *(continued)*	(see previous page)	*Ziana™* *Zma Clear ™ suspension*
Oral Acne Agents	Amnesteem® Claravis™ Isotretinoin Myorisan™ Zenatane™	*Absorica™* *Absorica LD™*
Topical Rosacea Agents	Finacea® gel metronidazole cream, gel	*azelaic acid* *brimonidine 0.33% gel pump* *Finacea® foam* *ivermectin 1% cream* *metronidazole lotion* *Noritate®* *Rhofade® CC, AE, QL* *Rosadan®* *Rosadan® Kit* *Zilxi™*
Topical Antifungal Agents	ciclopirox cream, solution clotrimazole cream, solution clotrimazole/betamethasone cream ketoconazole cream QL ketoconazole shampoo Nyamyc® nystatin cream, ointment, powder QL nystatin/triamcinolone cream, ointment Nystop®	*Ciclodan® cream, kit, solution* *ciclopirox suspension, shampoo, gel, kit* *clotrimazole/betamethasone lotion* *econazole* *Ertaczo®* *Exelderm®* *Extina®* *Jublia® CC* *Kerydin™ CC* *ketoconazole foam* *Ketodan™* *Loprox®* *luliconazole* *Luzu®* *Mentax®* *miconazole/zinc oxide/petrolatum* *naftifine* *Naftin®* *Oxiconazole QL* *Oxistat® QL* *sulconazole nitrate cream, solution* *tavaborole* *Triamazole™ CC, QL* *Vusion®*
Topical Steroids	alclometasone dipropionate Anusol® HC betamethasone dipropionate cream, lotion betamethasone dipropionate (augmented) cream betamethasone valerate cream, ointment clobetasol propionate cream, ointment, shampoo, solution Clodan® shampoo Derma-Smoothe/FS®	*amcinonide* *Ana-Lex™* *Aqua Glycolic HC®* *Apexicon E®* *Beser™* *betamethasone dipropionate ointment* *betamethasone dipropionate augmented ointment, lotion, gel*

AE = Age Edits **CC** = Clinical Criteria **MD** = Medications with Maximum Duration **QL** = Quantity Limits

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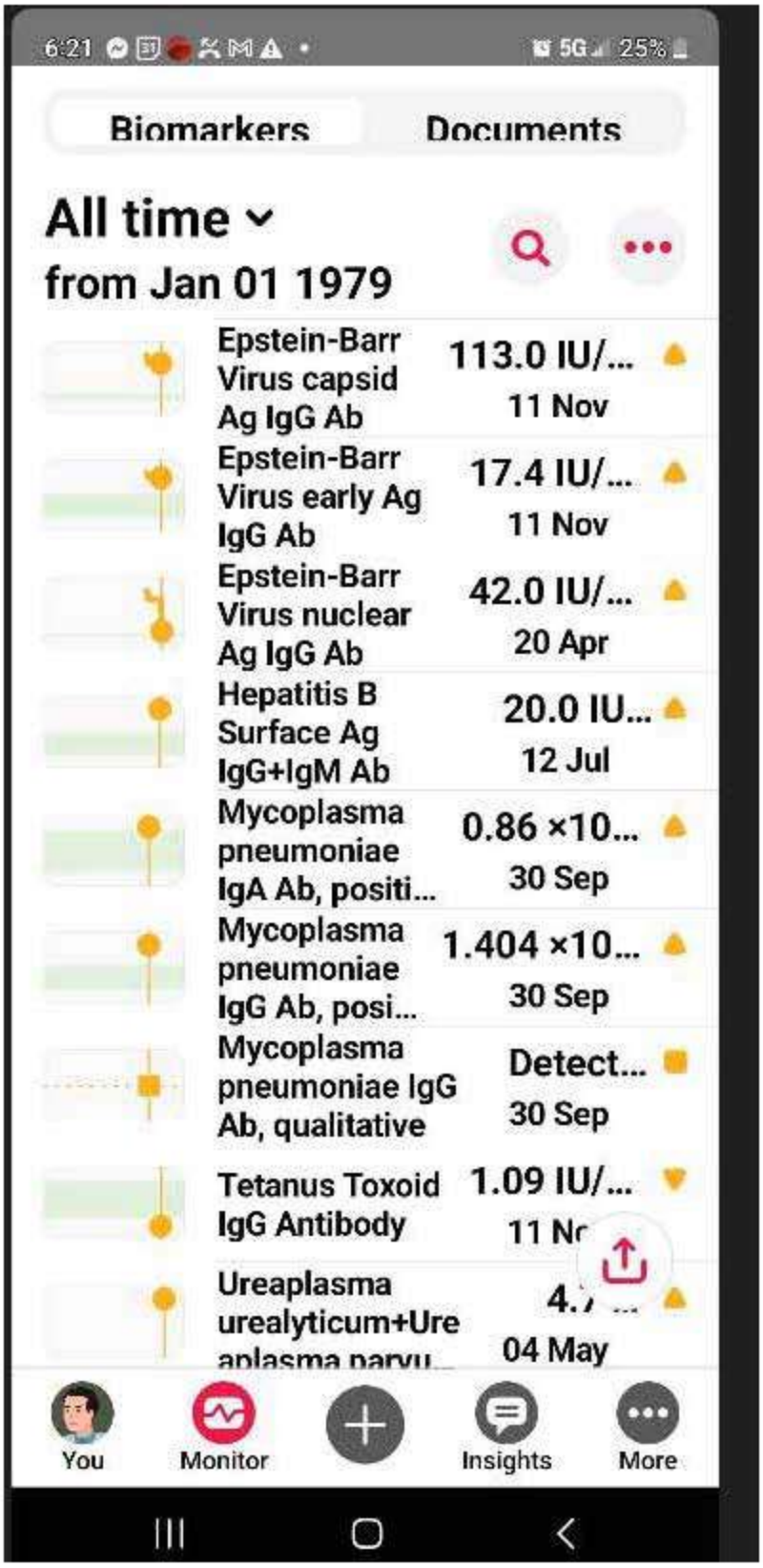
XIII. DERMATOLOGICS

Drug Class	Preferred Agents	Non-Preferred Agents
	desonide cream, ointment	*betamethasone valerate foam, lotion*
	fluocinonide ointment, solution	*Bryhali™*
	fluticasone propionate cream, ointment	*clobetasol emollient*
	halobetasol propionate cream, ointment	*clobetasol propionate foam, gel, lotion, spray*
	hydrocortisone cream, lotion, ointment	*clocortolone*
	mometasone furoate cream, ointment, solution	*Clodan® kit*
	Procto-Med HC™	*Cloderm®*
	Procto-Pak™	*desonide lotion*
	Proctosol-HC®	*desoximetasone*
	Proctozone-HC™	*diflorasone diacetate*
	triamcinolone acetonide cream, lotion, ointment	*Diprolene®*
		fluocinolone acetonide oil, cream, ointment, solution
		fluocinonide emollient
		fluocinonide cream, gel
		flurandrenolide
		fluticasone propionate lotion
		halcinonide cream
		halobetasol propionate foam
		Halog®
		hydrocortisone butyrate
		hydrocortisone butyrate/emollient
		hydrocortisone valerate cream, ointment
		Hydroxym™ CC, QL
		Impeklo™
		Kenalog®
		Lexette
		Lidocort™
		Locoid®
		Locoid Lipocream®
		Luxiq®
		Olux®, Olux-E®
		Pandel®
		prednicarbate
		Proctocort®
		Sanaderm™ Rx
		Synalar®, Synalar® TS
		Temovate®
		Texacort®
		Topicort®
		Tovet™
		triamcinolone acetonide spray
		Ultravate®
		Vanos™

XIII. DERMATOLOGICS

Drug Class	Preferred Agents	Non-Preferred Agents
Topical Psoriasis Agents	calcipotriene cream, ointment, solution salicylic acid urea cream QL, foam, lotion	*Bensal HP®* *calcipotriene foam* *calcipotriene/betamethasone* *calcitriol ointment* *Duobrii™* *Enstilar® MD, AE* *Kerafoam™* *Salex™* *Sorilux™* *Taclonex®* *Uramaxin®* *Uramaxin® GT* *Vtama® AE, QL* *Zoryve® AE, QL*
Oral Psoriasis Agents	acitretin	*methoxsalen*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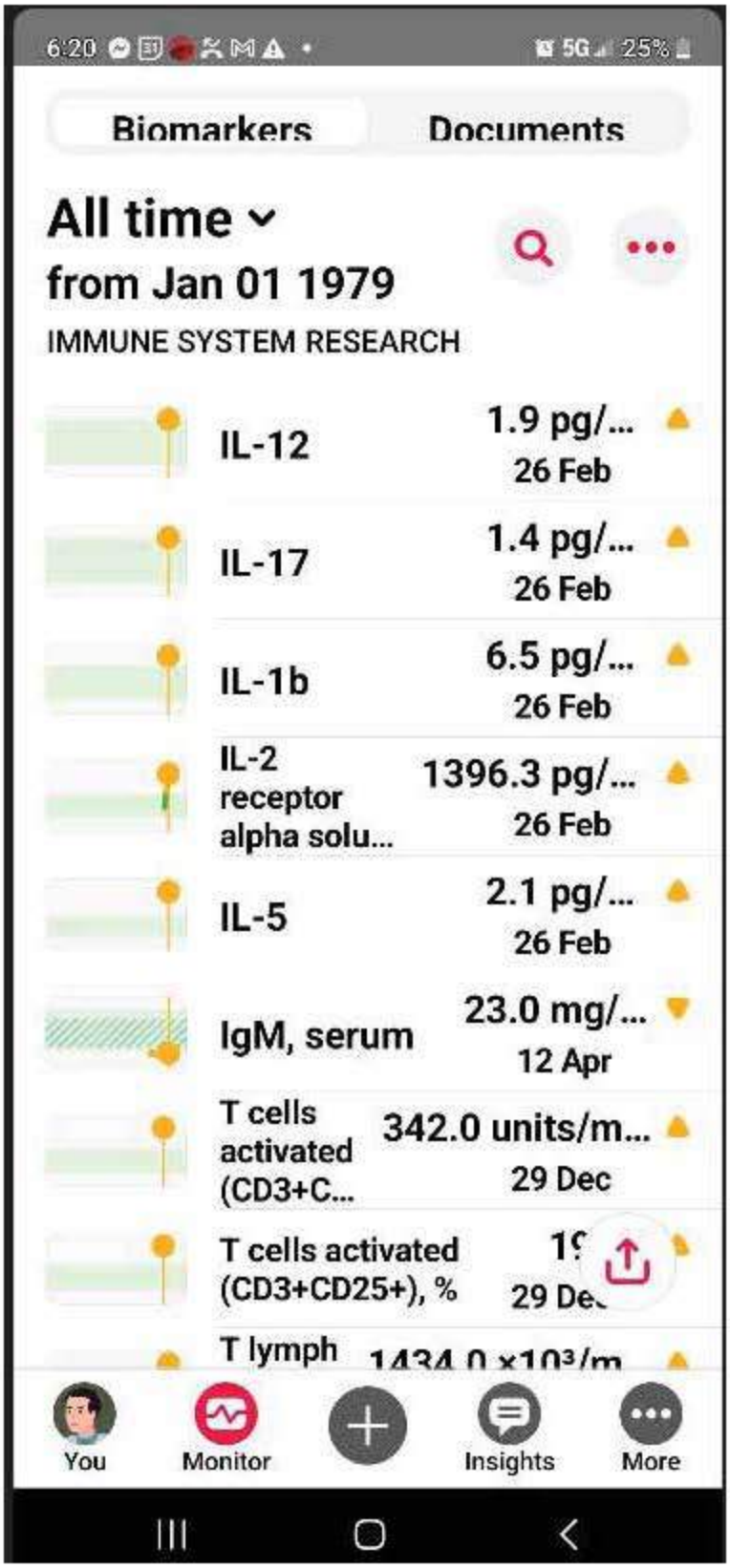
5G 25%
Biomarkers
Documents
All time
from Jan 01 1979
Epstein-Barr Virus capsid Ag IgG Ab
113.0 IU/...
11 Nov
Epstein-Barr Virus early Ag IgG Ab
17.4 IU/...
11 Nov
Epstein-Barr Virus nuclear Ag IgG Ab
42.0 IU/...
20 Apr
Hepatitis B Surface Ag IgG+IgM Ab
20.0 IU...
12 Jul
Mycoplasma pneumoniae IgA Ab, positi...
0.86 ×10...
30 Sep
Mycoplasma pneumoniae IgG Ab, posi...
1.404 ×10...
30 Sep
Mycoplasma pneumoniae IgG Ab, qualitative
Detect...
30 Sep
Tetanus Toxoid IgG Antibody
1.09 IU/...
Ureaplasma urealyticum+Ureaplasma parvu...
04 May
You
Monitor
Insights
More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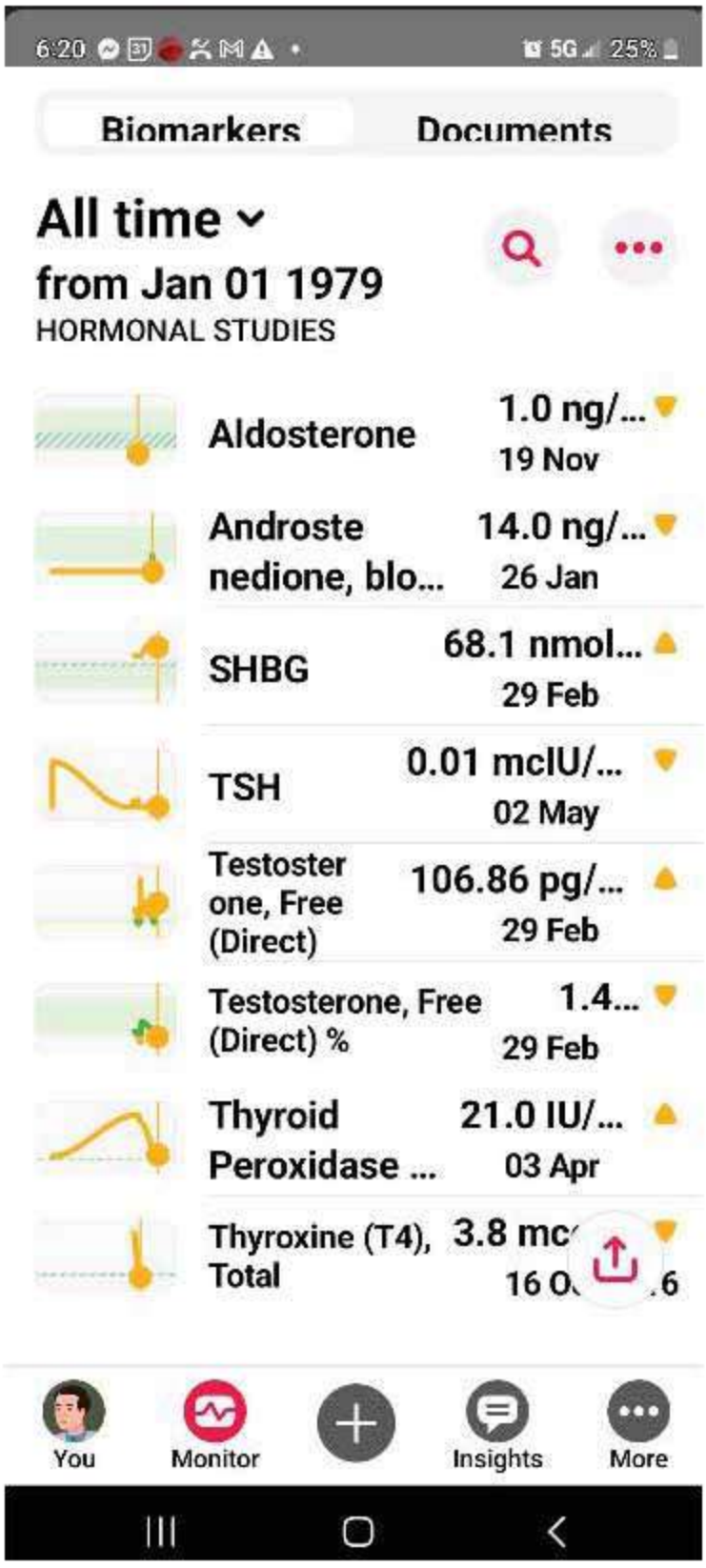
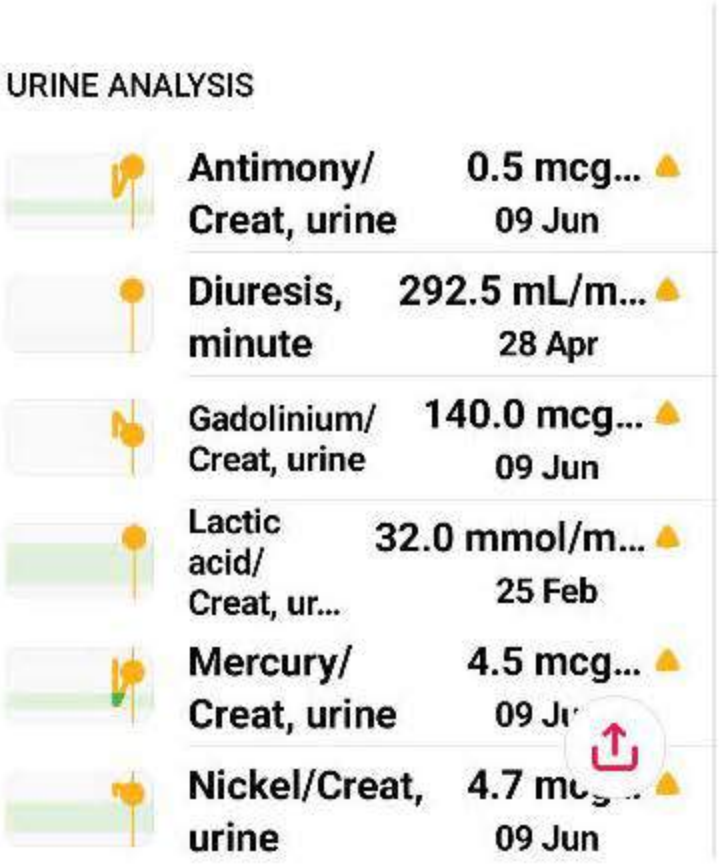
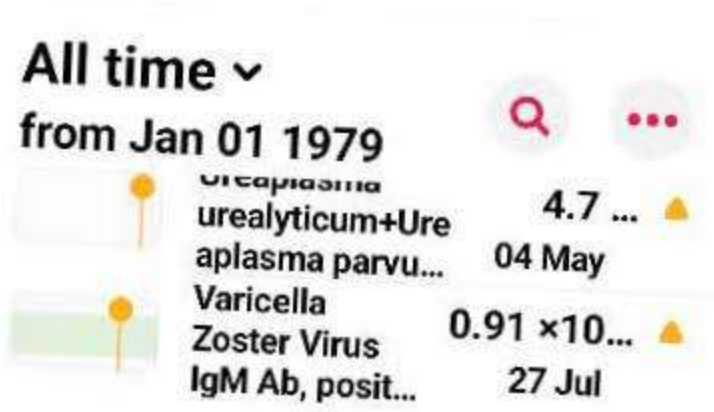
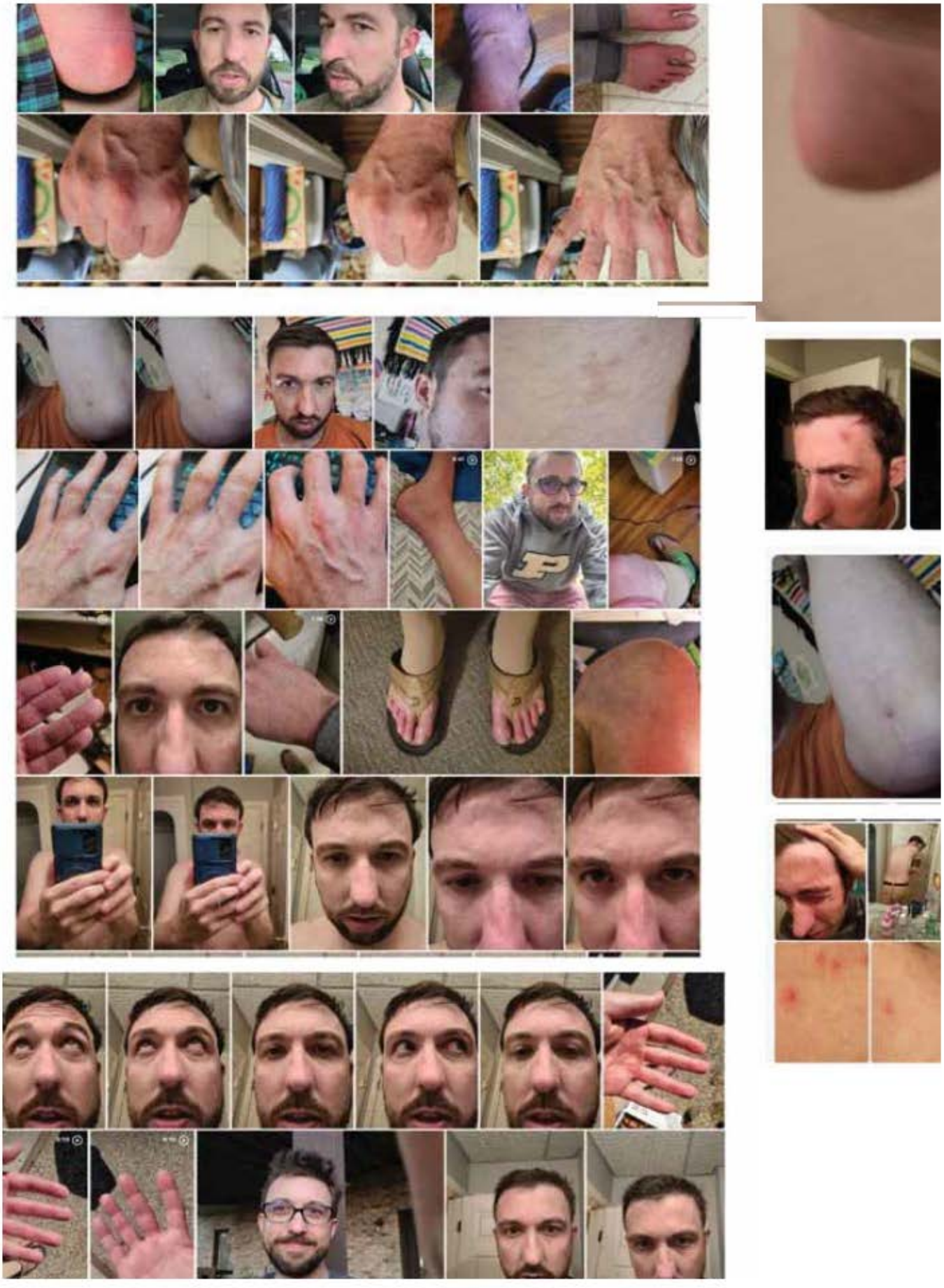
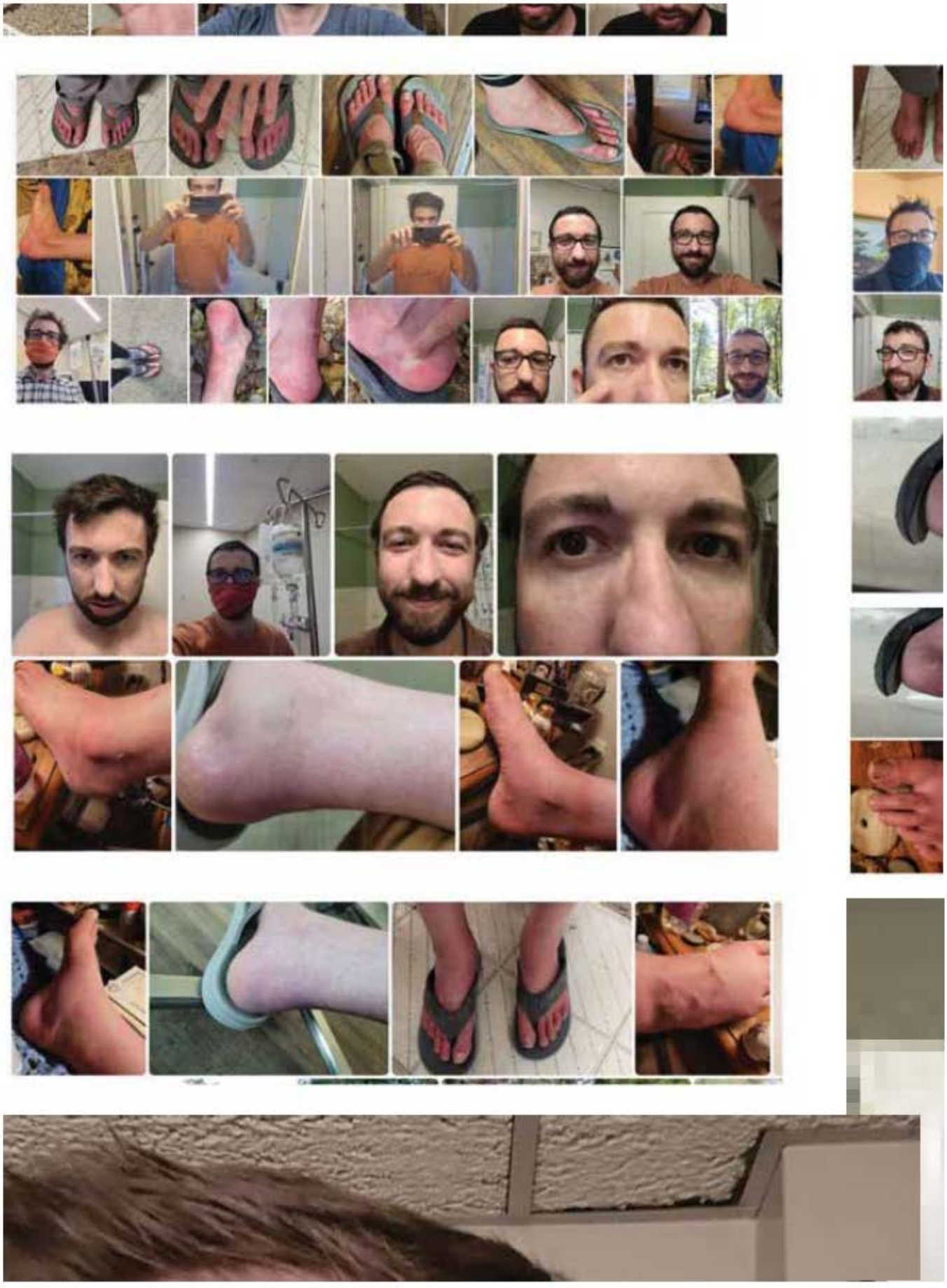
5G 25%
Biomarkers
Documents
All time
from Jan 01 1979
IMMUNE SYSTEM RESEARCH
IL-12
1.9 pg/...
26 Feb
IL-17
1.4 pg/...
26 Feb
IL-1b
6.5 pg/...
26 Feb
IL-2 receptor alpha solu...
1396.3 pg/...
26 Feb
IL-5
2.1 pg/...
26 Feb
IgM, serum
23.0 mg/...
12 Apr
T cells activated (CD3+C...
342.0 units/m...
29 Dec
T cells activated (CD3+CD25+), %
T lymph
You
Monitor
Insights
More

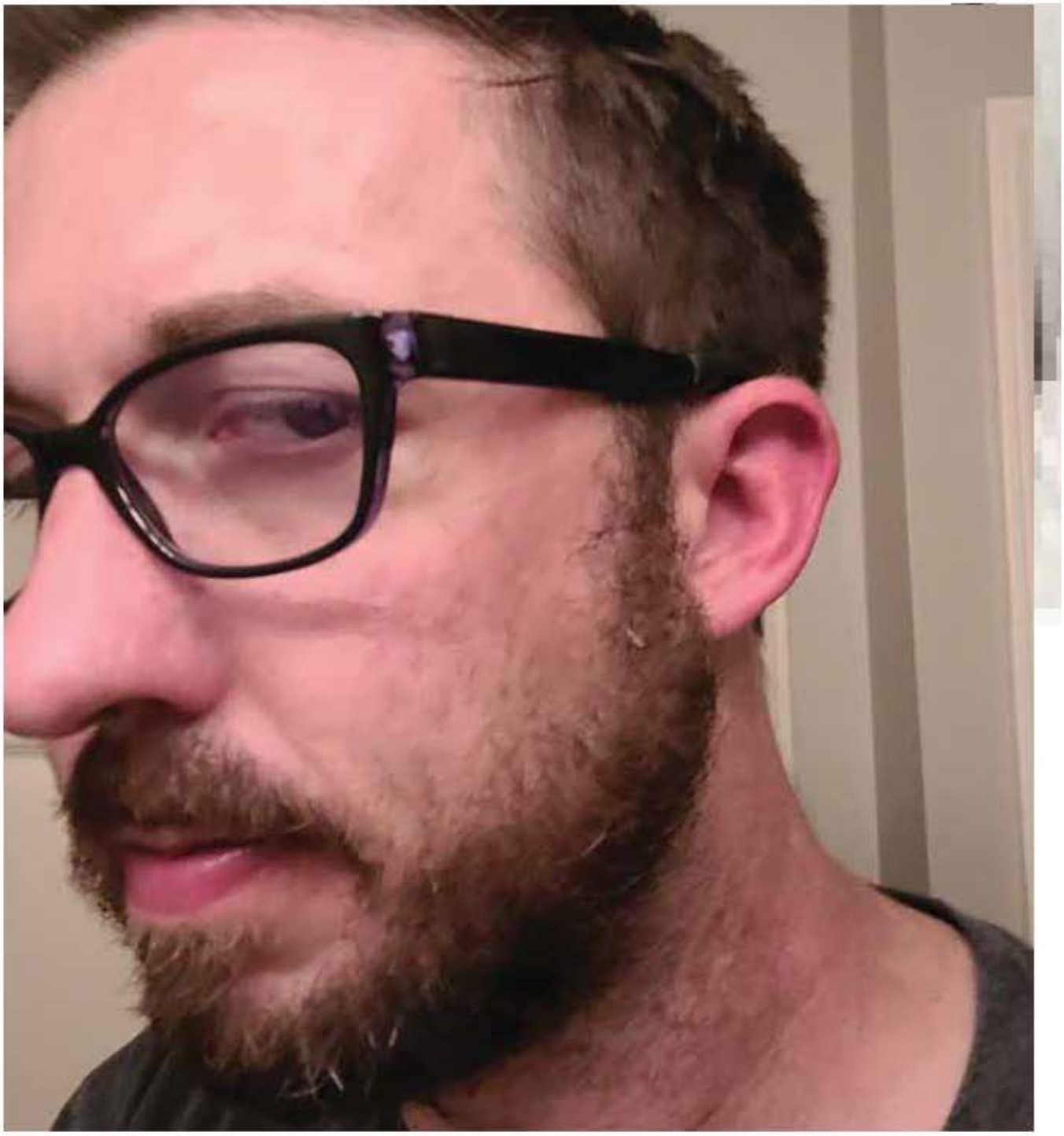

6:20
5G 25%
Biomarkers
Documents
All time
from Jan 01 1979
HORMONAL STUDIES
Aldosterone
1.0 ng/...
19 Nov
Androste nedione, blo...
14.0 ng/...
26 Jan
SHBG
68.1 nmol...
29 Feb
TSH
0.01 mcIU/...
02 May
Testoster one, Free (Direct)
106.86 pg/...
29 Feb
Testosterone, Free (Direct) %
1.4...
29 Feb
Thyroid Peroxidase ...
21.0 IU/...
03 Apr
Thyroxine (T4), Total
3.8 mc
16 O
.6
You
Monitor
Insights
More


URINE ANALYSIS
Antimony/ Creat, urine
0.5 mcg...
09 Jun
Diuresis, minute
292.5 mL/m...
28 Apr
Gadolinium/ Creat, urine
140.0 mcg...
09 Jun
Lactic acid/ Creat, ur...
32.0 mmol/m...
25 Feb
Mercury/ Creat, urine
4.5 mcg...
Nickel/Creat, urine
09 Jun

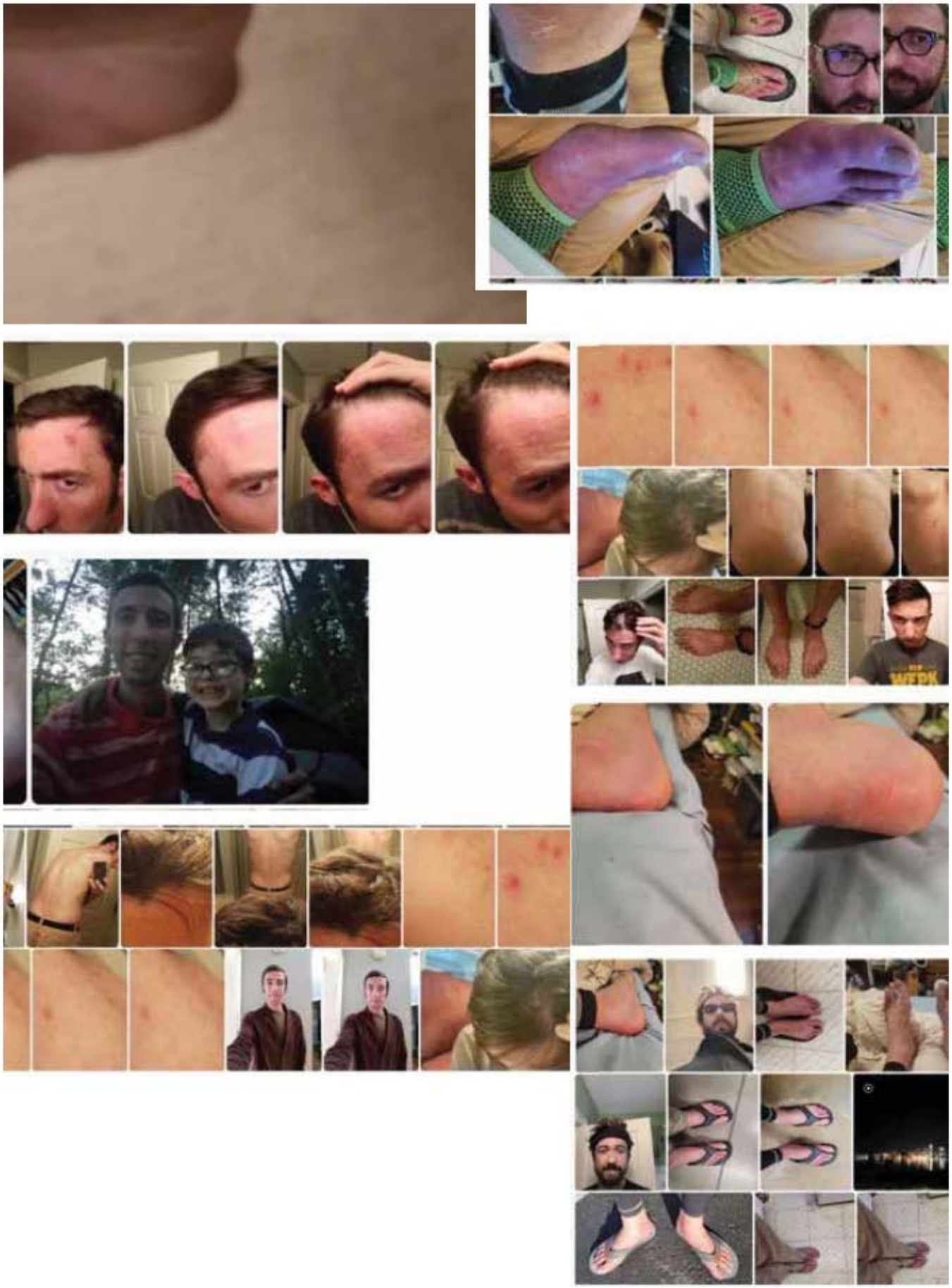

All time
from Jan 01 1979
urealyticum+Ure
aplasma parvu...
4.7 ...
04 May
Varicella
Zoster Virus
IgM Ab, posit...
0.91 ×10...
27 Jul

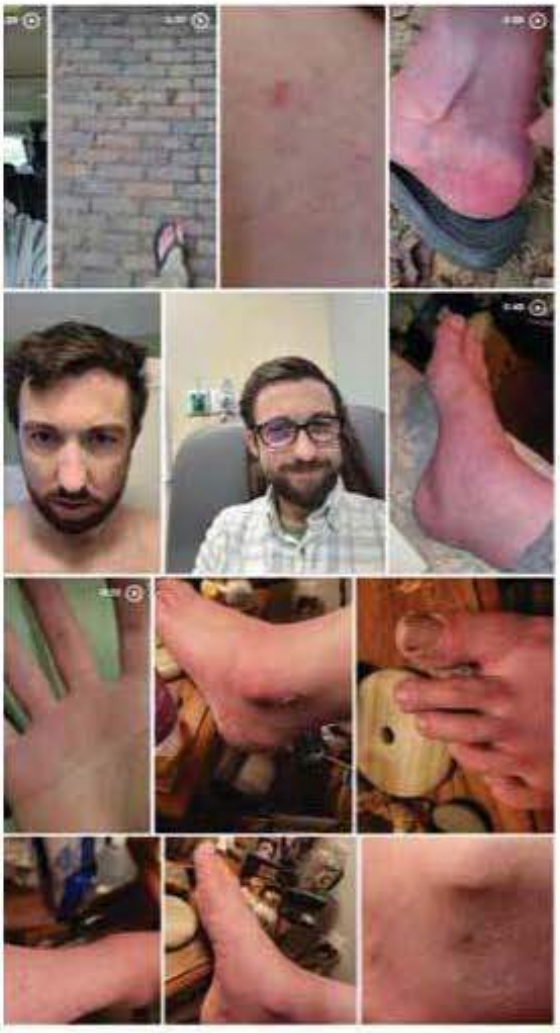


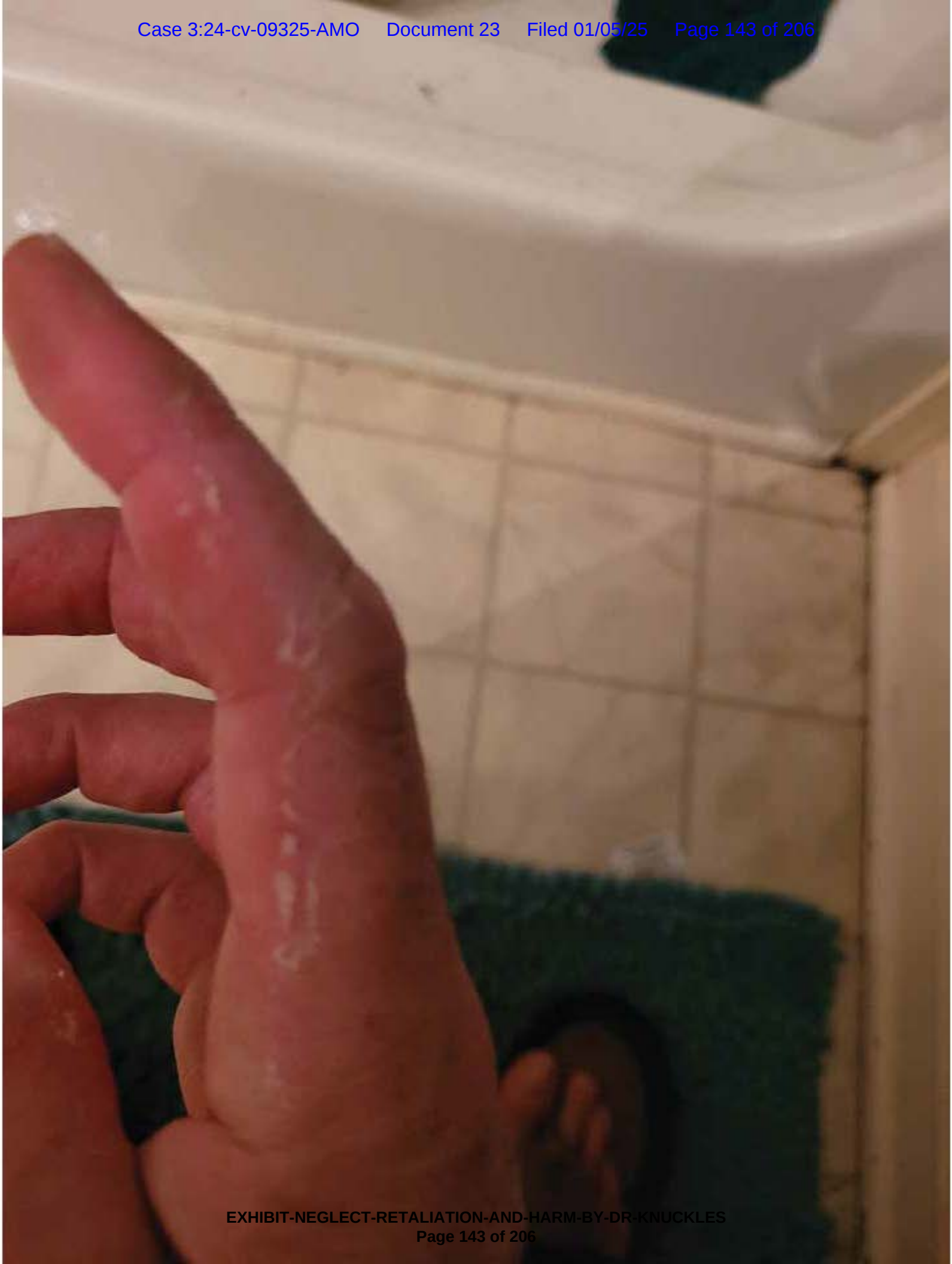


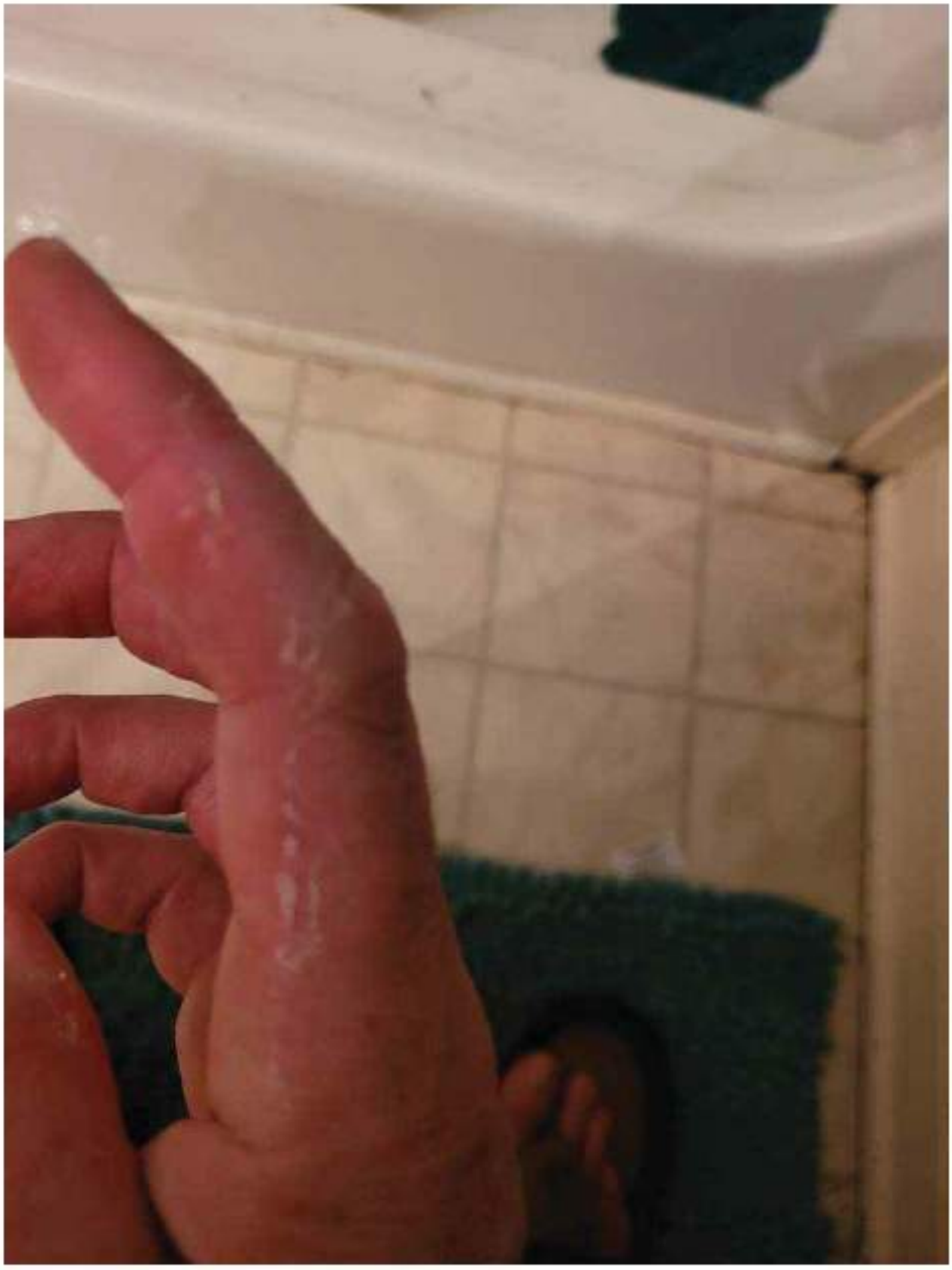


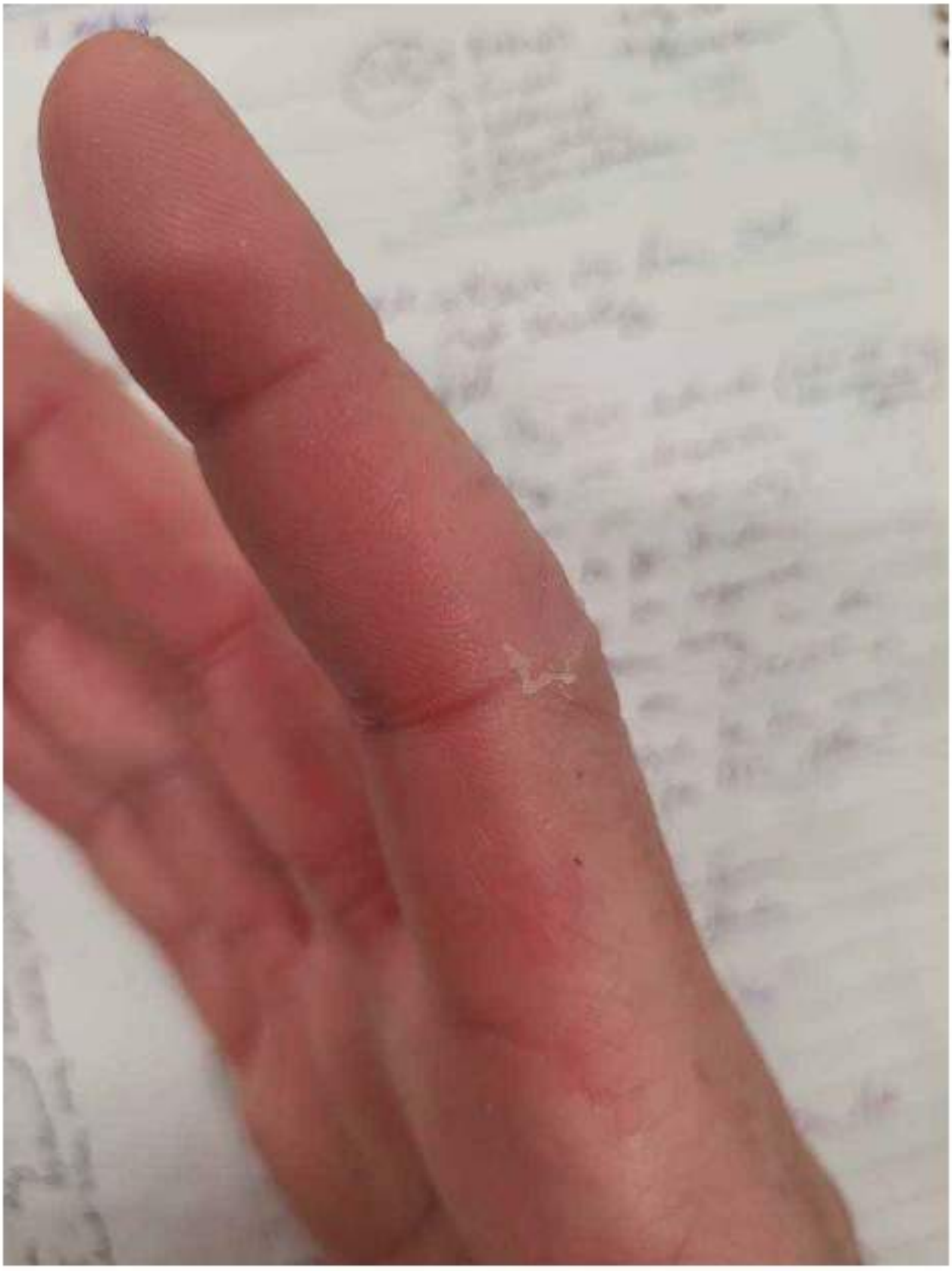
SFN

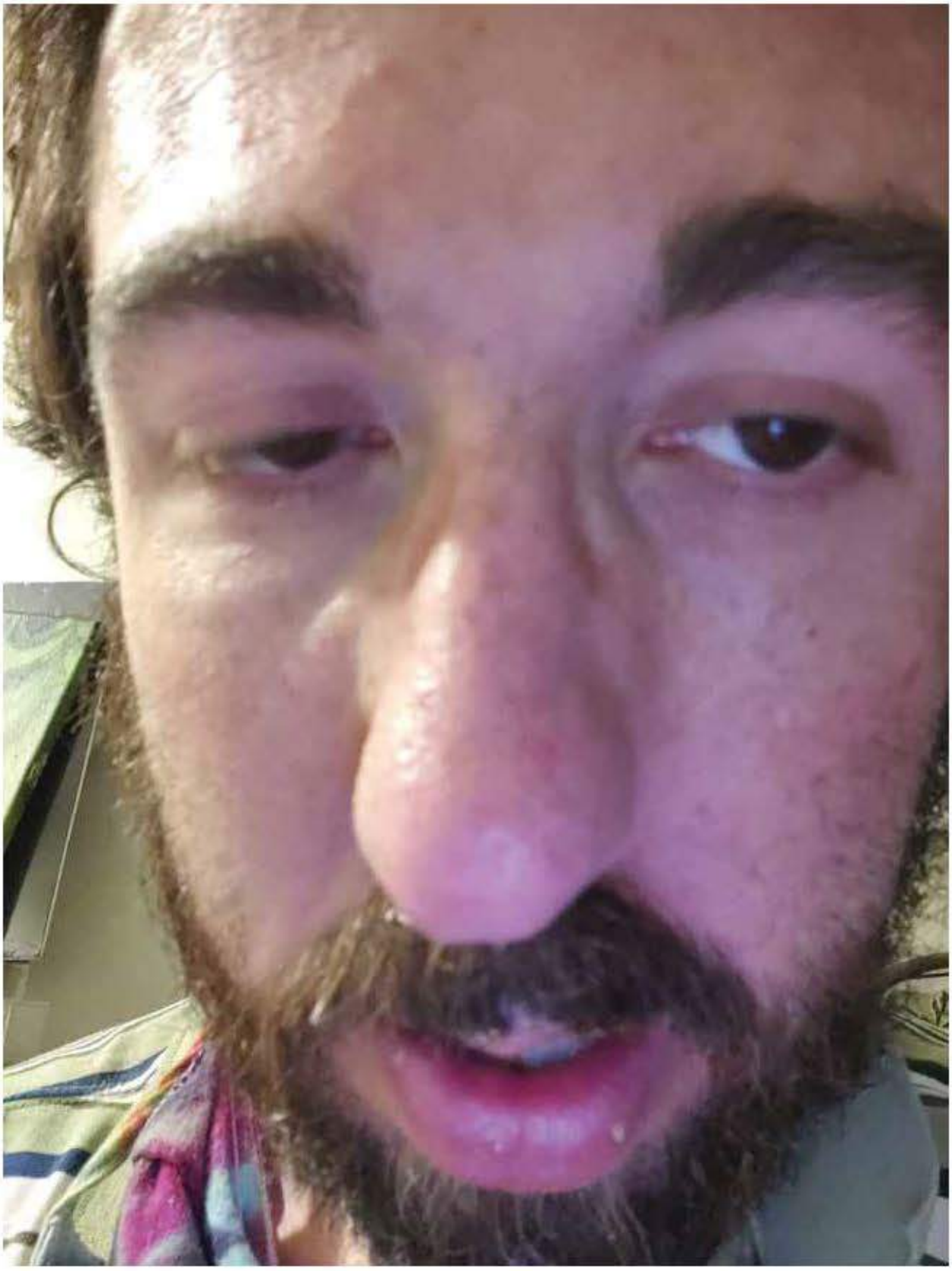












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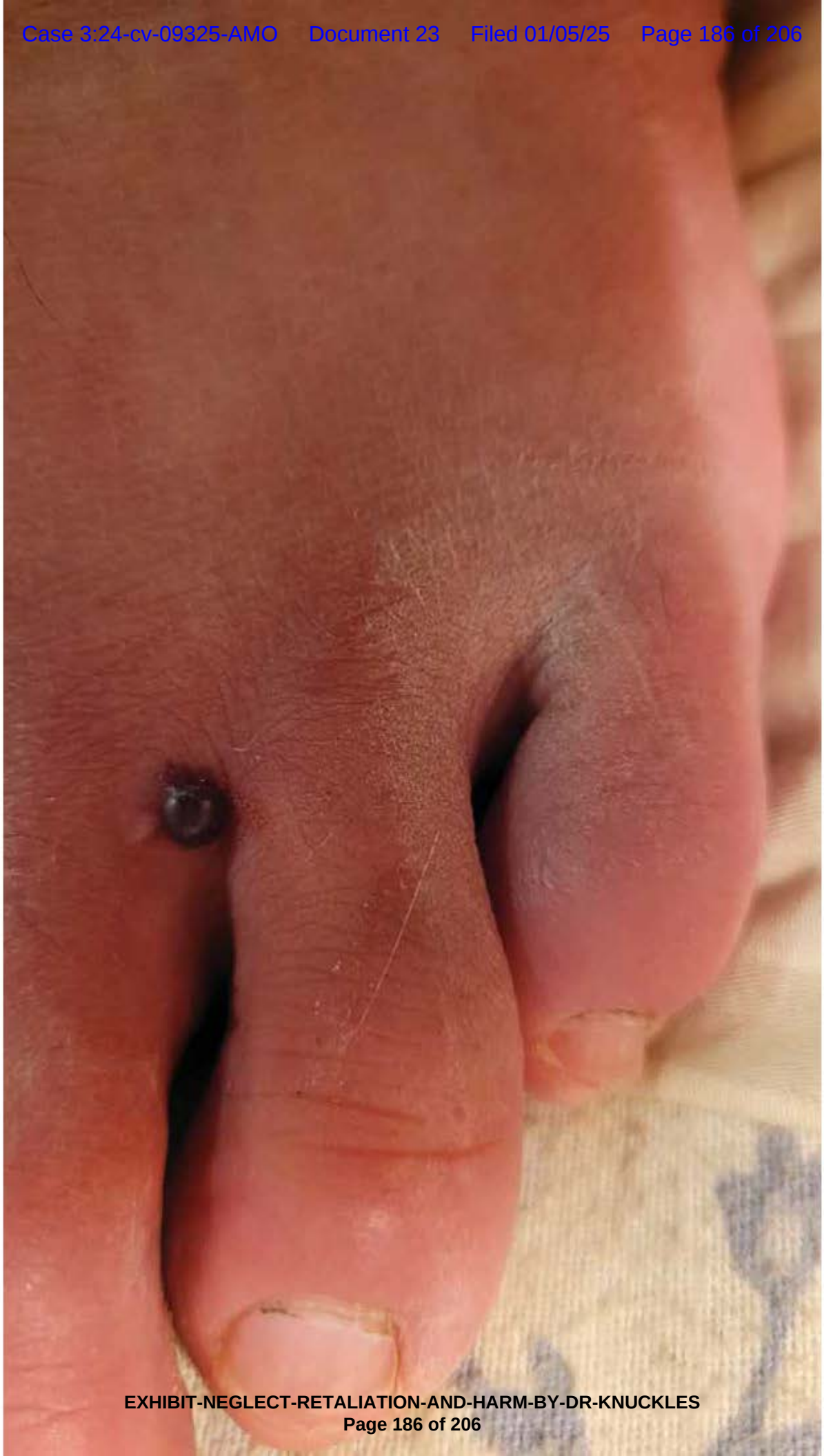

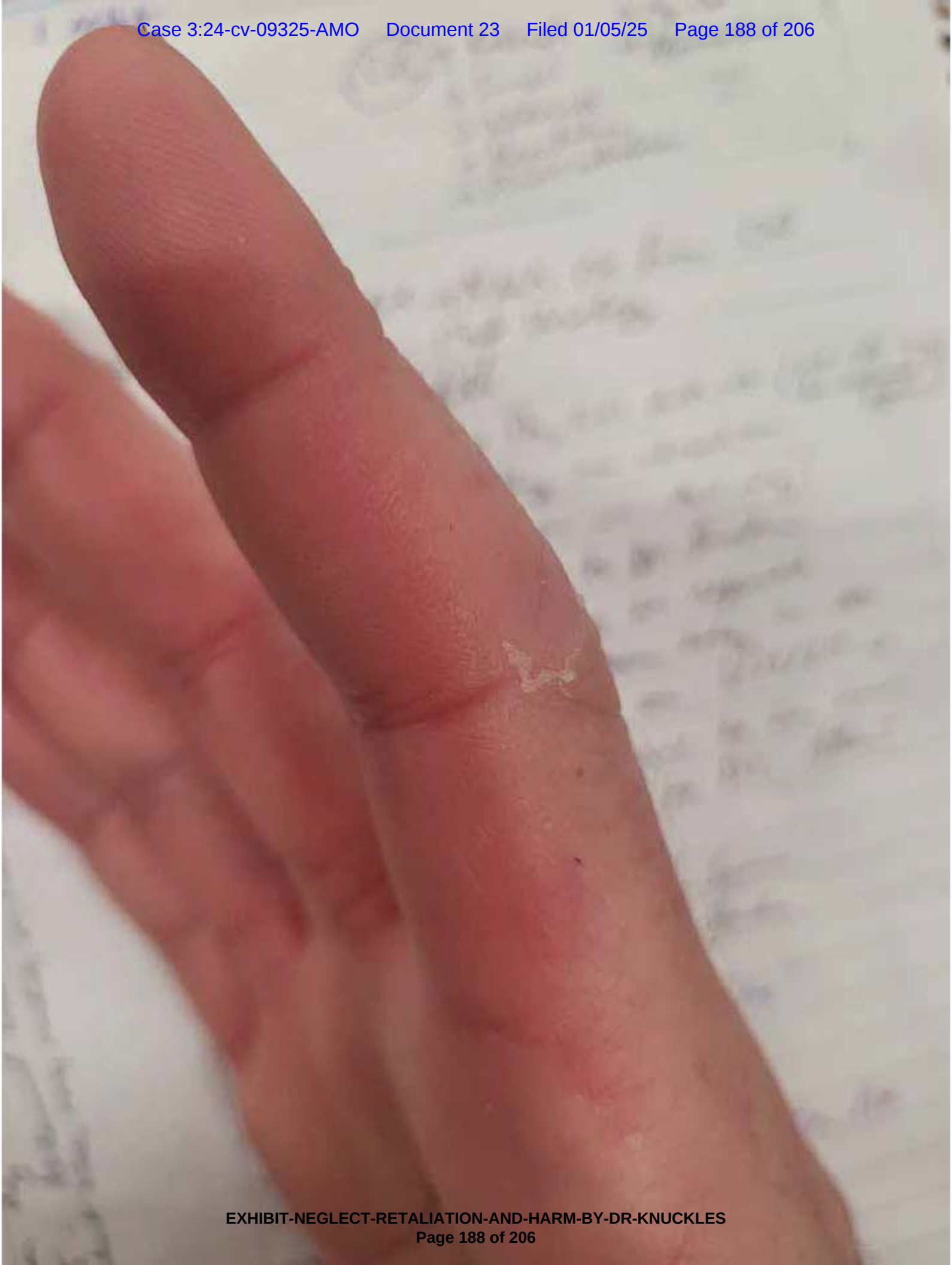

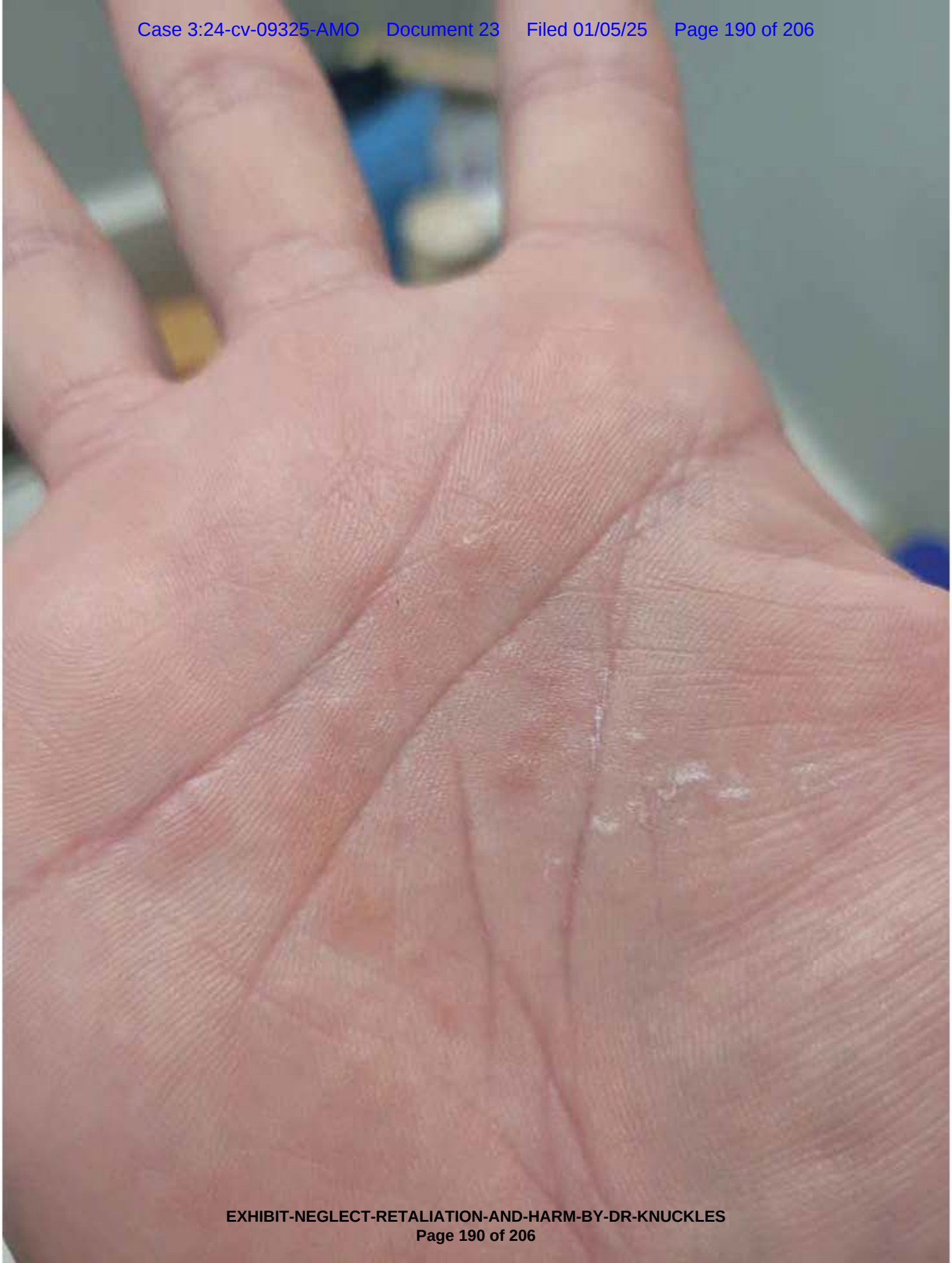

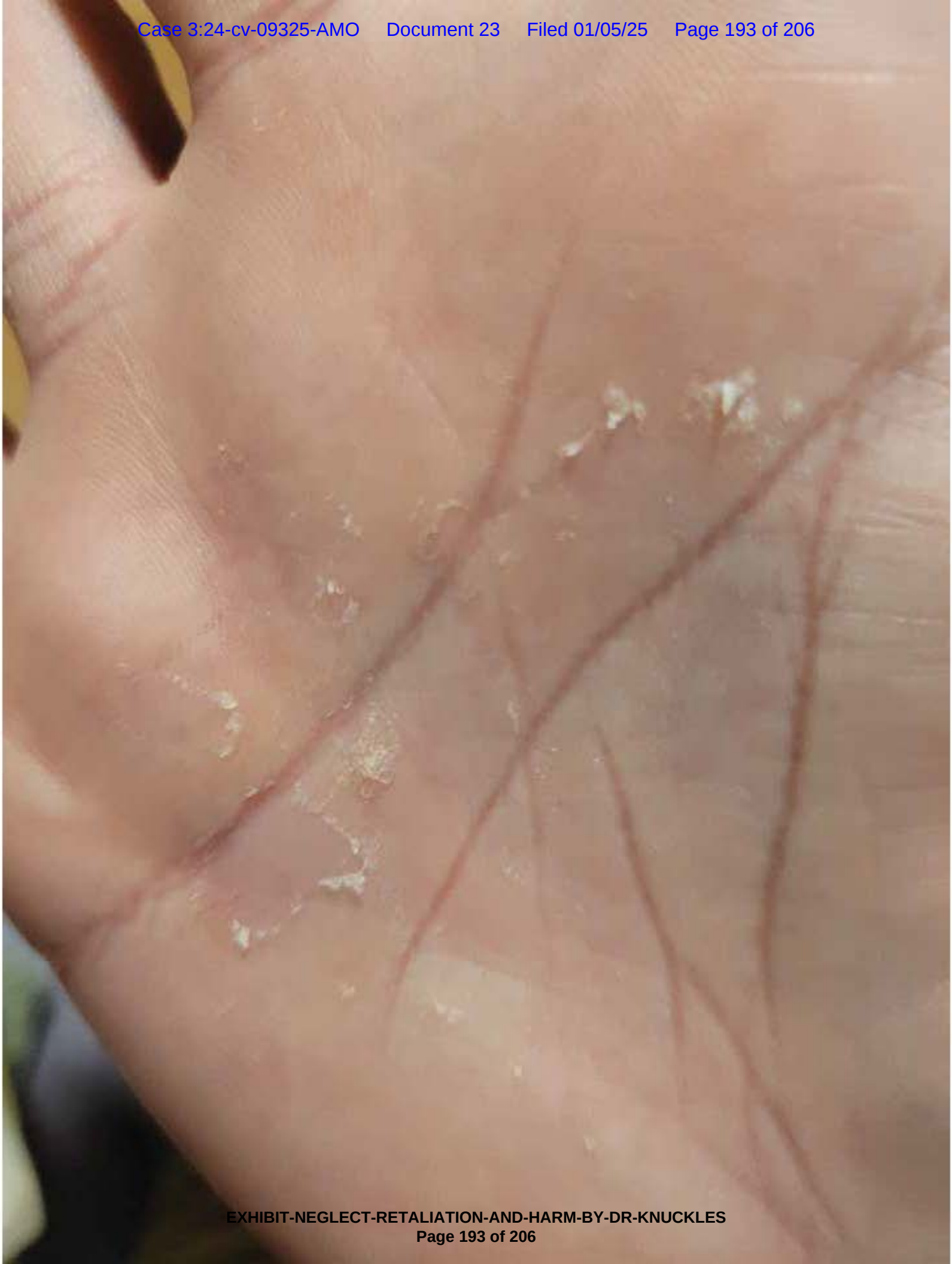

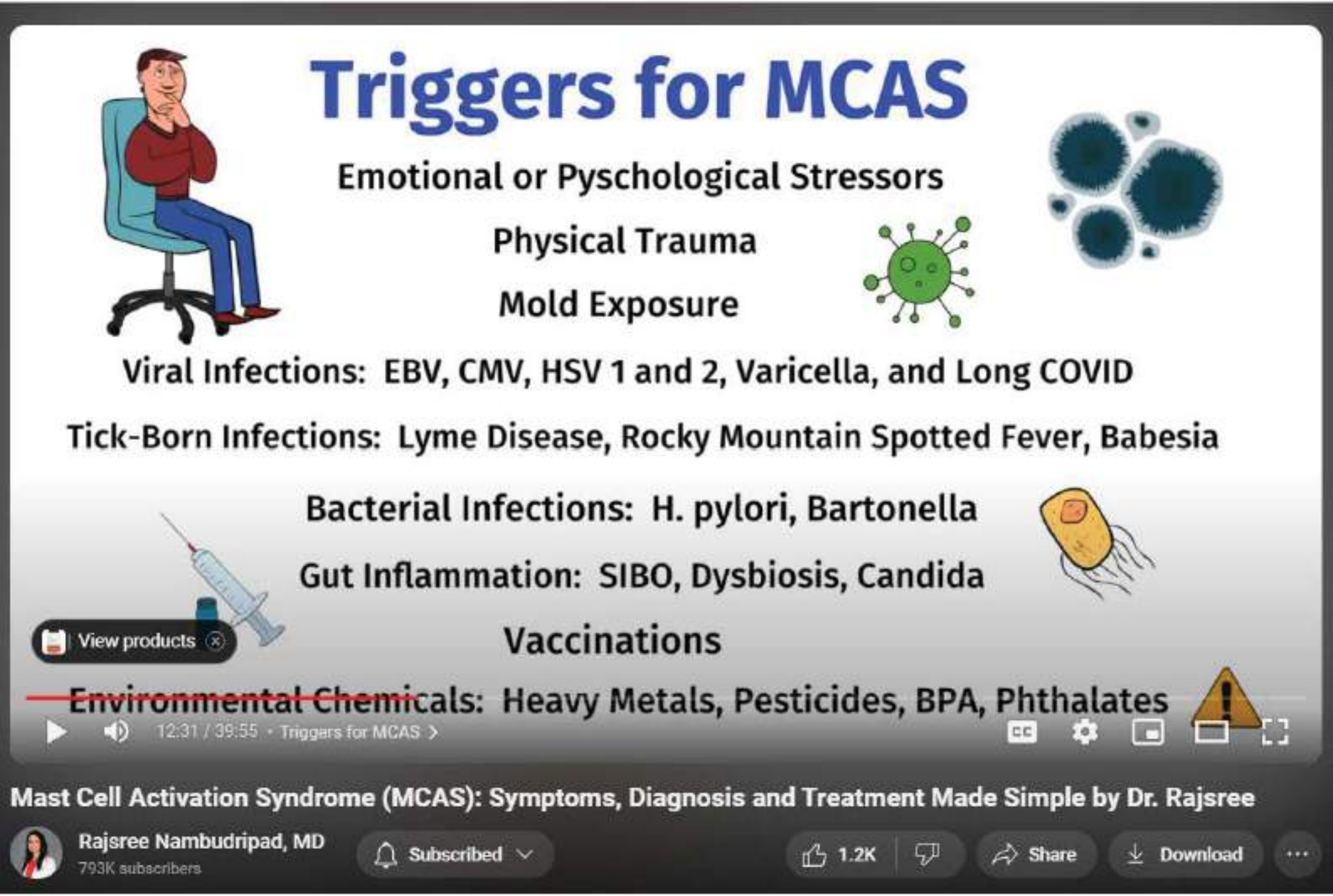
Triggers for MCAS
Emotional or Pyschological Stressors
Physical Trauma
Mold Exposure
Viral Infections: EBV, CMV, HSV 1 and 2, Varicella, and Long COVID
Tick-Born Infections: Lyme Disease, Rocky Mountain Spotted Fever, Babesia
Bacterial Infections: H. pylori, Bartonella
Gut Inflammation: SIBO, Dysbiosis, Candida
Vaccinations
Environmental Chemicals: Heavy Metals, Pesticides, BPA, Phthalates
View products
12:31 / 39:55 • Triggers for MCAS
Mast Cell Activation Syndrome (MCAS): Symptoms, Diagnosis and Treatment Made Simple by Dr. Rajsree
Rajsree Nambudripad, MD
793K subscribers
Subscribed
1.2K
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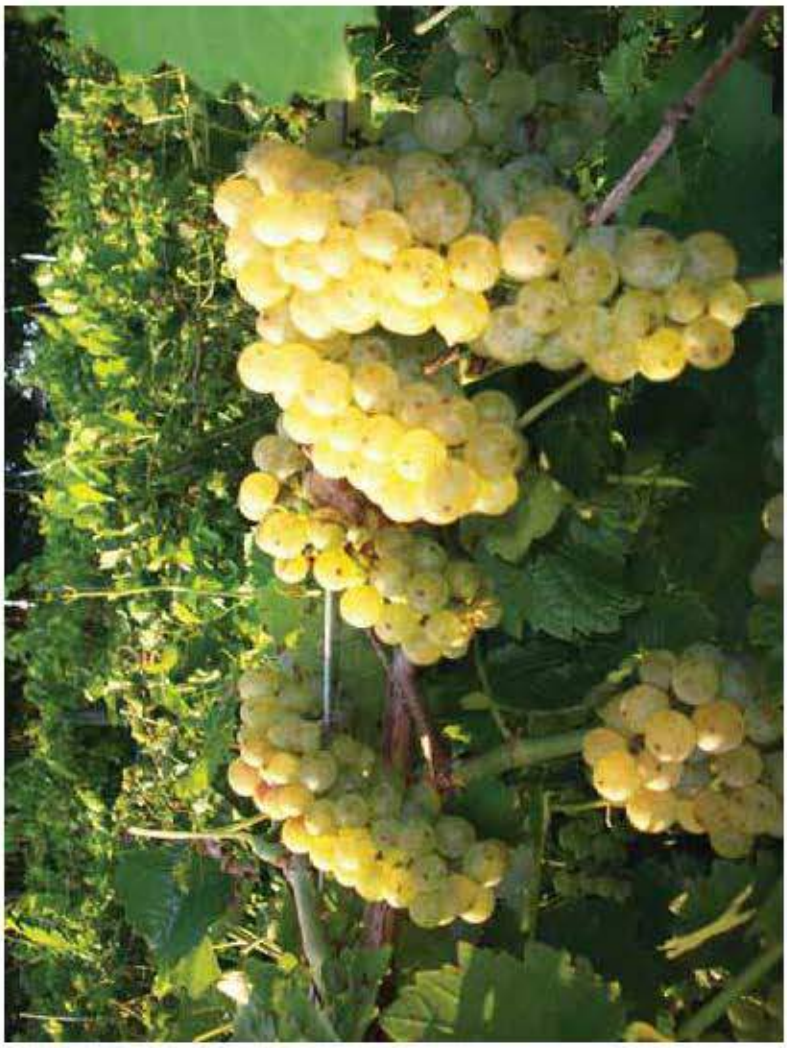
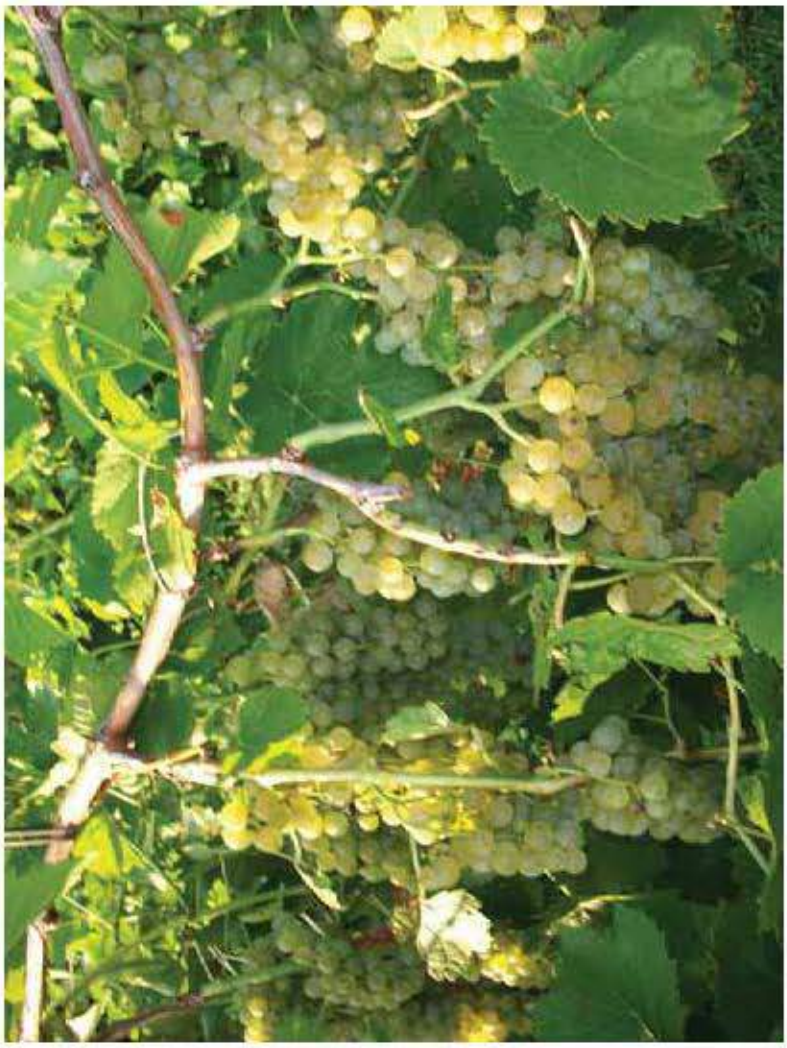
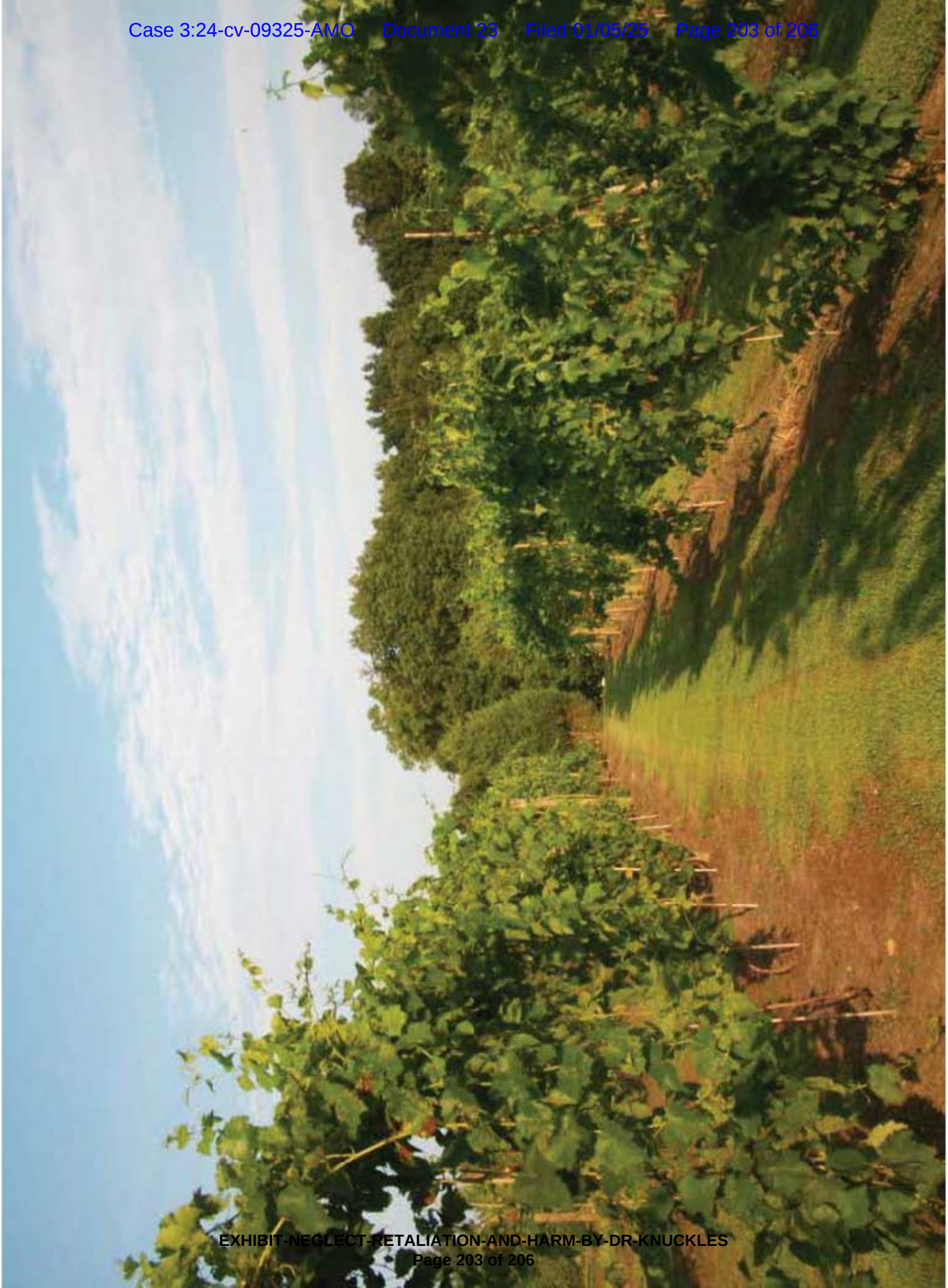
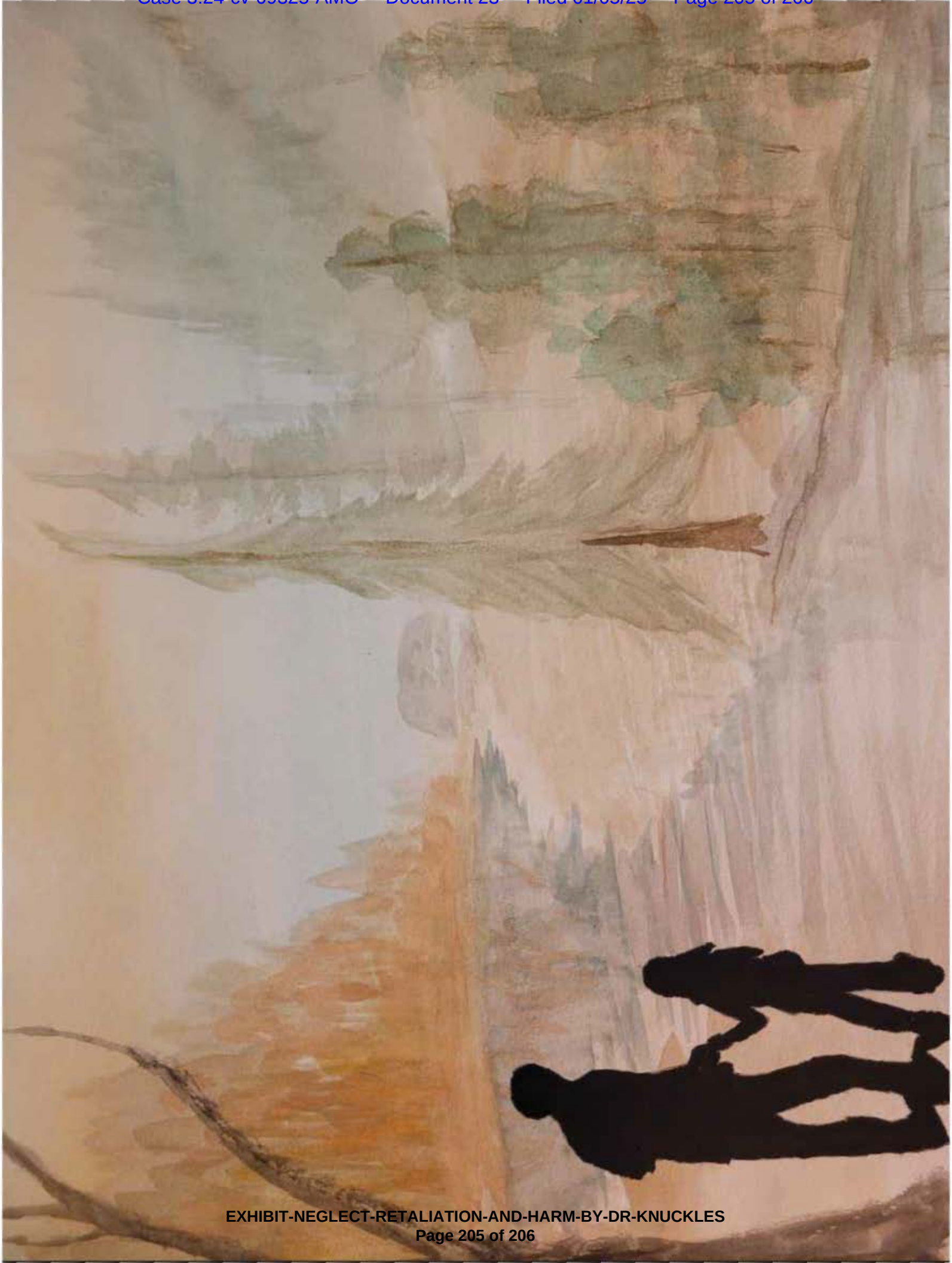
Download

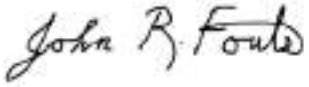








Reservation of Rights: Plaintiff reserves the right to provide additional evidence and context as discovery progresses.



End of EXHIBIT: NEGLECT, RETALIATION, AND HARM BY DR. KNUCKLES

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 09:41:22 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image23-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 206 pages. You will only be billed for 30 pages.			

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PACER Service Center			
Transaction Receipt			
Thu Jan 9 09:44:11 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image24-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 647 pages. You will only be billed for 30 pages.			

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PACER Service Center			
Transaction Receipt			
Thu Jan 9 09:54:30 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image25-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	19	**Cost:**	1.90

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PACER Service Center			
Transaction Receipt			
Thu Jan 9 09:35:24 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image26-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 154 pages. You will only be billed for 30 pages.			

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URGENT LETTER TO THE COURT REQUESTING IMMEDIATE RULING

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

Case Title:
John R. Fouts, MBA, and Jackie A. Fouts, Plaintiffs
v.
Commonwealth of Kentucky, et al., Defendants
Case No.: 24-cv-09325-AMO

URGENT LETTER TO THE COURT REQUESTING IMMEDIATE RULING

Honorable Judge Araceli Martinez-Olguin,

I write to you ***with the utmost urgency*** as the pro se Plaintiff in this matter.

The emergency nature of my filings demands immediate judicial intervention, yet, as of today, there has been no ruling or acknowledgment regarding the Emergency Injunction and Protective Orders Motion filed on December 18, 2024.

This lack of action has left me and my minor child in a state of imminent danger and irreparable harm due to the following:

1. **Housing Instability**:
   My lease was terminated on December 4, 2024, requiring us to vacate by February 8, 2025, however, in the past, Louisville Metro Housing Authority (LMHA), stated the voucher expires on January 31, 2025 thus meaning there are presently 25 days to meet that deadline. Despite repeated inquiries, Louisville Metro Housing Authority (LMHA) and HUD have failed to confirm the renewal of my Housing Choice Voucher, leaving our housing situation uncertain and precarious.

2. **Safety Concerns:**
   Our current residence is unsafe, as documented by a recent murder within roughly / approximately 200 to 300 feet of my home, unresolved pest infestations, and potential mold exposure, all of which exacerbate existing health issues – especially with confirmed prior mold exposure and confirmed mycotoxins in my body.

URGENT LETTER TO THE COURT REQUESTING IMMEDIATE RULING

3. **Procedural Errors:**
   The clerk's office has mishandled this case through multiple clerical errors, including misrepresentation of defendants and a failure to notify me timely of the case's filing status. On December 24, 2024, I was still awaiting confirmation from the clerk's office, despite learning later, on December 26th, that the case had been filed on December 18, 2024 – leaving me to wonder why the clerk's office claimed on December 20th, that the case was not filed. This lack of timely communication and magnitude of discrepancies has significantly hindered my ability to act even further.

4. **Clarification on Summonses:** Despite submitting a formal request for clarification on the issuance and service of summonses, which was docketed, I have received no response. This lack of guidance hinders my ability to proceed with serving defendants effectively and in compliance with procedural rules. I respectfully request immediate clarification on this matter.

5. **ADA Violations:**
   State agencies have systematically ignored my legally mandated accommodations under the Americans with Disabilities Act, further jeopardizing my ability to access critical services and information.

6. **Judicial Misrepresentation:**
   The **Order to Show Cause** issued on December 23, 2024, *contains factual inaccuracies and misrepresentations, including references to allegations I have never made, such as issues regarding:*

   - Missing Social Security checks
   - Prescription drugs by mail

   These inaccuracies mischaracterize my case, undermine its integrity, and raise concerns about whether my filings have been adequately reviewed.

I respectfully request the Court to provide a ruling on my *Emergency Injunction and Protective Orders Motion* within the next 24 hours to prevent further harm and to protect my rights and safety.

URGENT LETTER TO THE COURT REQUESTING IMMEDIATE RULING

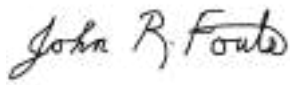
Additionally, I request the Court:

- Address the procedural errors, including correcting the defendants list with the consolidated exhibit filed on December 30, 2024.
- Correct the factual inaccuracies in the Order to Show Cause.
- Confirm the current status of all filings in this case.

The continued delay is untenable and risks devastating consequences for both myself and my child. I implore the Court to act swiftly and decisively in this matter.

I respectfully request that the Court provide a ruling on my Emergency Injunction and Protective Orders Motion within the next 24 hours to prevent further harm and ensure the protection of my rights and safety – I am running out of time.

Respectfully submitted,



John R. Fouts, MBA
Pro Se Plaintiff
2904 Sitka Dr, Apt L29
Louisville, KY 40299

Fax: (502) 996-8246
Email: fouts.john@gmail.com
Phone: 502.956.0052 [Text Only Please]

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 09:56:34 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image27-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	3	**Cost:**	0.30

View Document

EXHIBIT

EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

EXHIBIT

EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

Introduction

This exhibit contains official correspondence from Station J-Town Management, owned by Vida Management, notifying the Plaintiff, John Fouts, and his child of a non-renewal of their lease without any stated reason. The absence of a clear justification for the lease non-renewal raises serious concerns of potential retaliation, discrimination, and violations of housing rights. The Plaintiff's special circumstances, including disability and a Housing Choice Mainstream Voucher under the U.S. Department of Housing and Urban Development (HUD), make this situation particularly urgent and severe.

Additionally, the lack of meaningful communication from Station J-Town Management, Louisville Metro Housing Authority (LMHA), and HUD regarding the renewal of the Housing Choice Voucher exacerbates the Plaintiff's precarious housing situation and poses a significant threat of imminent homelessness. This failure directly undermines protections under federal and state laws, including those designed to support individuals with disabilities and ensure equitable housing opportunities.

Reservation of Rights: *Plaintiff reserves the right to provide additional evidence and context, amending as applicable, as discovery progresses.*

EXHIBIT

EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

Violations

1. **Fair Housing Act**

   (42 U.S.C. §§ 3601-3619):

   - Potential discrimination based on disability status due to lease non-renewal without any stated cause and lack of clear or ultimately any communication or assistance with housing stability.

2. **Section 1915(c) Medicaid Waiver Program:**

   42 U.S.C. § 1396n(c)

   - Lack of adequate assistance or support for housing and related needs that enable community integration.

   - Noncompliance with federal requirements to provide necessary services for maintaining independence in the least restrictive environment.

3. **Rehabilitation Act of 1973 (Section 504)**

   29 U.S.C. § 794:

   - Discrimination against the Plaintiff by failing to provide equal access to federally funded housing services and accommodations.

   - Neglecting to respond to urgent inquiries about the Housing Choice Voucher renewal, thereby limiting access to necessary housing and services.

EXHIBIT

EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

4. **Americans with Disabilities Act (ADA):**

42 U.S.C. § 12101 et seq. (ADA Title II and Title III):

- Failure to provide reasonable accommodations, including timely and transparent communication regarding the Plaintiff's housing and voucher status despite repetitive attempts by Plaintiff to reach out to LMHA and HUD.

- Refusal to communicate effectively with a disabled individual despite multiple requests for information and accommodations.

- Failure to acknowledge and act on disability-related accommodations for emergency housing needs.

5. **Olmstead Act (ADA Title II Integration Mandate)**

42 U.S.C. § 12132 (ADA Title II):

- Failure to ensure the Plaintiff and child can remain integrated in the community by refusing to address the non-renewal of the lease without cause.

- Denial of reasonable accommodations to mitigate the imminent threat of homelessness, violating the ADA's integration mandate.

- Denial of community integration by placing the Plaintiff and his child at risk of institutionalization or homelessness, violating the mandate for individuals with disabilities to live in the least restrictive environment.

6. **Retaliation (Fair Housing Act, 42 U.S.C. § 3617):**

- Potential retaliation for raising valid concerns about property maintenance, pest control, and other housing issues, as evidenced by the abrupt lease termination.

EXHIBIT

EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

7. **Willful Endangerment and Abandonment:**

   - Willfully placing the Plaintiff and child at risk of homelessness and health hazards without due consideration or action to address the situation.

   - Abandonment of federally mandated obligations to protect vulnerable individuals under HUD, LMHA, and other related agencies.

8. **RICO (Racketeer Influenced and Corrupt Organizations Act):**

   18 U.S.C. § 1961 et seq.:

   - Potential evidence of a coordinated pattern of administrative neglect and procedural obstruction across multiple agencies, contributing to systemic discrimination and harm

9. **Constitutional Violations (1st, 8th , 9th , 13th, and 14th Amendments):**

   - **1st Amendment:** Suppression of the Plaintiff's rights to petition and redress grievances through repeated neglect and disregard of inquiries and concerns.
   - **8th Amendment:** Cruel and unusual punishment through neglect of urgent housing needs, effectively exposing the Plaintiff to physical and emotional harm.

   - **9th Amendment:** Violations of implied rights to safety, housing stability, and dignity.

   - **13th Amendment:** Involuntary servitude imposed through forcing the Plaintiff to expend extraordinary and unreasonable efforts, as a disabled person, to obtain basic information and support that should be freely accessible under the law.

   - **14th Amendment:** Deprivation of due process and equal protection by failing to provide sufficient reasoning or accommodations for the lease termination.

EXHIBIT

EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

10. **HUD Regulations (24 CFR Part 982):**

    - Lack of compliance with requirements to ensure stability and support for voucher recipients, particularly during lease transitions.

11. **Kentucky Landlord-Tenant Laws (KRS § 383.660):**

    - Failure to provide proper reasoning for non-renewal of the lease, which could constitute a violation of state landlord-tenant statutes.

VIDA

Date: 12/03/2024
To: John Fouts
2904 Sitka Dr. #29
Louisville, KY 40299

RE: NOTICE TO NOT RENEW

Tenant(s): Johns Fouts & all occupants

THIS IS OFFICIAL NOTICE that your current lease will not be renewed for the property located at: 2904 Sitka Dr. #29 Louisville, KY 40299, and this is your 60-day notice to vacate.

FURTHERMORE, the last day of tenancy will be 02/08/2025

You are required to vacate the property by 10am on the above-stated date. The lease agreement states that the property must be made into the same condition upon move-in, wear and tear excepted. In addition, all keys be given to the landlord. All personal property the tenant leaves on the property shall become the possession of the landlord.

Your forwarding address must be given.

Station J-town Management
(502) 885-4120
Lstallings@vida-management.com

Rec'd Dec 7th not even in mail, along with a Station J-town Graduation Flyer - Don't know if someone thought it to be funny or what but renewing, having security?? not even any kind of joke

Rec'd in Msg Stuck in Door 2024-12-04 in Afternoon

Letter was stuck in door 12/4/2024

This is retaliation b/c they were upset I reported the wrong #s and I have had to continue to have to LMHA

LMHA refuses to answer questions to be transparent to tell me what I need to do

I need help

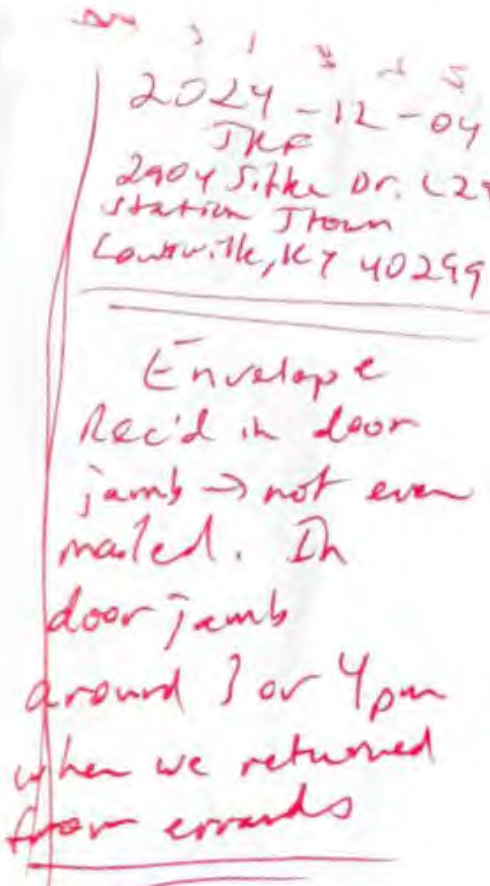
Need to get mold records & take my pictures of places & post experience

Need to add to overall case & post others & further reviews

Need to get black mold report

Irritated / many M have had same problems / Today, there were three more contractors in Oct 9th. I had not even gotten a chance to place work orders, water reports, return keys

FOUTS-L29


2024-12-04
JKF
2904 Sitka Dr. L29
Station JTown
Louisville, KY 40299
Envelope
Rec'd in door
jamb → not even
mailed. In
door jamb
around 3 or 4pm
when we returned
from errands

VIDA

ACKNOWLEDGEMENT OF NOTICE TO VACATE

December 26th, 2024

John Fouts Apartment #L29
2904 Sitka Dr #29 Louisville, KY 40299

WE RECEIVED A NOTICE THAT LEASE WOULD NOT BE RENEWED WITH NO EXPLANATION GIVEN.

Dear Resident(s):

This letter acknowledges receipt of your notice to vacate your apartment on 02/08/2024.

As your community leaders, it is our goal to ensure that you, as a valued resident, are satisfied with the quality of your apartment home as well as the level of service provided to you by our team. If your decision to move is in any way related to a lack of satisfaction in either of those two areas, we would like to personally invite you to come by the office to discuss your concerns with us. **Our hope is that we can address your needs and come up with a resolution that will make you happy to continue calling Station Jtown your home.** While we are always striving to gain new residents in our community, we recognize the importance of acknowledging the needs and the value of our existing residents. So, we encourage you to stop by, give us a call, or **email us**, even if you have already committed to move elsewhere; we would truly appreciate your feedback.

I DID NOT SUBMIT A NOTICE TO VACATE

Should you wish to retract your notice to vacate, please let us know in writing as soon as possible, so we can cancel your notice before the home is re-rented. We would like to offer you a free carpet clean and an additional *1500 points in the Community* Rewards system for deciding to stay a valued part of our community.

The following is a breakdown of estimated charges through your move out date:

Charge	Dates	Due	Amount
Current Balance	N/A	N/A	$0
Prorated Rent	02/01/2025-02/08/2025	February 1st, 2025	$24.58
Notice Fee	N/A	N/A	$0
Buyout Fee	N/A	N/A	$0
Water/Sewer/Trash for February	December 1st, 2024- December 31st, 2024	February 1st, 2025	TBD- not posted yet. Check back 2/1.
Concession Chargeback	N/A	N/A	$0
Final Water/ Sewer Trash Bill	January 1st 2025- February 8th, 2025	Upon Receipt- please check back a few days before move out	TBD

The above listed amounts due do not include any charges that may be incurred when the move out inspection is performed. **Please make arrangements to have your electricity transferred out of your name on the date of move-out.** You are responsible for all utilities and maintaining renter's insurance on the apartment until the date of move out/lease end date. All trash must be placed inside of the dumpster and not left next to the trash compactor.

Dumping of unwanted furniture is strictly prohibited and violators will be charged $100.00 per piece of furniture left inside the apartment, in the hallway, next to the dumpster, or anywhere else on property. Please contact the local landfill for information on where to take any unwanted furniture or large trash items.

We will be conducting a pre-move out inspection on Wednesday February 5th, 2024, between 9:30 AM and 1:30 PM. You are not required to be present. Please ensure all pets are secured for the duration of the inspection. If this day/time does not work well for you, please contact us in writing as soon as possible. Our inspection availability is Monday through Friday between the hours of 9:30am and 4:30pm. If you have any questions regarding the move out process, please feel free to contact us.

Please remember that upon move-out, the apartment is to be left clean and in good condition to avoid additional charges. Here are a few items to remember to clean before you turn in your keys:

GENERAL AREA
1. Walls should be washed, and all marks removed.
2. Carpeting should be clean and vacuumed.
3. Windows and tracks should be washed.
4. Door tracks/jam should be washed.
5. Light fixtures, lamps, windowsills, and shelves must be cleaned and wiped down.
6. All tile/wood floors are to be cleaned and waxed.
7. Storage area should be cleaned.
8. All closets are to be cleaned.
9. Patio/balcony should be cleaned.
10. Any hole in walls larger than 1/8" must be patched
11. Clean & wipe the inside of all cabinets.
12. Ceiling fans should be cleaned.
13. All light fixtures must have working bulbs.

KITCHEN
1. Refrigerator should be defrosted and cleaned and turned on low.
2. Range should have the oven, pans, broiler grills & shelves cleaned.
3. Microwave and exhaust fan should be cleaned.
4. Dishwasher and disposal should be cleaned and in operating order.
5. Cabinets should have all paper and utensils removed and shelves must be cleaned and wiped down.
6. Floor including under refrigerator and stove must be cleaned.

BATHROOM
1. Tile should be washed, and grout cleaned.
2. Medicine cabinets should be cleaned, including mirrors and shelves.
3. Tub, basin, and toilet should be cleaned.
4. Floor should be cleaned.

ALL PERSONAL ITEMS AND TRASH MUST BE REMOVED

* Any cost management incurs for removal of nicotine/smoke damages, food odors, pet odors or chemical odors will be charged back to the resident(s).

On your day of move out, don't forget to return all keys, remotes, access cards, parking stickers, and any other items that have been issued to you or any other person residing in your home. There is a fee for each item not returned. Please remember, if we do not receive proper documentation after move-out, we may be forced to file eviction to gain legal possession of the apartment home.

It has been our pleasure to serve you! Please feel free to contact us if there are any questions or concerns. If you need to make any changes to your Notice to Vacate, please contact us immediately as your apartment has now been placed on the availability list. Should the apartment be re-rented, we may be unable to accommodate any changes to your vacate date.

Warmest regards,

Your Management Team
Station Jtown
(502) 885-4120
StationJtown@Vida-management.com

EQUAL HOUSING
OPPORTUNITY

VIDA

Date: 12/03/2024
To: John Fouts
2904 Sitka Dr. #29
Louisville, KY 40299

RE: NOTICE TO NOT RENEW

Tenant(s): Johns Fouts & all occupants

THIS IS OFFICIAL NOTICE that your current lease will not be renewed for the property located at: 2904 Sitka Dr. #29 Louisville, KY 40299, and this is your 60-day notice to vacate.

FURTHERMORE, the last day of tenancy will be 02/08/2025

You are required to vacate the property by 10am on the above-stated date. The lease agreement states that the property must be made into the same condition upon move-in, wear and tear excepted. In addition, all keys be given to the landlord. All personal property the tenant leaves on the property shall become the possession of the landlord.

Your forwarding address must be given. ← Rec'd 2024-12-06 Happy St. Nicks Day to them too.

Station J-town Management
(502) 885-4120
Lstallings@vida-management.com

I'm incredibly saddened by this actually — all I have ever wanted for my child is stability. I no longer feel like I have any other options or any other path forward, or future, or hope at all.

STATION J TOWN
9601 BALSAM WAY
LOUISVILLE, KY 40299

LOUISVILLE KY 400
4 DEC 2024 PM 1 L

Rec'd
12x
2024-12-06

John Fouts

2904 Sitka Dr. #29

Louisville, Ky 40299

40299-305129

Reservation of Rights: *Plaintiff reserves the right to provide additional evidence and context, amending as applicable, as discovery progresses.*

John R. Foutz

End of EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD-CONSTITUTIONA-FEDERAL-PROTECTIONS

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

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Transaction Receipt			
Thu Jan 9 09:59:59 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image28-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	13	**Cost:**	1.30

View Document

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 10:03:31 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image29-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 58 pages. You will only be billed for 30 pages.			

View Document

EXHIBIT

Exhibit

MAIL TRACKING RECORDS DEMONSTRATING LMHA AND HUD NEGLECT

Introduction:

This exhibit contains detailed mail tracking records showing that multiple urgent emails and communications sent to Louisville Metro Housing Authority (LMHA) and the Department of Housing and Urban Development (HUD) were opened and read numerous times. Despite this documented acknowledgment, no meaningful responses or actions were taken to address the critical issues raised, including the imminent expiration of my Housing Choice Voucher, the threat of homelessness, and **repeated requests for reasonable accommodations as required under the ADA.**

These **records serve as clear evidence of systemic neglect and inaction, illustrating a failure to fulfill their obligations under federal law, including the ADA, Section 504 of the Rehabilitation Act, and Olmstead mandates.** This lack of responsiveness has caused significant harm, leaving me unable to secure safe housing or address my basic needs and those of my child while facing the compounded stress and danger of potential homelessness.

The documented inaction and disregard further support claims of discriminatory practices and procedural failures within these agencies, necessitating immediate judicial action to ensure compliance with federal law and prevent further irreparable harm.

Reservation of Rights: *Plaintiff reserves the right to provide additional evidence and context as discovery progresses.*

MailTrack MailSuite Report
Showing Basic Information
As Of 2025-01-08 11:45 a.m.

Recipient	Subject	Last Opened	Opens	Clicks	PDF views	Sent
Inspections	2024-12-10 -- Re: Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299	Dec 10, 2024, 11:26:42 PM	1			Dec 10, 2024, 11:25:36 PM
Rose McCarty,Deborah Gilbert,Rothman, Terry	Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299	Dec 31, 2024, 2:57:30 PM	10			Dec 3, 2024, 3:15:15 PM
recerts@lmha1.org,Deborah Gilbert,McNeil, Frank H and 5 more.	Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03	Jan 6, 2025, 3:51:54 PM	28	0		Dec 3, 2024, 3:38:31 PM
Deborah Gilbert,Rose McCarty,McNeil, Frank H	2024-12-31 John R. Fouts - Still Need Housing Choice Mainstream Voucher Questions Answered Expeditiously - Urgent Situation As Threat Of Homeless Draws More Near - 32 Days - Please Provide Answers	Jan 6, 2025, 3:53:41 PM	3	2		Dec 31, 2024, 3:17:58 PM
Deborah Gilbert,Rose McCarty,McNeil, Frank H	URGENT: Follow-Up Request for Housing Choice Voucher Renewal Status - 2025-01-06 - John R. Fouts	Jan 7, 2025, 8:55:53 AM	18			Jan 6, 2025, 3:46:08 PM
Rose McCarty,Deborah Gilbert	Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.	Nov 13, 2024, 2:24:39 PM	4			Nov 7, 2024, 9:32:58 PM

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03
Message ID	<CAMq3pqVQ7m-gYGOXoUvRU0UzLmeKjhyPHJ4dA0QQtchV_d437A@mail.gmail.com>
Delivered on	3 Dec, 2024 at 3:41 PM
Delivered to	<hotline@hudoig.gov>

Tracking history

Opened on 6 Dec, 2024 at 3:42 PM by hotline@hudoig.gov

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	2024-12-10 -- Re: Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299
Message ID	<CAMq3pqV69maZLrPj9FWXB_zpV2fCSmVa8jXaK=d6NshS=SjX6Q@mail.gmail.com>
Delivered on	10 Dec, 2024 at 11:25 PM
Delivered to	Inspections <inspections@lmha1.org>

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03
Message ID	<4a1b57de-8ecf-4b75-8040-d33f82ccfa39@gmail.com>
Delivered on	3 Dec, 2024 at 3:38 PM
Delivered to	<recerts@lmha1.org>, Deborah Gilbert <gilbert@lmha1.org>, McNeil, Frank H <frank.h.mcneil@hud.gov>, Rose McCarty <mccarty@lmha1.org>, <nmlmhares@lmha1.org>, Mark Roseberry <Roseberry@lmha1.org>, <eeo@hud.gov>, <whistleblower@hudoig.gov>

Tracking history

Opened on 6 Jan, 2025 at 3:51 PM by McNeil, Frank H

Opened on 2 Jan, 2025 at 12:03 AM by eeo@hud.gov

Opened on 30 Dec, 2024 at 5:12 PM by eeo@hud.gov

Opened on 27 Dec, 2024 at 3:34 PM by eeo@hud.gov

Opened on 27 Dec, 2024 at 3:19 PM by eeo@hud.gov

Opened on 27 Dec, 2024 at 2:51 PM by eeo@hud.gov

Opened on 27 Dec, 2024 at 2:41 PM by eeo@hud.gov

Opened on 27 Dec, 2024 at 2:34 PM by eeo@hud.gov

Opened on 9 Dec, 2024 at 2:31 PM by Rose McCarty

Opened on 9 Dec, 2024 at 8:24 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:23 AM by Rose McCarty

Opened on 8 Dec, 2024 at 10:41 AM by eeo@hud.gov

Opened on 8 Dec, 2024 at 10:41 AM by eeo@hud.gov

Opened on 6 Dec, 2024 at 3:39 PM by one of the recipients

Opened on 4 Dec, 2024 at 12:33 PM by recerts@lmha1.org

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Opened on 4 Dec, 2024 at 10:58 AM by McNeil, Frank H

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Opened on 3 Dec, 2024 at 7:48 PM by McNeil, Frank H

Opened on 3 Dec, 2024 at 4:24 PM by eeo@hud.gov

Opened on 3 Dec, 2024 at 3:55 PM by eeo@hud.gov

Opened on 3 Dec, 2024 at 3:40 PM by eeo@hud.gov

Opened on 3 Dec, 2024 at 3:40 PM by Mark Roseberry

Opened on 3 Dec, 2024 at 3:40 PM by whistleblower@hudoig.gov

Opened on 3 Dec, 2024 at 3:39 PM by eeo@hud.gov

Opened on 3 Dec, 2024 at 3:39 PM by McNeil, Frank H

Opened on 3 Dec, 2024 at 3:38 PM by Rose McCarty

Opened on 3 Dec, 2024 at 3:38 PM by Deborah Gilbert

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.
Message ID	<CAMq3pqW_obD8zX6gErZOu65+_sJg2vztzztrvKh5hm7tknokFA@mail.gmail.com>
Delivered on	7 Nov, 2024 at 9:32 PM
Delivered to	Rose McCarty <mccarty@lmha1.org>, Deborah Gilbert <gilbert@lmha1.org>

Tracking history

Opened on 13 Nov, 2024 at 2:24 PM by one of the recipients

Opened on 12 Nov, 2024 at 7:03 PM by one of the recipients

Opened on 11 Nov, 2024 at 9:45 AM by one of the recipients

Opened on 11 Nov, 2024 at 9:27 AM by one of the recipients

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	2024-12-31 John R. Fouts - Still Need Housing Choice Mainstream Voucher Questions Answered Expeditiously - Urgent Situation As Threat Of Homeless Draws More Near - 32 Days - Please Provide Answers
Message ID	<968dbe9b-c621-d252-b9b7-91ea0e8236ee@gmail.com>
Delivered on	31 Dec, 2024 at 3:17 PM
Delivered to	Deborah Gilbert <gilbert@lmha1.org>, Rose McCarty <mccarty@lmha1.org>, McNeil, Frank H <frank.h.mcneil@hud.gov>

Tracking history

Opened on 6 Jan, 2025 at 3:53 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 3:52 PM by McNeil, Frank H

Link visited on 31 Dec, 2024 at 3:18 PM by one of the recipients

Link visited on 31 Dec, 2024 at 3:18 PM by McNeil, Frank H

Opened on 31 Dec, 2024 at 3:18 PM by one of the recipients

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	We received a non-renewal of lease at our apartment on Dec. 4th in an envelope stuck in the jamb of our door by Station Jtown -- Following Up -- 2024-12-08
Message ID	<CAMq3pqWsaLXH0HNY9GE4MhqzJ1HfA7j3XnbYCNzmNdjXqQOX+w@mail.gmail.com>
Delivered on	8 Dec, 2024 at 5:09 PM
Delivered to	Deborah Gilbert <gilbert@lmha1.org>

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299
Message ID	<7cb43d2f-b30b-c42a-e37d-ac63ac4d5a6c@gmail.com>
Delivered on	3 Dec, 2024 at 3:15 PM
Delivered to	Rose McCarty <mccarty@lmha1.org>, Deborah Gilbert <gilbert@lmha1.org>, Rothman, Terry <Terry.Rothman@louisvilleky.gov>

Tracking history

Opened on 31 Dec, 2024 at 2:57 PM by Rose McCarty

Opened on 10 Dec, 2024 at 2:02 PM by Rose McCarty

Opened on 10 Dec, 2024 at 2:02 PM by Rose McCarty

Opened on 9 Dec, 2024 at 9:16 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:58 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:34 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:33 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:31 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:26 AM by Rose McCarty

Opened on 9 Dec, 2024 at 8:25 AM by Rose McCarty

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From	John R. Fouts, MBA <fouts.john@gmail.com>
Subject	URGENT: Follow-Up Request for Housing Choice Voucher Renewal Status - 2025-01-06 - John R. Fouts
Message ID	<24a776e6-ac41-bb8e-69a9-64dfc7b4776b@gmail.com>
Delivered on	6 Jan, 2025 at 3:46 PM
Delivered to	Deborah Gilbert <gilbert@lmha1.org>, Rose McCarty <mccarty@lmha1.org>, McNeil, Frank H <frank.h.mcneil@hud.gov>

Tracking history

Opened on 7 Jan, 2025 at 8:55 AM by McNeil, Frank H

Opened on 7 Jan, 2025 at 6:47 AM by McNeil, Frank H

Opened on 6 Jan, 2025 at 7:12 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:48 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:48 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:28 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:27 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:25 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:22 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:21 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:20 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:12 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:10 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 4:08 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 3:51 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 3:49 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 3:49 PM by McNeil, Frank H

Opened on 6 Jan, 2025 at 3:46 PM by McNeil, Frank H

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John R Fouts
2904 Sitka Drive Apt. L29
Louisville, KY 40299
(502)956-0052

FAX

From: John R Fouts
Return Fax: (502)996-8246
Attention To: LMHACDRReviewAnnual- nmlmhares@lmha1.org
Regarding: Renewal LMHA-CDR Renewal - Mainstream Voucher

RE: John R. Fouts -- DOB 01-31-1979 -- Current Address: 2904 Sitka Dr. L29 Louisville, KY 40299

Hello. Please find filled out paperwork attached. I am disabled. I have a Mainstream Voucher. I want to know how the home ownership program works or how the separate and different housing stabilization program works for people that are disabled - or if there are other home ownership programs that I might be eligible for so I can have a level of stability and safety for me and my child that we do not currently have. Please confirm receipt.

My email is: Fouts.John@gmail.com
Phone: 502.956.0052
Fax: 502.996.8246

Email is likely the best way to get in touch with me. Thank you.

LOUISVILLE METRO HOUSING AUTHORITY
600 S. 7TH STREET
LOUISVILLE, KY 40203

Office: 502-569-6061
www.lmha1.org
Fax: 502-587-1027
TDD: 502-587-0381

October 15, 2024

John Fouts
2904 Sitka Dr 29
Louisville, KY 40299

Tenant code: **130030**

RE: RECERTIFICATION PACKET- Submission of Information Required for Recertification Review

Paperwork Due Date: 20 days from the date of this letter

Dear John Fouts ,

This recertificatron packet is being sent to you to complete the required biennial recertification process. We can complete the recertification process by mail if you provide the requested information and complete and sign the required forms as noted below.

For LMHA to determine your eligibility and the amount of subsidy required, you must complete the enclosed paperwork and submit it along with any documents necessary to complete the review. The following forms and documents are enclosed in the packet:

- LMHA 1 - What to Submit to LMHA to Complete Your Review
- LMHA 2 - Personal Declaration
- Authorization for Release of Information
- Tenant Release and Consent
- Affidavit of No Income (If applicable)

Read the form **LMHA 1-What to Submit to the LMHA to Complete Your Review** carefully to help you prepare your submission to LMHA. Please fill out all forms completely and sign them as required. The forms and requested information are to be mailed to us at P.O. Box 4090 Frankfort Ky, 40601 in the enclosed postage paid envelope or personally delivered to our office at 600 S. 7th Street Louisville, Ky 40203 or emailed to nmlmhares@lmha1.org within **20 days of this letter**.

Please be advised that If you do not submit the required information by the required date that you will be referred for termination from the program. If you have any questions, please call us at 502-954-0504 or email us at nmlmhares@lmha1.org

Respectfully,
Recert Team

Programs - please contact the Housing Authority to discuss accommodation options. (Revised RR 1/2015)
Notice of Right of Request for Accommodation If [illegible] of this disability, this person needs a reasonable accommodation in order to participate fully in the Housing Choice Voucher

Source of Income/asset	What to send to LMHA
Employment Disabled + Child of a Disabled Worker 2024 - 11-22	Two (2)consecutive pay stubs or A written statement from your Payroll or HR department verifying your income. The statement on company letterhead is to include the name & address of the contact person for the employer and a telephone number.
V.A. Benefits 1-800-827-1000	Call Veteran's Administration and ask them to mail you a verification of your current gross monthly benefit.
Workers Compensation	A statement from the Department of Labor and Industries, insurance company, law firm, etc., which shows your awarded amount
Alimony, Regular Contributions or Gifts	A copy of the court order in the case of alimony; or a written statement from any charity, private relief organization, individual or family member who gives you any regular contributions or gifts.
Child Support not administered through the Jefferson County Attorney	Informal child support payments not administered through the Jefferson County Attorney must be verified with written statements from both you and the absent parent.
Armed Forces (Military)	A statement of all regular pay, special payments and allowances received by a member of the Armed Forces (includes National Guard and Reserves).
Pension & Retirement Income	A statement of benefits paid from pension and retirement plans (other than Social Security) from the plan administrator.
Any Other Income not included above Disabled + Child of Disabled Worker Title II SSDI (SSA)	Any other income from whatever sources is to be included. A written statement that is signed and dated to be included which provides details explaining the income:
No Income	All family members with no income must sign a Zero Income Affidavit (also must be signed and dated by the head of household)

You do not need to submit verification for Social Security Benefits & SSI Payments, Unemployment Benefits, Public Assistance (TANF or Welfare) or Child Support Administered through the Jefferson County Attorney as the LMHA will contact the appropriate agency for verification of benefits. However, the fact that you are receiving income from any of these sources must be disclosed on the Personal Declaration.

1. **ASSETS (checking/savings, etc.)**: Assets include but are not limited to checking accounts, savings accounts, certificates of deposit (CD's), IRA's, U.S. Savings Bonds, trust funds, stocks, capital investments, insurance policies or equity in real property or other financial investments.

   Send a copy of your current bank statement(s) or other verification for all accounts if your combined household assets are more than $1000

See Medical Expenses Spreadsheet Copy (Dropbox)

DEDUCTIONS AND ALLOWANCES (if eligible):

Medical Insurance and Other Medical Expenses > 9 9k medical Expenses	If you or your spouse is elderly (62+) and/or has a disability LMHA is offering a standard medical deduction of $2906 without any verification information being submitted. If your medical expenses exceed $2906 and you want to claim the higher amount it will be necessary for you to provide the usual verification information, i.e., provide a statement from your provider (Blue Cross, Blue Shield, AARP, etc.), for insurance premiums and/or hospital or doctor bills for the last 12 months, and out of pocket costs for prescriptions for the past 12 months, etc.
Childcare NA	If you or an adult member of your household is employed or in school and pay for child care, provide a statement with the name(s) of the children from the childcare provider with information on any childcare subsidy or a copy of 4C's contract. The names of children in childcare are to be provided on the Personal Declaration
Student NA (My child is 13)	***Verification of school registration for full-time students 18 years of age or older who are currently enrolled in school.***

2. **PERSONAL DECLARATION (attached)**: Fill out ALL FIVE PAGES completely - do not leave any box or line blank. If something does not apply to you or another family member, write "N/A" on the line or in the box. You, as head of household, and all members who are living in your household who are 18 years of age or older must sign and date this form.

3. **AUTHORIZATION FOR THE RELEASE OF INFORMATION (attached)**: You, as head of household, and all members living in your household who are 18 years of age or older must sign and date this form. The head of household must write in their Social Security number on this form.

Louisville Metro Housing Authority
600 S 7th St, Louisville, KY 40203
502-569-6060 Fax 502-587-1027
TDD 502-587-0850

PERSONAL DECLARATION FORM

THIS FORM MUST BE COMPLETELY FILLED OUT USING AN INK PEN, SIGNED, AND DATED BY ALL FAMILY MEMBERS EIGHTEEN (18) YEARS AND OLDER. Put N/A for any section that does not apply to you. Your eligibility for housing is dependent on your family's honest and full completion of this form. Louisville Metro Housing Authority is required by HUD to use the information you provide in this document to obtain third-party verifications of your family's income, assets, allowances/deductions and household composition.

ADDRESS	Street Address: 2904 Sitka Dr L29		City: Louisville	State: KY	Zip Code: 40299
PHONE/ EMAIL	Home #: (502) 958-0052	Work #:	Message #:	Email Address (if you use email regularly): FOUTS.JOHN@GMAIL.COM	

HOUSEHOLD COMPOSITION: List ALL people who are living at the above address or who will live at the address of the assisted unit -- attach an additional page if necessary.

	Household Member's Full Name	Relation to Head, e.g., spouse, son, daughter, etc.	Social Security Number	Sex	Race	Date of Birth	Age	Disabled?	Over Age 15 & Full Time Student	If FT Student, Legal Name of School Below	Will this Person's Member of Your Household in the Type of Your Assistance?
				M/F				Yes / No	Yes / No		Yes / No
1	John R. Fouts	HEAD	402179858	M	Caucasian	1-31-79	45	✓	✓		✓
2	Jack M. Fouts (Goes by Jackie)	Child	309375286	Identified as Female	Caucasian	4-26-11	13	✓	✓	Phoenix School of Discovery JCPS	✓
3											
4											
5											
6											
7											
8											
9											

EMERGENCY CONTACT INFORMATION: Please enter the name, address, and telephone number of someone who does not live with you who will be able to reach you in the event of an emergency or other situation where the LMHA needs to contact you.

Name: _____ Address: _____ Telephone # _____

Relationship (mother, father, grandmother, etc., or friend): _____

Revised 1/20

CHILDCARE EXPENSES: For childcare paid for children under age 13. LMHA can deduct childcare expenses if: 1) Such care enables a family member to work or attend school or seek employment; 2) Amount is not paid to a family member living in the household; 3) Amount is not paid or reimbursed by outside sources. The expenses allowed to enable a family member to work cannot exceed the employment income received by the working family member.

I certify my childcare expenses for the next 12 months are as follows (list anticipated amounts per month and contact information for your provider below):

Childcare Provider's Name: NA Address: NA

Provider's Phone Number: NA City, State, Zip Code NA

Amounts to be paid: NA

Child Care - Name of Children: NA

NOTICE OF RIGHT TO REASONABLE ACCOMMODATION:

Pursuant to 24 CFR §8.54, LMHA does not discriminate in admission, or access to, or treatment or employment in, its federally assisted programs and activities. If you or someone else in your household has a disability and, as a result of that disability, the family needs a reasonable accommodation in order to participate fully in the Housing Choice Voucher program, please contact the Customer Service Ombudsman of the Housing Choice Voucher program at 502-569-6942 or TDD 502-587-0831 to discuss and/or request the accommodation.

BACKGROUND INFORMATION

Please list all members of the household who are age 18 and over

John R. Foutz

The following questions pertain to those household members who are age 18 and over:

1. Have you or any member of your household ever been *convicted* of the manufacture or production of methamphetamine on the premises of any assisted housing? ☐ Yes ☑ No
   If yes, Date of Conviction: NA Date of Release: NA
2. Are you or any member of your household subject to a lifetime state sex offender registration program in any state? ☐ Yes ☑ No
   If yes, enter the state in which you are subject to a lifetime state sex offender program: NA
3. Are you or any member of your household currently engaging in the illegal use of a controlled substance? ☐ Yes ☑ No
4. During the past three years have you or any member of your household been *evicted* from assisted housing because of drug-related criminal activity? ☐ Yes ☑ No
   If yes, date of eviction: NA
5. Have you or any member of your household been *convicted* of a felony crime or released from incarceration due to a felony crime within the past 36 months? ☐ Yes ☑ No
   If yes, date of conviction: NA Date of release: NA

PRINT NAME OF HEAD OF HOUSEHOLD: John R. Fouts

AUTHORIZATIONS, REPRESENTATIONS AND CERTIFICATIONS:

My signature, as noted and dated below, is confirmation that I do hereby authorize LOUISVILLE METRO HOUSING AUTHORITY (LMHA) to obtain any information deemed necessary by LMHA solely for the purposes of determining my eligibility for housing in the Housing Choice Voucher program. I understand that LMHA will only obtain third party verification of those items related to my household income, assets, allowances/deductions, background, and household composition. I authorize the persons, businesses, and organizations to which such requests are directed to provide the information requested by LMHA and I hold them harmless for providing information in accordance with such requests. I agree that copies of this page may be made to authorize inquiries from sources I have given to LMHA, or from other sources which become apparent from information collected during the course of completing my review. I understand that LMHA will keep my information confidential and not release it to any non-LMHA individual or entity except with my permission or as required by law. This consent expires fifteen (15) months after signed.

*I understand that any misrepresentation of information or failure to disclose information requested on this form may disqualify me from participation in the Housing Choice Voucher program and may be grounds for termination of assistance. **WARNING: Title 18, Section 1001, of the U.S. Code states that a person is guilty of a felony for knowingly and willingly making false or fraudulent statements to any Department or Agency of the U.S. or the Department of Housing and Urban Development** NOTICE: Any attempt to obtain any rent subsidy or rent reduction by false information, impersonation, failure to disclose or other fraud and any act of assistance to such an attempt will result in the family's termination of participation in the program, and may result in further legal action against the family on the part of Louisville Metro Housing Authority and/or other federal or state agencies.*

I certify under penalty of perjury that I have completed all the above information to the best of my knowledge and that it is true and correct. I also understand that any changes after I have completed this review must be reported in writing to Louisville Metro Housing Authority within ten (10) business days of such change.

SIGNATURES:

Head of Household _____ Date 2024.11.2

Spouse//Live in Aide N/A Date N/A

Other Adult (18 or Older) N/A Date N/A

Other Adult (18 or Older) N/A Date N/A

Other Adult (18 or Older) N/A Date N/A

NOTE: Live-in Aides must sign this form. Minors are not required to sign this form unless the head of household or their spouse is a minor. All signatures must be those of the household member him/herself, except in the case where a legal Power of Attorney authorizes another individual to sign for him/her. If this is the case, such Power of Attorney must be on file with Louisville Metro Housing Authority.

OMB Control Number: 2577-0295

Use this form for reexaminations effective on or after January 1, 2024. Use form HUD-9886 for reexaminations effective prior to January 1, 2024.

Authorization for the Release of Information/Privacy Act Notice to the U.S. Department of Housing and Urban Development and the Housing Agency/Authority (HA)

U.S. Department of Housing and Urban Development, Office of Public and Indian Housing

PHA or IHA requesting release of information (full address, name of contact person, and date):

Authority: Section 904 of the Stewart B. McKinney Homeless Assistance Amendments Act of 1988, as amended by Section 903 of the Housing and Community Development Act of 1992 and Section 3003 of the Omnibus Budget Reconciliation Act of 1997. This law is found at 42 U.S.C. 3544. This law requires you to sign a consent form authorizing: (1) HUD, and the Housing Agency/Authority (HA) to request verification of salary and wages from current or previous employers; (2) HUD and the HA to request wage and unemployment compensation claim information from the state agency responsible for keeping that information; and (3) HUD to request certain tax return information from the U.S. Social Security Administration and the U.S. Internal Revenue Service.

Section 104 of the Housing Opportunity and Modernization Act of 2016. The relevant provisions are found at 42 U.S.C. 1437n . This law requires you to sign a consent form authorizing the HA to request verification of any financial record from any financial institutions as defined in the Right to Financial Privacy Act (12 U.S.C. 3401), whenever the HA determines the record is needed to determine an applicant's or participant's eligibility for assistance or level of benefits

Purpose: In signing this consent form, you are authorizing HUD and the above-named HA to request income information from the sources listed on the form. HUD and the HA need this information to verify your household's income, in order to ensure that you are eligible for assisted housing benefits and that these benefits are set at the correct level. HUD and the HA may participate in computer matching programs with these sources in order to verify your eligibility and level of benefits.

Uses of Information to be Obtained: HUD is required to protect the income information it obtains in accordance with the Privacy Act of 1974, 5 U.S.C. 552a. HUD may disclose information (other than tax return information) for certain routine uses, such as to other government agencies for law enforcement purposes, to Federal agencies for employment suitability purposes and to HAs for the purpose of determining housing assistance. The HA is also required to protect the income information it obtains at accordance with any applicable State privacy law. HUD and HA employees may be subject to penalties for unauthorized disclosures or improper uses of the income information that is obtained based on the consent form. **Private owners may not request or receive information authorized by this form.**

Who Must Sign the Consent Form: Each member of your family who is 18 years of age or older must sign the consent form. Additional signatures must be obtained from new adult members joining the family or whenever members of the family become 18 years of age.

Persons who apply for or receive assistance under the following programs are required to sign this consent form:

Public Housing
Housing Choice Voucher
Section 8 Moderate Rehabilitation

Failure to Sign Consent Form: Your failure to sign the consent form may result in the denial of eligibility or termination of assisted housing benefits, or both. Denial of eligibility or termination of benefits is subject to the HA's grievance procedures and Section 8 informal hearing procedures.

Revocation of consent: If you revoke consent, the PHA will be unable to verify your information, although the data matches between HUD and other agencies will continue to automatically occur in the Enterprise Income Verification (EIV) System if the family is not terminated from the program.

Sources of Information to be Obtained

State Wage Information Collection Agencies. (This consent is limited to wages and unemployment compensation I have received when I have received assisted housing benefits.)

U.S. Social Security Administration (HUD only) (This consent is limited to the wage and self-employment information and payments of retirement income as referenced at Section 6103(l)(7)(A) of the Internal Revenue Code.)

U.S. Internal Revenue Service (HUD only) (This consent is limited to unearned income [i.e., interest and dividends].)

Information may also be obtained directly from: (a) current and former employers concerning salary and wages; and (b) financial institutions as defined in the Right to Financial Privacy Act (12 U.S.C. 3401), whenever the HA determines the record is needed to determine an applicant's or participant's eligibility for assistance or level of benefits. I understand that income information obtained from these sources will be used to verify information that I provide in determining eligibility for assisted housing programs and the level of benefits. Therefore, this consent form only authorizes release directly from employers and financial institutions of information.

Consent: *I consent* to allow HUD or the HA to request and obtain income information from the sources listed on this form for the purpose of verifying my eligibility and level of benefits under HUD's assisted housing programs. I understand that HAs that receive income information under this consent form cannot use it to deny, reduce or terminate assistance without first independently verifying what the amount was, whether I actually had access to the funds and when the funds were received. In addition, I must be given an opportunity to contest those determinations.

This consent form remains effective until the earliest of (i) the rendering of a final adverse decision for an assistance applicant; (ii) the cessation of a participant's eligibility for assistance from HUD and the PHA; or (iii) the express revocation by the assistance applicant or recipient (or applicable family member) of the authorization, in a written notification to HUD or the PHA.

Signatures:

2024. 11. 2

Head of Household — Date

402-17-9858

Social Security Number (if any) of Head of Household

N/A — Other Family Member over age 18 — Date

N/A — Spouse — Date

N/A — Other Family Member over age 18 — Date

N/A — Other Family Member over age 18 — Date

N/A — Other Family Member over age 18 — Date

N/A — Other Family Member over age 18 — Date

N/A — Other Family Member over age 18 — Date

Privacy Advisory. Authority: The Department of Housing and Urban Development (HUD) is authorized to collect this information by the U.S. Housing Act of 1937 (42 U.S.C. 1437 et seq.); Title VI of the Civil Rights Act of 1964 (42 U.S.C. 2000d); and by the Fair Housing Act (42 U.S.C. 3601-19). Purpose: This form authorizes HUD and the above-named HA to request income information to verify your household's income in order to ensure that you are eligible for assisted housing benefits and that these benefits are set at the correct level. Failure to provide any of the requested information may result in a delay or rejection of your eligibility approval.

Penalties for Misusing this Consent: HUD and the HA (or any employee of HUD or the HA) may be subject to penalties for unauthorized disclosures or improper uses of information collected based on the consent form. Use of the information collected based on the form HUD 9886 is restricted to the purposes cited on the form HUD 9886. Any person who knowingly or willfully requests, obtains, or discloses any information under false pretenses concerning an applicant or participant may be subject to a misdemeanor and fined not more than $5,000. Any applicant or participant affected by negligent disclosure of information may bring civil action for damages, and seek other relief, as may be appropriate, against the officer or employee of HUD or the HA for the unauthorized disclosure or improper use.

OMB Burden Statement. The public reporting burden for this information collection is estimated to be 0.16 hours for new admissions and .08 hours for household members turning 19, including the time for reviewing, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Collection of information income and assets is required for program eligibility determination purposes. The submission of the consent form is necessary (form-HUD 9886) so that PHAs can carry out the requirements of Section 904 of the Stewart B. McKinney Homeless Assistance Amendments Act of 1988, as amended by Section 912 of the Housing and Community Development Act of 1992 and Section 3003 of the Omnibus Budget Reconciliation Act of 1993 (42 U.S.C. 3544) and Section 104 of HOTMA to ensure that HUD and PHAs can verify eligibility and income information for applicants and participants. This information collection is protected from disclosure by the Privacy Act. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions to reduce this burden, to the Office of Public and Indian Housing, U.S. Department of Housing and Urban Development, Washington, DC 20410. When providing comments, please refer to OMB Approval No. 2577-0095. HUD may not conduct and sponsor, and a person is not required to respond to, a collection of information unless the collection displays a valid control number.

CERTIFICATION OF DOMESTIC VIOLENCE, DATING VIOLENCE, SEXUAL ASSAULT, OR STALKING, AND ALTERNATE DOCUMENTATION

U.S. Department of Housing and Urban Development

OMB Approval No. 2577-0286
Expires until further notice

Purpose of Form: The Violence Against Women Act ("VAWA") protects applicants, tenants, and program participants in certain HUD programs from being evicted, denied housing assistance, or terminated from housing assistance based on acts of domestic violence, dating violence, sexual assault, or stalking against them. Despite the name of this law, VAWA protection is available to victims of domestic violence, dating violence, sexual assault, and stalking, regardless of sex, gender identity, or sexual orientation.

Use of This Optional Form: If you are seeking VAWA protections from your housing provider, your housing provider may give you a written request that asks you to submit documentation about the incident or incidents of domestic violence, dating violence, sexual assault, or stalking.

In response to this request, you or someone on your behalf may complete this optional form and submit it to your housing provider, or you may submit one of the following types of third-party documentation:

(1) A document signed by you and an employee, agent, or volunteer of a victim service provider, an attorney, or medical professional, or a mental health professional (collectively, "professional") from whom you have sought assistance relating to domestic violence, dating violence, sexual assault, or stalking, or the effects of abuse. The document must specify, under penalty of perjury, that the professional believes the incident or incidents of domestic violence, dating violence, sexual assault, or stalking occurred and meet the definition of "domestic violence," "dating violence," "sexual assault," or "stalking" in HUD's regulations at 24 CFR 5.2003.

(2) A record of a Federal, State, tribal, territorial or local law enforcement agency, court, or administrative agency; or

(3) At the discretion of the housing provider, a statement or other evidence provided by the applicant or tenant.

Submission of Documentation: The time period to submit documentation is 14 business days from the date that you receive a written request from your housing provider asking that you provide documentation of the occurrence of domestic violence, dating violence, sexual assault, or stalking. Your housing provider may, but is not required to, extend the time period to submit the documentation, if you request an extension of the time period. If the requested information is not received within 14 business days of when you received the request for the documentation, or any extension of the date provided by your housing provider, your housing provider does not need to grant you any of the VAWA protections. Distribution or issuance of this form does not serve as a written request for certification.

Confidentiality: All information provided to your housing provider concerning the incident(s) of domestic violence, dating violence, sexual assault, or stalking shall be kept confidential and such details shall not be entered into any shared database. Employees of your housing provider are not to have access to these details unless to grant or deny VAWA protections to you, and such employees may not disclose this information to any other entity or individual, except to the extent that disclosure is: (i) consented to by you in writing in a time-limited release; (ii) required for use in an eviction proceeding or hearing regarding termination of assistance; or (iii) otherwise required by applicable law.

Form HUD-5382 (12/2016)
Locally revised for LMHA (04/2018)

TO BE COMPLETED BY OR ON BEHALF OF THE VICTIM OF DOMESTIC VIOLENCE, DATING VIOLENCE, SEXUAL ASSAULT, OR STALKING

1. **Date the written request is received by victim:** NA
2. **Name of victim:** NA
3. **Your name (if different from victim's):** NA
4. **Name(s) of other family member(s) listed on the lease:** NA
5. **Residence of victim:** NA
6. **Name of the accused perpetrator (if known and can be safely disclosed):** NA
7. **Relationship of the accused perpetrator to the victim:** NA
8. **Date(s) and times(s) of incident(s) (if known):** NA
10. **Location of incident(s):** NA

In your own words, briefly describe the incident(s):

NA

This is to certify that the information provided on this form is true and correct to the best of my knowledge and recollection, and that the individual named above in Item 2 is or has been a victim of domestic violence, dating violence, sexual assault, or stalking. I acknowledge that submission of false information could jeopardize program eligibility and could be the basis for denial of admission, termination of assistance, or eviction.

Signature NA Signed on (Date) NA

Public Reporting Burden: The public reporting burden for this collection of information is estimated to average 1 hour per response. This includes the time for collecting, reviewing, and reporting the data. The information provided is to be used by the housing provider to request certification that the applicant or tenant is a victim of domestic violence, dating violence, sexual assault, or stalking. The information is subject to the confidentiality requirements of VAWA. This agency may not collect this information, and you are not required to complete this form, unless it displays a currently valid Office of Management and Budget control number.

EMERGENCY TRANSFER REQUEST FOR CERTAIN VICTIMS OF DOMESTIC VIOLENCE, DATING VIOLENCE, SEXUAL ASSAULT, OR STALKING

U.S. Department of Housing and Urban Development

OMB Approval No. 2577-0286
Expires until further notice

Purpose of Form: If you are a victim of domestic violence, dating violence, sexual assault, or stalking, and you are seeking an emergency transfer, you may use this form to request an emergency transfer and certify that you meet the requirements of eligibility for an emergency transfer under the Violence Against Women Act (VAWA). Although the statutory name references women, VAWA rights and protections apply to all victims of domestic violence, dating violence, sexual assault or stalking. Using this form does not necessarily mean that you will receive an emergency transfer. See your housing provider's emergency transfer plan for more information about the availability of emergency transfers.

The requirements you must meet are:

(1) You are a victim of domestic violence, dating violence, sexual assault, or stalking. If your housing provider does not already have documentation that you are a victim of domestic violence, dating violence, sexual assault, or stalking, your housing provider may ask you for such documentation. In response, you may submit Form HUD-5382, or any one of the other types of documentation listed on that Form.

(2) You expressly request the emergency transfer. Submission of this form confirms that you have expressly requested a transfer. Your housing provider may choose to require that you submit this form, or may accept another written or oral request. Please see your housing provider's emergency transfer plan for more details.

(3) You reasonably believe you are threatened with imminent harm from further violence if you remain in your current unit. This means you have a reason to fear that if you do not receive a transfer you would suffer violence in the very near future.

OR

You are a victim of sexual assault and the assault occurred on the premises during the 90-calendar-day period before you request a transfer. If you are a victim of sexual assault, then in addition to qualifying for an emergency transfer because you reasonably believe you are threatened with imminent harm from further violence if you remain in your unit, you may qualify for an emergency transfer if the sexual assault occurred on the premises of the property from which you are seeking your transfer, and that assault happened within the 90-calendar-day period before you submit this form or otherwise expressly request the transfer.

Submission of Documentation: If you have third-party documentation that demonstrates why you are eligible for an emergency transfer, you should submit that documentation to your housing provider if it is safe for you to do so. Examples of third party documentation include, but are not limited to: a letter or other documentation from a victim service provider, social worker, legal assistance provider, pastoral counselor, mental health provider, or other professional from whom you have sought assistance; a current restraining order; a recent court order or other court records; a law enforcement report or records; communication records from the perpetrator of the violence or family members or friends of the perpetrator of the violence, including emails, voicemails, text messages, and social media posts

Confidentiality: All information provided to your housing provider concerning the incident(s) of domestic violence, dating violence, sexual assault, or stalking, and concerning your request for an emergency transfer shall be kept confidential. Such details shall not be entered into any shared database. Employees of your housing provider are not to have access to these details unless to grant or deny VAWA protections or an emergency transfer to you. Such employees may not disclose this information to any other entity or individual, except to the extent that disclosure is: (i) consented to by you in writing in a time-limited release; (ii) required for use in an eviction proceeding or hearing regarding termination of assistance; or (iii) otherwise required by applicable law.

TO BE COMPLETED BY OR ON BEHALF OF THE PERSON REQUESTING A TRANSFER

1. **Name of victim requesting an emergency transfer:** NA
2. **Your name (if different from victim's)** NA
3. **Name(s) of other family member(s) listed on the lease:** NA
4. **Name(s) of other family member(s) who would transfer with the victim:** NA
5. **Address of location from which the victim seeks to transfer:** NA
6. **Address or phone number for contacting the victim:** NA
7. **Name of the accused perpetrator (if known and can be safely disclosed):** NA
8. **Relationship of the accused perpetrator to the victim:** NA
9. **Date(s), Time(s) and location(s) of incident(s):** NA

10. **Is the person requesting the transfer a victim of a sexual assault that occurred in the past 90 days on the premises of the property from which the victim is seeking a transfer? If yes, skip question 11. If no, fill out question 11.** NA

11. **Describe why the victim believes they are threatened with imminent harm from further violence if they remain in their current unit.** NA

12. **If voluntarily provided, list any third-party documentation you are providing along with this notice:** NA

This is to certify that the information provided on this form is true and correct to the best of my knowledge, and that the individual named above in Item 1 meets the requirement laid out on this form for an emergency transfer. I acknowledge that submission of false information could jeopardize program eligibility and could be the basis for denial of admission, termination of assistance, or eviction.

Signature NA Signed on (Date) NA

Form HUD-5383
(12/2016)

LOUISVILLE METRO HOUSING AUTHORITY
600 S. 7th Street, Louisville, KY 40203 (502) 569-6060
TDD (502) 587-0831 Fax (502) 587-1027

John A. Fouts

AFFIDAVIT OF NO INCOME

I, NA, SSN# NA

residing at NA

DO HEREBY CERTIFY THAT I/WE DO NOT RECEIVE INCOME FROM ANY SOURCE.

I UNDERSTAND THAT SOURCES OF INCOME INCLUDE BUT ARE NOT LIMITED TO:

UNEMPLOYMENT	ARMED FORCES INCOME
SOCIAL SERVICES INCLUDING:	EMPLOYMENT INCOME
KTAP AND GENERAL ASSISTANCE	SOCIAL SECURITY INCOME
DISABILITY BENEFITS	SSI
INCOME FROM ASSETS	VA OR OTHER PENSION
SCHOOL GRANTS	RETIREMENT INCOME
SELF EMPLOYMENT, INCLUDING:	SPOUSAL SUPPORT (ALIMONY)
CHILD CARE, HOUSE WORK, HAIR	CHILD SUPPORT
STYLING, NAIL TECH, ETC.	FAMILY SUPPORT (PARENTS, ETC.)
CONTRIBUTIONS FROM ANY SOURCE,	INTEREST FROM SAVING OR CHECKING
FAMILY, FRIENDS, ETC.	ACCOUNTS OR OTHER INTEREST RECEIVED

I/WE UNDERSTAND THAT IF I/WE LATER RECEIVE INCOME FROM ANY SOURCE, I/WE WILL REPORT IT TO THE HOUSING AUTHORITY WITHIN 10 DAYS.

I/WE SIGN THIS DECLARATION UNDER PENALTY OF PERJURY AND WITH FULL KNOWLEDGE OF THE REPERCUSSIONS OF WILLFUL FALSIFICATION AND FALSE SWEARING UNDER KENTUCKY LAW. (ALL ADULTS OVER 18 YEARS OF AGE MUST SIGN).

WARNING: Section 1001 of Title 18 of the United States Code makes it a criminal offence to make willful false statements of misrepresentation to any Department or Agency of the United States as to any matter within its jurisdiction.

SIGNED NA DATE NA

SIGNED NA DATE NA

SIGNED NA DATE NA

PLEASE COMPLETE BACK SIDE OF THIS FORM ALSO

TENANT RELEASE AND CONSENT

I/We John R. Fouts, the undersigned hereby, authorize all persons or companies in the categories listed below to release without liability information regarding employment, income and/or assets to LOUISVILLE METRO HOUSING AUTHORITY for purposes of verifying information
(Owner or agent)
on my/our apartment rental application.

INFORMATION COVERED

I/We understand that previous or current information regarding me/us may be needed. Verifications and inquiries that may be requested include, but are not limited to, personal identity; employment, income and assets; medical or child care allowances. I/We understand that this authorization cannot be used to obtain any information about me/us that is not pertinent to my/our eligibility for and continued participation as a qualified tenant.

GROUPS OR INDIVIDUALS THAT MAY BE ASKED

The groups or individuals that may be asked to release the above information includes, but are not limited to:

Past and Present Employees
Previous Landlords (Including Public Housing Agencies)
Support and Alimony Providers
Welfare Agencies
State Unemployment Agencies
Social Security Administration
Medical and Child Care Providers
Veterans Administration
Retirement Systems
Banks and Other Financial Institutions

CONDITIONS

I/We agree that a photocopy of this authorization may be used for the purposes stated above. The original of this authorization is on file and will stay in effect for a year and one month from the date signed. I/We understand I/we have a right to review this file and correct any information that is incorrect.

SIGNATURES

Applicant/Resident	John R. Fouts	2024-11-02
Coapplicant/Resident	Print Name	Date
Adult Member	Print Name	Date
Adult Member	Print Name	Date

NOTE: THIS GENERAL CONSENT MAY NOT BE USED TO REQUEST A COPY OF A TAX RETURN. IF A COPY OF A TAX RETURN IS NEEDED, IRS FORM 4506, "REQUEST FOR COPY OF TAX FORM," MUST BE PREPARED AND SIGNED SEPARATELY.

This page must be completed for all households with no income.

A. Does anyone in household have a vehicle? Yes ✓ No ____
If yes, who pays vehicle payment and other related expenses? John R. Fouts
a. Amount of vehicle payment per month $ 0
b. Amount of gas, oil, and related expenses per month $ 100-200 → Avg $200 est
c. Cost of tags and insurance $ Tags $30/12 = $4 every year
TOTAL MONTHLY $ 325.15 avg

B. Does anyone in household have a phone? Including cell phone. Yes ✓ No ____
If yes, who pays the monthly service? My mother (Bonnie Cook Fouts)
a. Cost of monthly service TOTAL MONTHLY $ 60.26

C. Does anyone in household have a television? Yes ✓ No ____ Do they own or rent it ____
If they rent, who pays the monthly payment? NA
TOTAL MONTHLY $ NA

D. Does anyone in household have cable TV? Yes ____ No ✓
If yes, who pays the monthly payment? NA
TOTAL MONTHLY $ NA

E. Does anyone in household have a stereo? Yes ____ No ✓ Do they own or rent it NA
If they rent it, who pays the monthly payment? NA
TOTAL MONTHLY $ NA

F. Does anyone in household have a washer and/or dryer? Yes ____ No ✓ Do they own or rent it NA
If they rent it, who pays monthly payment? NA
TOTAL MONTHLY $ NA

Self Sufficiency Items

A. How much do all adults in the household pay monthly for the following items?
1. Clothing $ 70
2. Food $ 1200-1600 Estimated → cost of gluten free food (medically necessary)
3. Soap $ 20
4. Detergent $ 20
5. Toilet Tissue $ 30
6. Personal Hygiene Items $ 60 → Does this need to include cost of haircut? At 30 → closer to $90 or $100 Self ✓

$1840 All estimated amounts

W/a $1600 as food for the rest of the month inflation

Transportation

A. Who provides transportation for members in the household? Friend NA Relative NA Bus NA Cab NA
Who pays the cost of their transportation? John R. Fouts
TOTAL MONTHLY $ Already included For Above
TOTAL MONTHLY EXPENSES LISTED ABOVE $ 2161.15

If you listed expenses above that are paid by you or other adult household members, please give an explanation of how you/they pay these expenses:
My mom pays for phone bill through T-Mobile

Does not even include related expenses.

4. **SOCIAL SECURITY NUMBER VERIFICATION:** Send in copies of Social Security cards for all persons now living with you who were not listed on your previous Personal Declaration
No new members

5. **PICTURE IDENTIFICATION:** Send in copies of picture identification cards (example: driver's license, state ID card) for all household members 18 years of age and older not listed on your previous Personal Declaration. No new household members

6. **BIRTH CERTIFICATE OR HOSPITAL CERTIFICATE:** Send in copies of the birth certificate or hospital certificate for all minors in the household that were not listed on the previous Personal Declaration.
Sent previously w/ last application

TOTAL HOUSEHOLD INCOME: List ALL INCOME currently or soon to be earned/received by everyone in your household. Please see "What to Submit" for examples of types of income. Income received on behalf of minors MUST be reported. If a household member is employed, he/she must complete the employment section below. If you don't have enough room here to write down all the income in your household, attach an additional page. Put N/A if your household has no income.

Household Member's Name	Source or Type of Income (e.g. wages, Social Security, SSI, KTAP, Child Support, etc.)	Monthly Amount	Other Information
John R. Fouts	Soc. Sec. Disability	$ 2014	SSDI Title 2
Jackie A. Fouts (Jack)	SSDI child of a Disabled worker	$ 1007	
John R. Fouts	(Mom) Dad helps w/ Rent when Extra $	$	Not Sure how long Pop will help...
		$	
		$	

EMPLOYMENT

Name	NA	Employer	NA	Occupation	NA	Date Employment Started	NA
Address of Employer	NA			Supervisor	NA		
City	NA	State	NA Zip NA	Supervisor's Phone	NA		
Name	NA	Employer	NA	Occupation	NA	Date Employment Started	NA
Address of Employer	NA			Supervisor	NA		
City	NA	State	NA Zip NA	Supervisor's Phone	NA		
Name	NA	Employer	NA	Occupation	NA	Date Employment Started	NA
Address of Employer	NA			Supervisor	NA		
City	NA	State	NA Zip NA	Supervisor's Phone	NA		

- Does anyone outside of your household pay for any of your bills or give you money on a regular basis? ☑ Yes ☐ No
  If yes, please explain in detail (a statement from the person stating frequency and amount of contribution).
  Bob Fouts (Dad) helps w/ Storage unit Fee ($225 month) Extra Space Storage 7415 Bardstown Rd; Louisville
- Does any member of the family receive child support? ☐ Yes ☑ No
  Name of Family Member & Child/Children & amount(s) received NA
- Does any member of the family receive SNAP benefits (food stamps)? ☑ Yes ☐ No
  If so, please provide name of recipient(s) and amount(s) received: John Fouts + Jackie Fouts → was $13[illegible]/month total → now is $411/month total
- Is any adult in the household self-employed? ☐ Yes ☑ No
  Name of Family Member: NA Business NA
- Is any adult in the household participating in a government training program? ☐ Yes ☑ No
  If yes, list name of family member and the training program here: NA

Louisville Metro Housing Stabilization Program

Case management and rental assistance for eligible households.

***Case management focuses on employment, education, housing, wellness and income management goals.**

Eligibility Includes:

- Be an income-eligible renter legally residing in Jefferson County;
- Have a legally binding lease that covers the assistance period; and
- Must include at least one household member who has a documented work history of at least 250 hours within the past 6 months;
- Household must not exceed 200% of the federal poverty guidelines (see chart below).
- Be willing to participate in case management, and meet other eligibility criteria.

	200% of Federal Poverty Guidelines
1	$27,180 yearly/ $2,265 monthly or less
2	$36,620 yearly/ $3,052 monthly or less
3	$46,060 yearly/ $3,838 monthly or less
4	$55,500 yearly/ $4,625monthly or less
5	$64,940 yearly/ $5,412 monthly or less
6	$74,380 yearly/ $6,198 monthly or less
7	$83,820 yearly/ $6,985 monthly or less
8	$93,260 yearly/ $7,772 monthly or less

Required Documentation Includes:

- Picture ID for ALL adult members (18 yrs. and older) in the household
- Proof of social security for all household members, or ITIN numbers, or proof of age for under 2 years old.
- Proof of income at or below 200% federal poverty guidelines;
- Copy of the most recent lease or rental agreement;
- Past-due rent notice if applicable or verification is immediately due;
- Proof of documented work history of at least 250 hours within the past 6 months
- W-9 for landlords not already in our rent assistance system.

How to Apply!

Call 502-308-3344

or visit housingstability.itfrontdesk.com to schedule an appointment

Appointments will be conducted in-person.

A staff member will call 2-4 days within your scheduled appointment for a prescreening interview.

Funds are paid directly to the landlord. Applicants served on a first-come, first-served basis. Eligibility for all programs is subject to program calendars, fund availability, appointment availability, verifiable household income and family size.

This project is funded, in part, under a contract with the Cabinet for Health and Family Services with funds from the Community Services Block Grant of the U.S. Department of Health and Human Services

Gmail John Fouts <fouts.john@gmail.com>

Fwd: Undeliverable: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03

1 message

John Fouts <fouts.john@gmail.com> Tue, Dec 3, 2024 at 3:42 PM
To: patientadvocacy@sfnlife.org

---------- Forwarded message ---------
From: <postmaster@lmha1.org>
Date: Tue, Dec 3, 2024 at 3:38 PM
Subject: Undeliverable: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03
To: <fouts.john@gmail.com>

Office 365

Your message to Roseberry@lmha1.org couldn't be delivered.

Roseberry@lmha1.org only accepts messages from people in its organization or on its allowed senders list, and your email address isn't on the list.

fouts.john	Office 365	Roseberry
Sender		Action Required
		Sender not allowed

How to Fix It

It appears you aren't in the same organization as the recipient or your email address isn't on their allowed senders list. Contact the person you're sending your message to (by phone, for example) and tell them to ask their email admin to change the settings on their mailbox so it will accept messages from you.

Was this helpful? Send feedback to Microsoft.

More Info for Email Admins

Status code: 550 5.7.134

This error occurs when the recipient (an Office 365 mailbox) is configured to accept messages only from authenticated senders (senders in the same organization or those added to the recipient's allowed senders list).

To fix the issue, the recipient's email admin must add the sender's email address to the mailbox's allowed senders list, or they must turn off the mailbox's message delivery restrictions setting that requires that all senders to it are authenticated.

This issue can only be fixed by the recipient's email admin.

For more information and steps to fix this issue, see Fix email delivery issues for error code 5.7.134 in Office 365.

Original Message Details

Created Date:	12/3/2024 8:38:28 PM
Sender Address:	fouts.john@gmail.com
Recipient Address:	Roseberry@lmha1.org
Subject:	Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03

Error Details

Error:	*550 5.7.134 RESOLVER.RST.SenderNotAuthenticatedForMailbox; authentication required; Delivery restriction check failed because the sender was not authenticated when sending to this mailbox*
Message rejected by:	CY8PR05MB9546.namprd05.prod.outlook.com

Notification Details

Sent by: *CY8PR05MB9546.namprd05.prod.outlook.com*

Message Hops

HOP	TIME (UTC)	FROM	TO	WITH	RELAY TIME
1	12/3/2024 8:38:37 PM	[127.0.0.1]	smtp.gmail.com	ESMTPSA	9 sec
2	12/3/2024 8:38:40 PM		mail-ej1-f51.google.com	SMTP	3 sec
3	12/3/2024 8:38:40 PM	mail-ej1-f51.google.com	DS3PEPF0000C37E.mail.protection.outlook.com	Microsoft SMTP Server (version=TLS1_3, cipher=TLS_AES_256_GCM_SHA384)	*
4	12/3/2024 8:38:40 PM	DS3PEPF0000C37E.namprd04.prod.outlook.com	CH0PR13CA0051.outlook.office365.com	Microsoft SMTP Server (version=TLS1_3, cipher=TLS_AES_256_GCM_SHA384)	*
5	12/3/2024 8:38:40 PM	CH0PR13CA0051.namprd13.prod.outlook.com	CY8PR05MB9546.namprd05.prod.outlook.com	Microsoft SMTP Server (version=TLS1_2, cipher=TLS_ECDHE_RSA_WITH_AES_256_GCM_SHA384)	*

Original Message Headers

```
Received: from CH0PR13CA0051.namprd13.prod.outlook.com (2603:10b6:610:b2::26)
 by CY8PR05MB9546.namprd05.prod.outlook.com (2603:10b6:930:9d::19) with
 Microsoft SMTP Server (version=TLS1_2,
 cipher=TLS_ECDHE_RSA_WITH_AES_256_GCM_SHA384) id 15.20.8207.18; Tue, 3 Dec
 2024 20:38:40 +0000
Received: from DS3PEPF0000C37E.namprd04.prod.outlook.com
 (2603:10b6:610:b2:cafe::1c) by CH0PR13CA0051.outlook.office365.com
 (2603:10b6:610:b2::26) with Microsoft SMTP Server (version=TLS1_3,
 cipher=TLS_AES_256_GCM_SHA384) id 15.20.8230.8 via Frontend Transport; Tue, 3
 Dec 2024 20:38:40 +0000
Authentication-Results: spf=pass (sender IP is 209.85.218.51)
 smtp.mailfrom=gmail.com; dkim=pass (signature was verified)
 header.d=gmail.com;dmarc=pass action=none header.from=gmail.com;
Received-SPF: Pass (protection.outlook.com: domain of gmail.com designates
 209.85.218.51 as permitted sender) receiver=protection.outlook.com;
 client-ip=209.85.218.51; helo=mail-ej1-f51.google.com; pr=C
Received: from mail-ej1-f51.google.com (209.85.218.51) by
 DS3PEPF0000C37E.mail.protection.outlook.com (10.167.23.8) with Microsoft SMTP
 Server (version=TLS1_3, cipher=TLS_AES_256_GCM_SHA384) id 15.20.8230.7 via
 Frontend Transport; Tue, 3 Dec 2024 20:38:40 +0000
Received: by mail-ej1-f51.google.com with SMTP id a640c23a62f3a-aa54adcb894so798911966b.0
        for <Roseberry@lmha1.org>; Tue, 03 Dec 2024 12:38:40 -0800 (PST)
DKIM-Signature: v=1; a=rsa-sha256; c=relaxed/relaxed;
        d=gmail.com; s=20230601; t=1733258319; x=1733863119; darn=lmha1.org;
        h=mime-version:date:message-id:subject:references:cc:to:from:from:to
         :cc:subject:date:message-id:reply-to;
        bh=0TpGNzHuJ3TIDJkMUaYQFkxnFg6qj9R3mN0P/KRKJ9Y=;
        b=FqoqBwPRFx9xXtlFVWaY2jq3bm6iCj/1PyJ8PKy2dxa8j7GBO2cpmLxUpMP2Dqgkv0
         NS4HH7eqxklQgyOUoubp3mv8k9hx9OBuQvb/3d+pQ+7d+nAbTQ0gVawl3asua2u44zoa
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         :x-gm-message-state:from:to:cc:subject:date:message-id:reply-to;
        bh=0TpGNzHuJ3TIDJkMUaYQFkxnFg6qj9R3mN0P/KRKJ9Y=;
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r1yoe7L61bO9zUHT2tVg=@lmha1.org
X-Gm-Message-State: AOJu0YzMe4Uaqi86tETK9jzXxRMFMmy1G3GBw4hKaIIksftq7eh2/Qzl
        h8xjssYzj4aJZZMQz84xwo/damtjqahagaofhEKjl7oqBCgLkCpPzmeO8A==
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        h7kO5R9+BMMjUBb7aIC0zdhB1tQVBN0VFNN2M8osHNRjwWhuWtKO7XHIz//YYFn8LpVLBkv12L9
        tIk0Z4p/xV/tjGfJIlJF9EnMlzTA5mEDjzrdS4x1EukWHym0N6bVmAup5C+OueGSdi6zLUs2B0Z
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        Z1aABbP28mt9fgUylUiq0puIAjThWw==
X-Google-Smtp-Source: AGHT+IEVbkynmHeW6iwzV7GdGrZ+hJB9D+uOZwa33IKe7QhHxjaSzEGsTPitPgNE
5DG0ym1Emi3K9w==
X-Received: by 2002:a17:906:1db1:b0:aa5:3853:553f with SMTP id a640c23a62f3a-
aa5f7dc91d5mr306138366b.32.1733258318013;
        Tue, 03 Dec 2024 12:38:38 -0800 (PST)
Return-Path: fouts.john@gmail.com
Received: from [127.0.0.1] (ec2-52-18-112-196.eu-west-1.compute.amazonaws.com.
[52.18.112.196])
        by smtp.gmail.com with ESMTPSA id a640c23a62f3a-aa5996dbee1sm651389366b.45.
```

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

2024.12.03.12.38.35
for <Roseberry@lmha1.org>
(version=TLS1_3 cipher=TLS_AES_256_GCM_SHA384 bits=256/256);
Tue, 03 Dec 2024 12:38:37 -0800 (PST)
From: John Fouts <fouts.john@gmail.com>
To: recerts@lmha1.org, Deborah Gilbert <gilbert@lmha1.org>, "McNeil, Frank H" <frank.h.mcneil@hud.gov>, Rose McCarty <mccarty@lmha1.org>, nmlmhares@lmha1.org, Mark Roseberry <Roseberry@lmha1.org>
CC: eeo@hud.gov, whistleblower@hudoig.gov
References: <548cdd6b9a.f92@mailtrack.io>
Subject: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03
Message-ID: <4a1b57de-8ecf-4b75-8040-d33f82ccfa39@gmail.com>
Date: Tue, 03 Dec 2024 20:38:28 +0000
MIME-Version: 1.0
Content-Type: multipart/mixed; boundary="--_NmP-a33bb49f58bf3071-Part_1"
X-EOPAttributedMessage: 0
X-EOPTenantAttributedMessage: 40ef2652-96df-4cfd-ae84-c1c33be74018:0
X-MS-PublicTrafficType: Email
X-MS-TrafficTypeDiagnostic: DS3PEPF0000C37E:EE_|CY8PR05MB9546:EE_
X-MS-Office365-Filtering-Correlation-Id: e6d59253-71ec-4a42-4e99-08dd13da78b8

---------- Forwarded message ----------
From: John Fouts <fouts.john@gmail.com>
To: recerts@lmha1.org, Deborah Gilbert <gilbert@lmha1.org>, "McNeil, Frank H" <frank.h.mcneil@hud.gov>, Rose McCarty <mccarty@lmha1.org>, nmlmhares@lmha1.org, Mark Roseberry <Roseberry@lmha1.org>
Cc: eeo@hud.gov, whistleblower@hudoig.gov
Bcc:
Date: Tue, 03 Dec 2024 20:38:28 +0000
Subject: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03
I still have yet to hear from LMHA -- I still cannot get a confirmation of receipt on your end that you received the information, that I can prove was received....and I still cannot get many if not most of my questions answered.

2024-12-03 -- I require a response of some kind - a response is mandatory - not optional. I have faxed, and emailed multiple times and have not received a word back. Ignoring someone is not okay. Please confirm receipt. I can see that the fax I sent on 2024-11-04 was successful. I also have reached out to Rose McCarty, Deborah Gilbert, the nmlmhares@lmha1.org email, and emailed recerts@lmha1.org per Rose McCarty. I have heard nothing back from anyone regarding the recertification, what next steps are, questions not addressed by the person handling housing for a house, who advised me to go through the recert process, which I have filled out all of the paperwork and submitted forms for, however, still, nothing but crickets from LMHA....

Then tonight I keep receiving this error - so is there an issue with hud.gov?

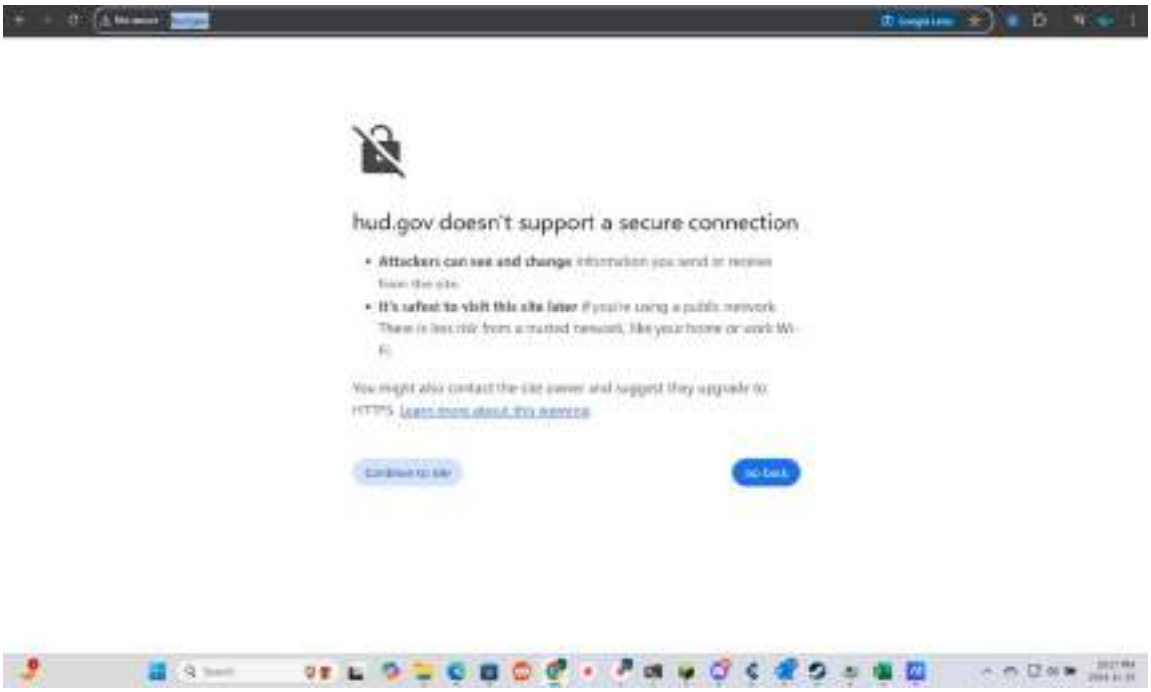
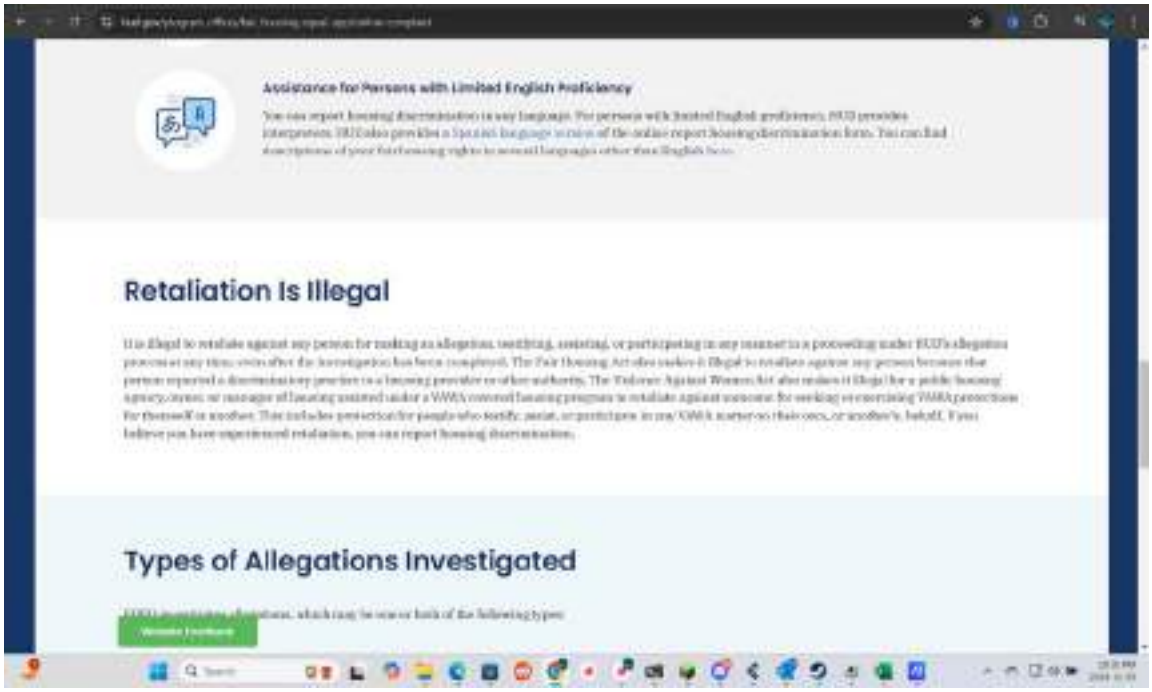


EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END



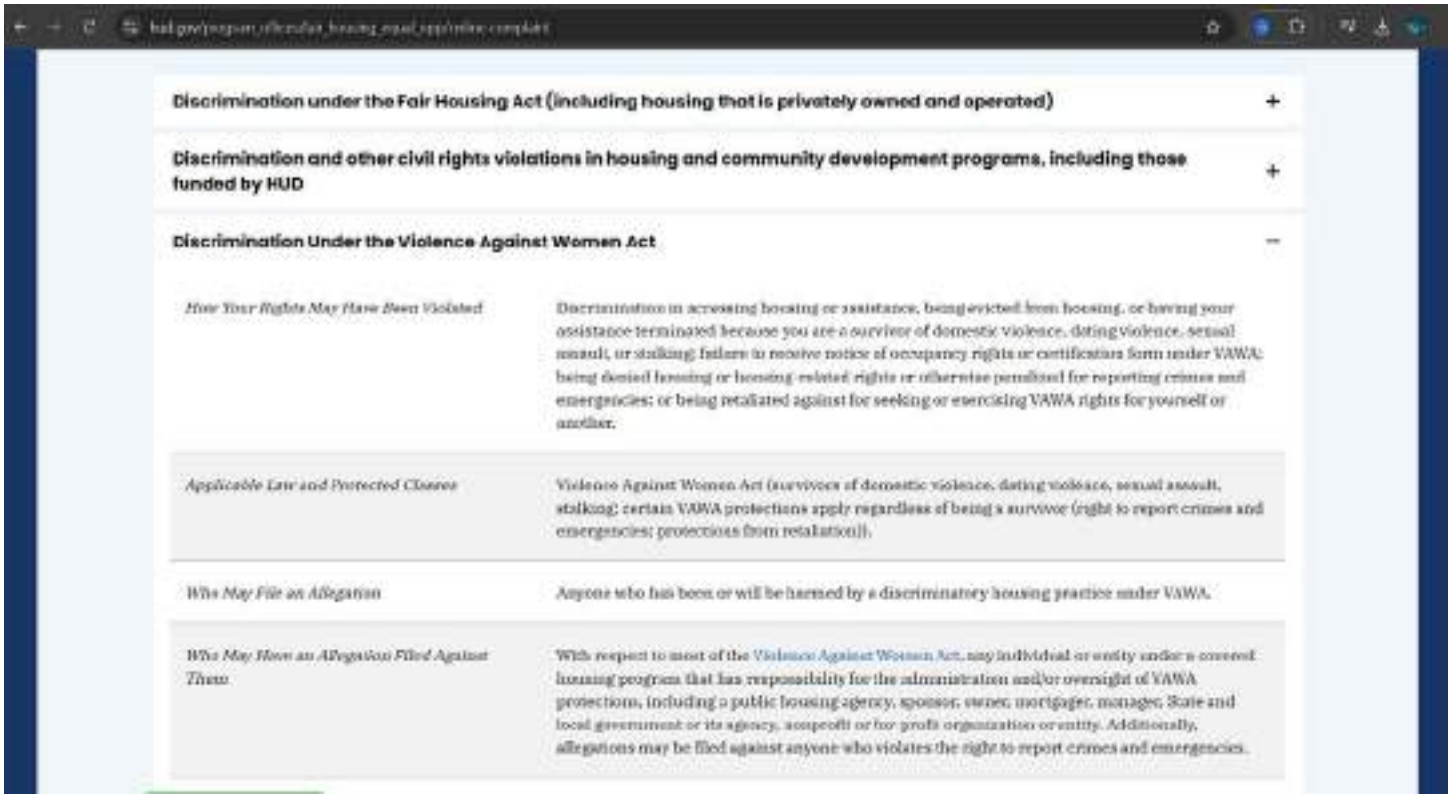
2024-11-19 -- Email below in thread -- sent to recerts@lmha1.org per Rose McCarty guidance - sent 2024-11-19

2024-11-11 -- Sent email to Rose M. when had not heard from nmlmhares@lmha1.org who paperwork indicated information needed to be sent to.

2024-11-07 -- Sent email to Rose M., Deborah Gilbert, and Irina Bassett to find out if paperwork was received and get questions answered.

2024-11-04 -- Faxed 2024-11-04 -- Confirmation of Successful Transmission -- Faxed to Fax Number Received on LMHA Paperwork Received

9776136619	420690	John R Fouts	fouts.john@gmail.com	LMHACDRReviewAnnual	(502)587-1027	Success	Success	2024-11-04 20:22:38	2024-11-04 20:29:57	00:06:47	19	19	View - TIFF - PDF - Trans Delete Re-Send



Discrimination under the Fair Housing Act (including housing that is privately owned and operated) +

Discrimination and other civil rights violations in housing and community development programs, including those funded by HUD +

Discrimination Under the Violence Against Women Act −

How Your Rights May Have Been Violated	Discrimination in accessing housing or assistance, being evicted from housing, or having your assistance terminated because you are a survivor of domestic violence, dating violence, sexual assault, or stalking; failure to receive notice of occupancy rights or certification form under VAWA; being denied housing or housing-related rights or otherwise penalized for reporting crimes and emergencies; or being retaliated against for seeking or exercising VAWA rights for yourself or another.
Applicable Law and Protected Classes	Violence Against Women Act (survivors of domestic violence, dating violence, sexual assault, stalking; certain VAWA protections apply regardless of being a survivor (right to report crimes and emergencies; protections from retaliation)).
Who May File an Allegation	Anyone who has been or will be harmed by a discriminatory housing practice under VAWA.
Who May Have an Allegation Filed Against Them	With respect to most of the Violence Against Women Act, any individual or entity under a covered housing program that has responsibility for the administration and/or oversight of VAWA protections, including a public housing agency, sponsor, owner, mortgagee, manager, State and local government or its agency, nonprofit or for-profit organization or entity. Additionally, allegations may be filed against anyone who violates the right to report crimes and emergencies.

==========

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Nov 19, 2024 at 10:54 PM
Subject: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19
To: <recerts@lmha1.org>

Please confirm receipt of this email and packet of very important information.

John R. Fouts

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

---------- Forwarded message ---------
From: **Rose McCarty** <McCarty@lmha1.org>
Date: Mon, Nov 11, 2024 at 9:28 AM
Subject: RE: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.
To: John Fouts <fouts.john@gmail.com>

If you mean the paperwork to renew your lease then send an email to recerts@lmha1.org. This is the email to use if you have questions about renewing your lease.

Rose McCarty

Portability Coordinator

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Louisville Metro Housing Authority

600 South Seventh Street

Louisville, KY 40203

Ph (502) 569-6084

Fax 502-587-7322

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 7, 2024 9:33 PM
To: Rose McCarty <McCarty@LMHA1.org>; Deborah Gilbert <gilbert@LMHA1.org>
Subject: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.

I faxed in the documentation (and received a successful fax transmission report), and I also had emailed the contact on the paperwork. I then wrote to you to confirm that you all at LMHA had what you needed and I had received a portal link to update identical paperwork there - is it necessary for me to do that as well? I need an answer please.

Irina Bassett was my last contact, but she no longer is in her position she was in at LMHA (she had emailed me that), and you are the only contact I have aside from her aside from Deborah Gilbert.

Since I did not receive any guidance, no direction, and no communication - I am copying Deborah here so I can hopefully get some kind of a response.

I look forward to hearing from LMHA so I know what to do and what my options are....

My other questions, sent, included, how any other housing (to own) program works with LMHA for people that are disabled like me and not able to work. I need to know these answers please (programs I would be able to qualify for). I expect a prompt response.

Sincerely,

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Email. Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

--

Equalizing Justice and Compassion for All,

John R. Fouts, MBA
fouts.john@gmail.com
Fax. 502.996.8246

https://youtube.com/@sfn-life
https://sfnlife.org

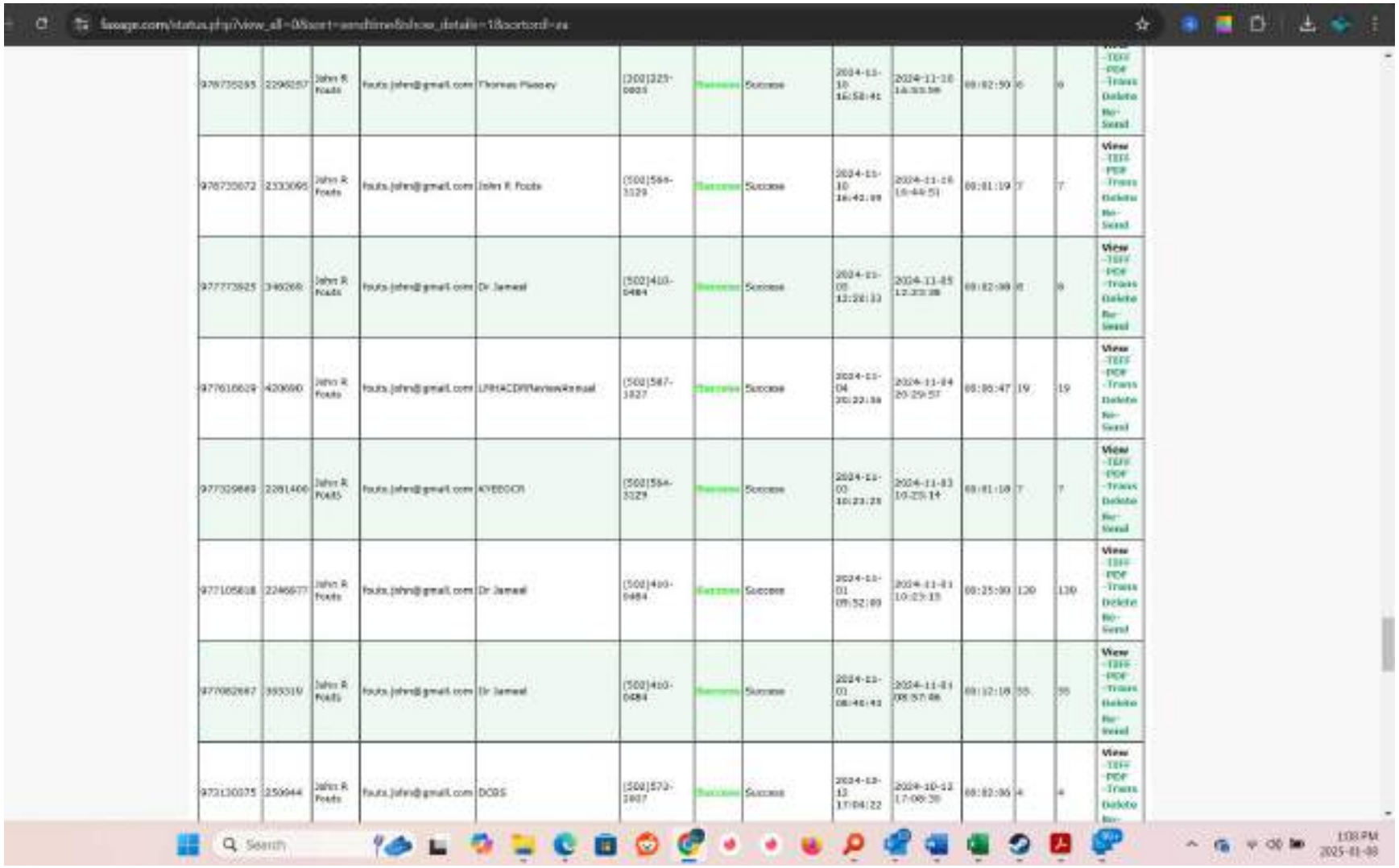
2 attachments

2024-11-19-Re-Sending-Again-Since-Did-Not-Get-Receipt-But-Fax-Status-Was-Successful-LMHA-Housing-Voucher-Recertification-John-R-Fouts-1749082541.pdf
876K

2024-12-03-HUD-Ombudsman-Letter-JRF-LMHA-Louisville-KY.pdf
84K

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Report Result from Faxage.com Shows Successful Fax for LMHACDRReviewAnnual on 2024-11-04



Gmail John Fouts <fouts.john@gmail.com>

Fax Status for Job ID 977616619 to (502)587-1027

1 message

FAXAGE <support@faxage.com> Mon, Nov 4, 2024 at 10:29 PM
To: John R Fouts <fouts.john@gmail.com>

Your fax job has completed. Details are below:

To: LMHACDRReviewAnnual
Number: (502)587-1027
Status: Success
Finished At: 2024-11-4 20:29:57 MST
Transmit Time: 00:06:47
Page Count: 19
Pages Sent: 19

transmission-977616619.pdf
460K

HUD Ombudsman Letter -- Federal

2024-12-03

Subject: Urgent Assistance Needed for Unanswered Recertification and Housing Issues – LMHA Non-Response – Despite Many Attempts

To: HUD Ombudsman

To Whom It May Concern:

I am writing to formally request urgent assistance regarding my ongoing attempts to address my housing recertification with the Louisville Metro Housing Authority (LMHA). Despite repeated efforts through multiple channels, including emails, faxes, and outreach to specific LMHA staff, I have yet to receive any acknowledgment or resolution to my concerns.

Timeline of Attempts to Resolve the Issue:

1. **2024-11-04**: I faxed the required recertification paperwork to the fax number provided by LMHA. The transmission was confirmed as successful.
2. **2024-11-07**: I emailed Rose McCarty, Deborah Gilbert, and Irina Bassett to confirm receipt of my paperwork and to clarify next steps. No response was received.
3. **2024-11-11**: I emailed Rose McCarty directly when I received no response from nmlmhares@lmha1.org, the email address listed on the paperwork.
4. **2024-11-19**: I sent another email to recerts@lmha1.org per guidance from Rose McCarty.
5. **2024-12-03**: I sent a follow-up email requesting an urgent response and acknowledgment. To date, no communication has been received.

I can demonstrate, with fax confirmation and email records, that my documentation was received successfully. The complete lack of acknowledgment or guidance is causing severe distress and uncertainty about my family's housing stability in a time of unabated chaos.

Specific Requests:

1. **Immediate Confirmation**: Acknowledge receipt of my recertification paperwork and confirm its completeness.

HUD Ombudsman Letter -- Federal

2. **Clear Next Steps**: Provide explicit guidance on any additional requirements or next steps in the recertification process.
3. **Investigation and Accountability**: Investigate LMHA's systemic lack of response and ensure that this behavior is corrected.
4. **Disability Accommodations**: I am dealing with advanced brain atrophy, CFS/ME, Long Covid with Microclots, Sjogrens, Small Fiber Neuropathy, and many other conditions including PTSD. I need time to process any communication so I require all communication to be in writing via fax, email, and snail mail.

Context of Vulnerability:

I am currently disabled, living with a dependent child who is also disabled. My health is severely compromised, and I am already dealing with significant systemic neglect from other state agencies. As such, I am invoking the protections of the **Violence Against Women Act (VAWA)**, which guarantees safe housing and safeguards against retaliatory or neglectful behavior by housing authorities. LMHA's inaction and failure to communicate directly violate federal housing mandates, including those outlined under VAWA.

Technical Issues:

I have also encountered persistent errors when attempting to access resources at hud.gov, receiving messages that "hud.gov does not support a secure connection." This further compounds my inability to receive necessary information or guidance.

Please intervene urgently to resolve this situation. I request that HUD investigate LMHA's noncompliance with federal regulations and ensure that I can continue to pursue safe and stable housing without delay.

Thank you for your immediate attention. I look forward to your response.

Sincerely,

John R. Fouts, MBA
2904 Sitka Dr. Apt. L29
Louisville, KY 40299
Email: fouts.john@gmail.com | patientadvocacy@sfnlife.org

Fax: 502.996.8246

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Nov 19, 2024 at 10:54 PM
Subject: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19
To: <recerts@lmha1.org>

Please confirm receipt of this email and packet of very important information.

John R. Fouts

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

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From: **Rose McCarty** <McCarty@lmha1.org>
Date: Mon, Nov 11, 2024 at 9:28 AM
Subject: RE: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.
To: John Fouts <fouts.john@gmail.com>

If you mean the paperwork to renew your lease then send an email to recerts@lmha1.org. This is the email to use if you have questions about renewing your lease.

Rose McCarty

Portability Coordinator

Louisville Metro Housing Authority

600 South Seventh Street

Louisville, KY 40203

Ph (502) 569-6084

Fax 502-587-7322

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 7, 2024 9:33 PM
To: Rose McCarty <McCarty@LMHA1.org>; Deborah Gilbert <gilbert@LMHA1.org>
Subject: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.

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Since I did not receive any guidance, no direction, and no communication - I am copying Deborah here so I can hopefully get some kind of a response.

I look forward to hearing from LMHA so I know what to do and what my options are....

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EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Sincerely,

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Email. Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

--

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84K

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Gmail John Fouts <fouts.john@gmail.com>

Re: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.

1 message

John Fouts <fouts.john@gmail.com> Wed, Nov 13, 2024 at 2:25 PM
To: Rose McCarty <McCarty@lmha1.org>

I mean the packet that I sent to you. I want a 'house' to live in that I can own outright one day. I am disabled. I have asked for this information before and haven't received an answer. I am not able to work due to disability so I cannot meet a work requirement. LMHA needs to be transparent with answers please.

On Mon, Nov 11, 2024 at 9:28 AM Rose McCarty <McCarty@lmha1.org> wrote:

> If you mean the paperwork to renew your lease then send an email to recerts@lmha1.org. This is the email to use if you have questions about renewing your lease.
>
> Rose McCarty
>
> Portability Coordinator
>
> Louisville Metro Housing Authority
>
> 600 South Seventh Street
>
> Louisville, KY 40203
>
> Ph (502) 569-6084
>
> Fax 502-587-7322
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Thursday, November 7, 2024 9:33 PM
> **To:** Rose McCarty <McCarty@LMHA1.org>; Deborah Gilbert <gilbert@LMHA1.org>
> **Subject:** Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.
>
> I faxed in the documentation (and received a successful fax transmission report), and I also had emailed the contact on the paperwork. I then wrote to you to confirm that you all at LMHA had what you needed and I had received a portal link to update identical paperwork there - is it necessary for me to do that as well? I need an answer please.
>
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>
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> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

URGENT: Follow-Up Request for Housing Choice Voucher Renewal Status - 2025-01-06 - John R. Fouts

1 message

John Fouts <fouts.john@gmail.com> Mon, Jan 6, 2025 at 3:46 PM
To: Deborah Gilbert <gilbert@lmha1.org>, Rose McCarty <mccarty@lmha1.org>, "McNeil, Frank H" <frank.h.mcneil@hud.gov>

Subject: URGENT: Follow-Up Request for Housing Choice Voucher Renewal Status - 2025-01-06

Dear Deborah, Rose, and Frank,

I am following up on my previous email dated ***December 31, 2024***, regarding the renewal status of my Housing Choice Mainstream Voucher. ***I requested a response by January 2, 2025, but have received no communication or clarification.***

As a **disabled** individual with a **special-needs child**, I am deeply concerned about the lack of response, ***particularly as we are now within 30 days of the voucher's expiration (January 31, 2025)***.

According to HUD regulations, tenants must be provided with written notice of renewal or non-renewal of their Housing Choice Voucher, including the reasons for any non-renewal, in advance of expiration. Specifically:

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1. **Annual Recertification Requirements (24 CFR § 982.516)**:
   HUD mandates that Housing Authorities provide timely notice to tenants to complete recertification and notify them of renewal decisions well in advance of the voucher's expiration. My recertification paperwork was submitted on November 4, 2024, and yet I have only received an acknowledgement in early December at first that the paperwork was received and passed along to the team, and then received an acknowledgment of receipt on December 31, 2024. **This delay is unreasonable and leaves me in a precarious situation involving imminent threat of homelessness**.

2. **Notice of Non-Renewal or Termination (24 CFR § 982.555)**:
   If the voucher is not being renewed, HUD requires that tenants be given written notice stating the reason for the decision and informing them of their right to an informal hearing. **No such notice has been provided to me.**

3. **Reasonable Accommodation Requirements**:
   As a disabled individual, I am entitled to reasonable accommodations under both the Americans with Disabilities Act (ADA) and the Fair Housing Act. **The lack of timely communication about my voucher renewal places an undue burden on me and violates my rights under these laws.**

==========

Additionally, **as a disabled individual**, **HUD guidelines mandate that housing authorities like LMHA provide supportive services to ensure equitable access to housing and avoid displacement. This includes assistance with relocation, finding accessible housing, and other support services that address the unique needs of disabled tenants. Please outline what specific assistance LMHA is prepared to offer in this type of emergency situation. Given that we are now within the 30-day window before my voucher's expiration and my lease non-renewal is set for February 8, 2025, with walkthrough on February 5th, 2025 by management here, *I urgently require confirmation of whether my Housing Choice Voucher is being renewed.***

This continued lack of communication has caused me immense distress, as it would any reasonable person, and further jeopardizes my ability to secure housing for myself and my child in any kind of timely manner - especially considering I am disabled. The management company did not provide a reason for non-lease renewal, but I am sure it is retaliation because I had to involve LMHA for inspections on occasion.

Please provide a response by the end of the day, January 6, 2025, confirming the status of my voucher.

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

If the voucher is not being renewed, I request immediate written notice stating the reasons and outlining my right to appeal, as required by HUD regulations.

Thank you for your immediate attention to this urgent matter.

Sincerely,

John R. Fouts, MBA

2904 Sitka Dr. Apt L29

Louisville, KY 40299

Phone: 502.956.0052 [Text Only Please]
Fax: 502.996.8246
Email: fouts.john@gmail.com

Gmail John Fouts <fouts.john@gmail.com>

2024-12-10 -- Re: Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299

1 message

John Fouts <fouts.john@gmail.com> Tue, Dec 10, 2024 at 11:25 PM
To: Inspections <inspections@lmha1.org>

The building was treated, but it did not do any good. These roaches and bugs were crawling around everywhere in my apartment on Dec. 4, 2024.

See pictures.

What should I do? Please advise.

John R. Fouts, MBA

On Mon, Dec 9, 2024 at 8:35 AM Inspections <inspections@lmha1.org> wrote:

> Hello
>
> I was sent an email about your inspection. The inspector closed the case and said the building was treated. If you feel this was not the case, please respond that you would like another complaint inspection.
>
> Thanks
>
> Respectfully,
>
> *Peggy Bagby*
>
> Inspections Coordinator
>
> Louisville Metro Housing Authority
>
> 600 South 7th Street
>
> Louisville, KY 40203
>
> Ph (502) 569-7845
>
> Fax (502) 587-7322
>
> ---
>
> **From:** Rose McCarty <McCarty@LMHA1.org>
> **Sent:** Monday, December 9, 2024 8:26 AM
> **To:** Inspections <inspections@lmha1.org>
> **Subject:** FW: Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Please read below

From: fouts.john@gmail.com <fouts.john@gmail.com>
Sent: Tuesday, December 3, 2024 3:15 PM
To: Rose McCarty <McCarty@LMHA1.org>; Deborah Gilbert <gilbert@LMHA1.org>; Rothman, Terry <Terry.Rothman@louisvilleky.gov>
Subject: Inspection - Not Home - At ER When Inspector Stopped By -- 2024-12-02 -- John R. Fouts -- 2904 Sitka Dr. L29 -- Louisville, KY 40299

Rose, Deborah, Terry,

I'm not sure who to report this to so I am copying all of you. This morning (yesterday morning on 12/2/2024) from around 8:40 a.m. to around 1:15 p.m., I was gone with my child at the Emergency Room at Norton Women and Children's Hospital. My child has been sick for several weeks - almost all in all for 3 months with ups and downs but not ever fully recovering, and has missed numerous days of school, and even today, was MAP testing for Math, but we were in the ER when the inspector came to the apartment. Today 12/3/2024 my child had to miss school again.

I need for the confirmatory inspection to be rescheduled. I can tell you that we have still had lots of trouble with the apartment complex not getting the trash as they are supposed to. We have to pay for Valet Trash and they are supposed to pick it up each night, but they only get it about half the time...that encourages more bug issues and probably further increases the probability of a crime occurring. I am hopeful that that does not happen, and am at the same time, a realist.

As far as the bugs go, the roaches have disappeared for the time being, which I am thankful for - because the place was very heavily infested, and it has happened numerous times, and maintenance and management here frankly do not care.

We are still having an issue with bugs, however, it is a strange issue whereby there are a bunch of little weird moths that I do not normally see flying around. I do not know where they came from. I don't even know if they are native. I grew up in nature looking at wildlife all the time, and do not know that I have seen this type of moth before they inhabited our apartment.

I wanted to also ask a few questions about mold. I am highly allergic to molds, and I am also someone who has been a victim of living in a water damaged building, and it is not safe for me, nor my kid, to be around black molds and other toxic molds creating macrocyclic and other trichothecenes, gliotoxins, aflatoxins, ochratoxins, and others.... Has the complex here and specifically building L, and this apartment even, or any of the mentioned, been tested before by a knowledgeable environmental third party toxins inspector?

And please can you all get back to me regarding the several other emails and fax I sent regarding confirmation of renewal of voucher?

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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John R. Fouts, MBA

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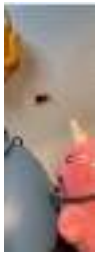
5 attachments

2024-12-06-Federal-Court-2024-12-04-Roach-Picture-2.jpg
88K

2024-12-06-Federal-Court-2024-12-04-Roach-Picture-3.jpg
78K



2024-12-06-Federal-Court-2024-12-04-Roach-Picture-1.jpg
38K

2024-12-06-Federal-Court-2024-12-04-Roach-Picture-4.jpg
253K

2024-12-06-Federal-Court-2024-12-04-Station-Jtown-Vida-Management-2904-Sitka-Dr-Apt-L29-9601-Balsam-Way-Bugs-Roaches-.docx
2307K

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Gmail John Fouts <fouts.john@gmail.com>

2024-12-31 John R. Fouts - Still Need Housing Choice Mainstream Voucher Questions Answered Expeditiously - Urgent Situation As Threat Of Homeless Draws More Near - 32 Days - Please Provide Answers

1 message

John Fouts <fouts.john@gmail.com> Tue, Dec 31, 2024 at 3:17 PM
To: Deborah Gilbert <gilbert@lmha1.org>, Rose McCarty <mccarty@lmha1.org>, "McNeil, Frank H" <frank.h.mcneil@hud.gov>

Deborah, Rose, Frank,

I need to know what is going on with our application. I received a letter of non-renewal of lease from Station J-town, without cause, and they want us out by 2/8/2024.

I do not know the reasoning behind their decision, but I believe solidly it is retaliation for me asking to get maintenance situations repaired, or to spray for roaches, etc..., or to take trash out when we have to pay for it but they often do not do it....

As, per former communication, Irina Bassett told me the current voucher expires on January 31st, 2025, and that is 32 days away including today, and I am very ill / disabled / have a special needs child / and very limited income / I need to know what the status of our voucher is.

My paperwork was submitted to LMHA through the channels noted on the document on November 4th, 2024. Today is December 31, 2024. I have had much communication with each of you trying to get answers between then and now and have received none aside from an email finally from recerts - an email address Rose McCarty gave to me in mid November, not listed on the renewal letter at all, and I sent to that email I believe on or around November 19th. It has been well over a month, and now I am receiving another email just stating that our documents have been received.

Please let me know the status of the voucher so I know how to plan so can lessen the imminent threat of homelessness that is heavily weighing upon me, a disabled person, and a special needs disabled child.

If Frank McNeil, the Louisville HUD Office Field Manager could step in to weigh in, that would also be helpful - Frank I have copied you on many pieces of communication and have heard nothing but radio silence.

I need answers please. I understand today is New Year's Eve, but I still hope to hear something from one of you by the end of the day, if not - yet this afternoon - then at the latest by January 2nd, 2025.

Sincerely,

John R. Fouts, MBA
Station Jtown Apartments (Vida-Management, Inc.)
2904 Sitka Dr. L29
Louisville, KY 40299

Phone: 502.956.0052 [Text Only Please - ADA Accommodations]
Fax: 502.996.8246
Email: Fouts.John@gmail.com

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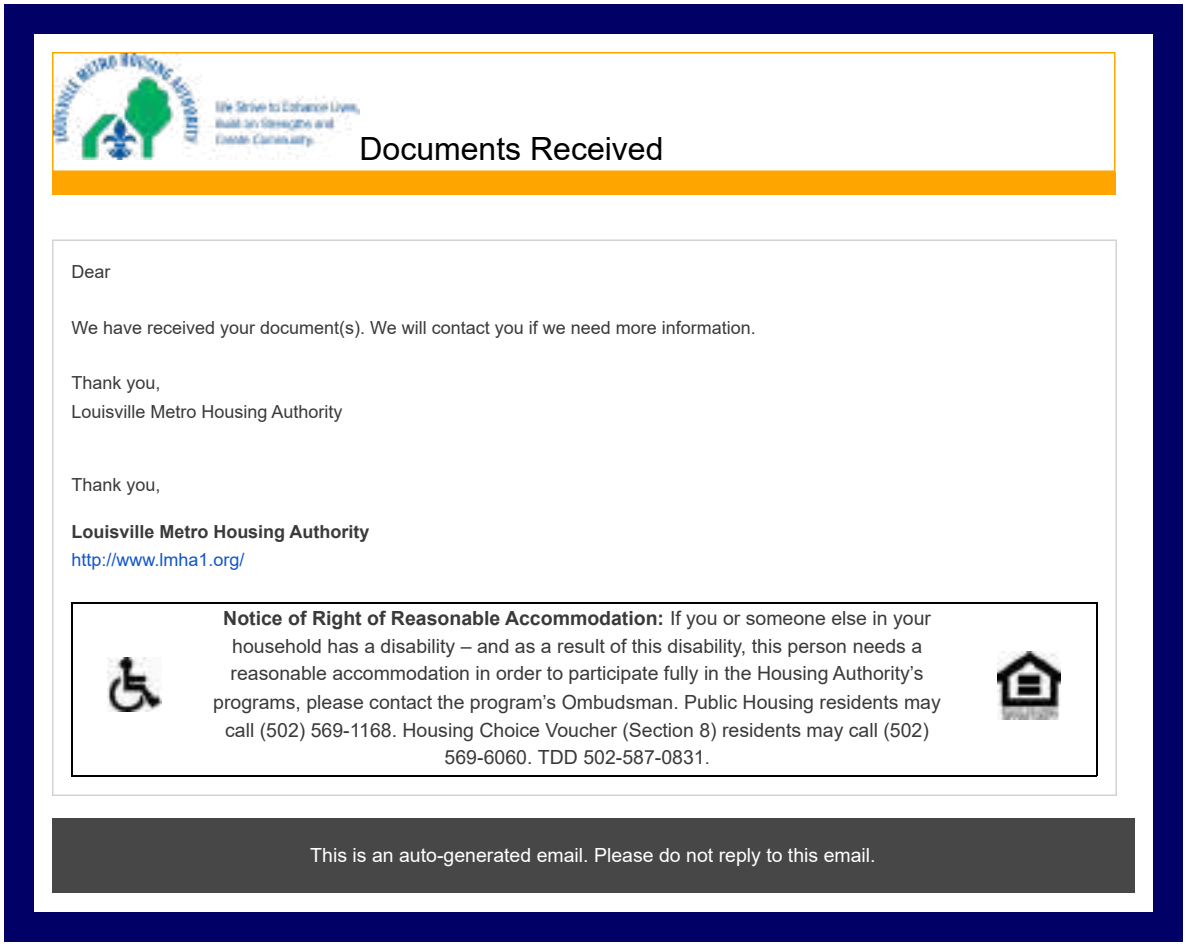
---------- Forwarded message ---------
From: **Louisville Metro Housing Authority** <no-reply@rentcafe.com>
Date: Tue, Dec 31, 2024 at 12:00 PM

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Subject: Documents Received
To: <fouts.john@gmail.com>



Documents Received

Dear

We have received your document(s). We will contact you if we need more information.

Thank you,
Louisville Metro Housing Authority

Thank you,

Louisville Metro Housing Authority
http://www.lmha1.org/

Notice of Right of Reasonable Accommodation: If you or someone else in your household has a disability – and as a result of this disability, this person needs a reasonable accommodation in order to participate fully in the Housing Authority's programs, please contact the program's Ombudsman. Public Housing residents may call (502) 569-1168. Housing Choice Voucher (Section 8) residents may call (502) 569-6060. TDD 502-587-0831.

This is an auto-generated email. Please do not reply to this email.

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Gmail John Fouts <fouts.john@gmail.com>

Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03

1 message

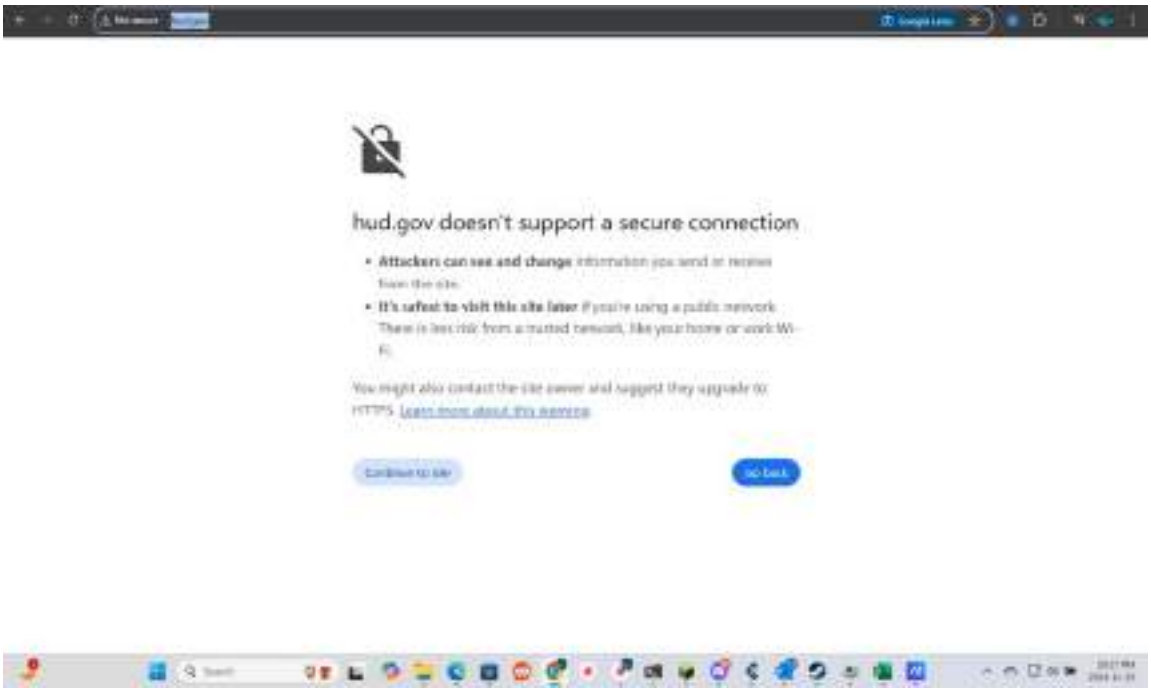
John Fouts <fouts.john@gmail.com> Tue, Dec 3, 2024 at 3:41 PM
To: hotline@hudoig.gov

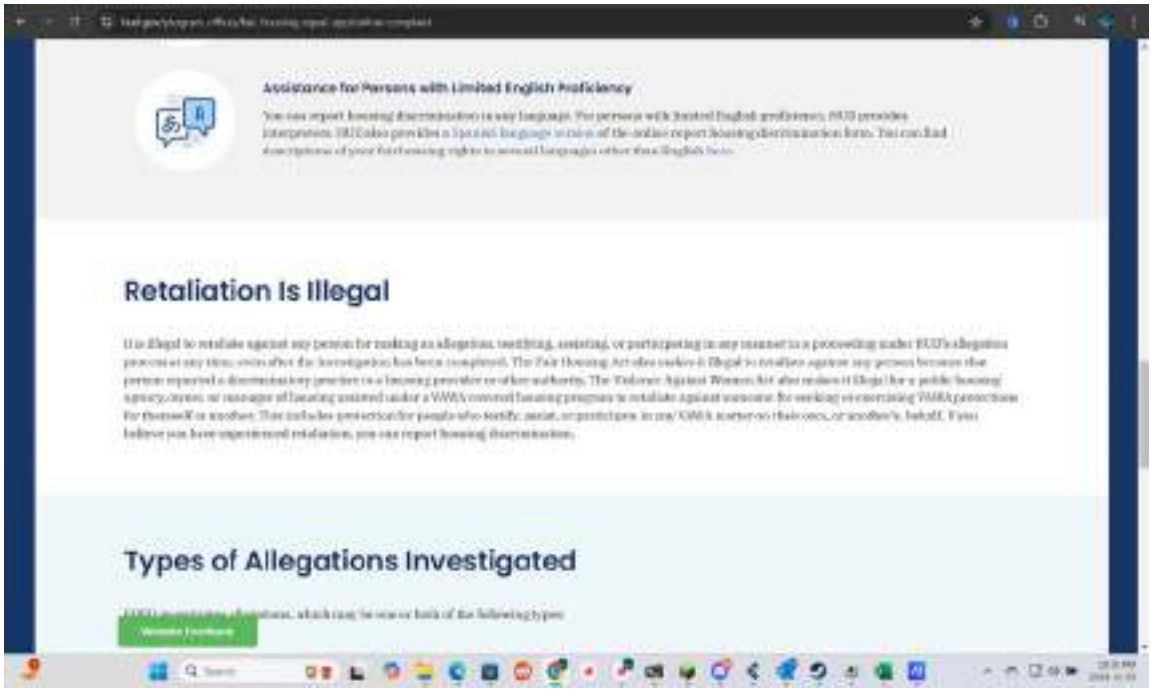
---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Dec 3, 2024 at 3:38 PM
Subject: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19 -- Following Up -- 2024-12-03
To: <recerts@lmha1.org>, Deborah Gilbert <gilbert@lmha1.org>, McNeil, Frank H <frank.h.mcneil@hud.gov>, Rose McCarty <mccarty@lmha1.org>, <nmlmhares@lmha1.org>, Mark Roseberry <Roseberry@lmha1.org>
Cc: <eeo@hud.gov>, <whistleblower@hudoig.gov>

I still have yet to hear from LMHA -- I still cannot get a confirmation of receipt on your end that you received the information, that I can prove was received....and I still cannot get many if not most of my questions answered.

2024-12-03 -- I require a response of some kind - a response is mandatory - not optional. I have faxed, and emailed multiple times and have not received a word back. Ignoring someone is not okay. Please confirm receipt. I can see that the fax I sent on 2024-11-04 was successful. I also have reached out to Rose McCarty, Deborah Gilbert, the nmlmhares@lmha1.org email, and emailed recerts@lmha1.org per Rose McCarty. I have heard nothing back from anyone regarding the recertification, what next steps are, questions not addressed by the person handling housing for a house, who advised me to go through the recert process, which I have filled out all of the paperwork and submitted forms for, however, still, nothing but crickets from LMHA....

Then tonight I keep receiving this error - so is there an issue with hud.gov?





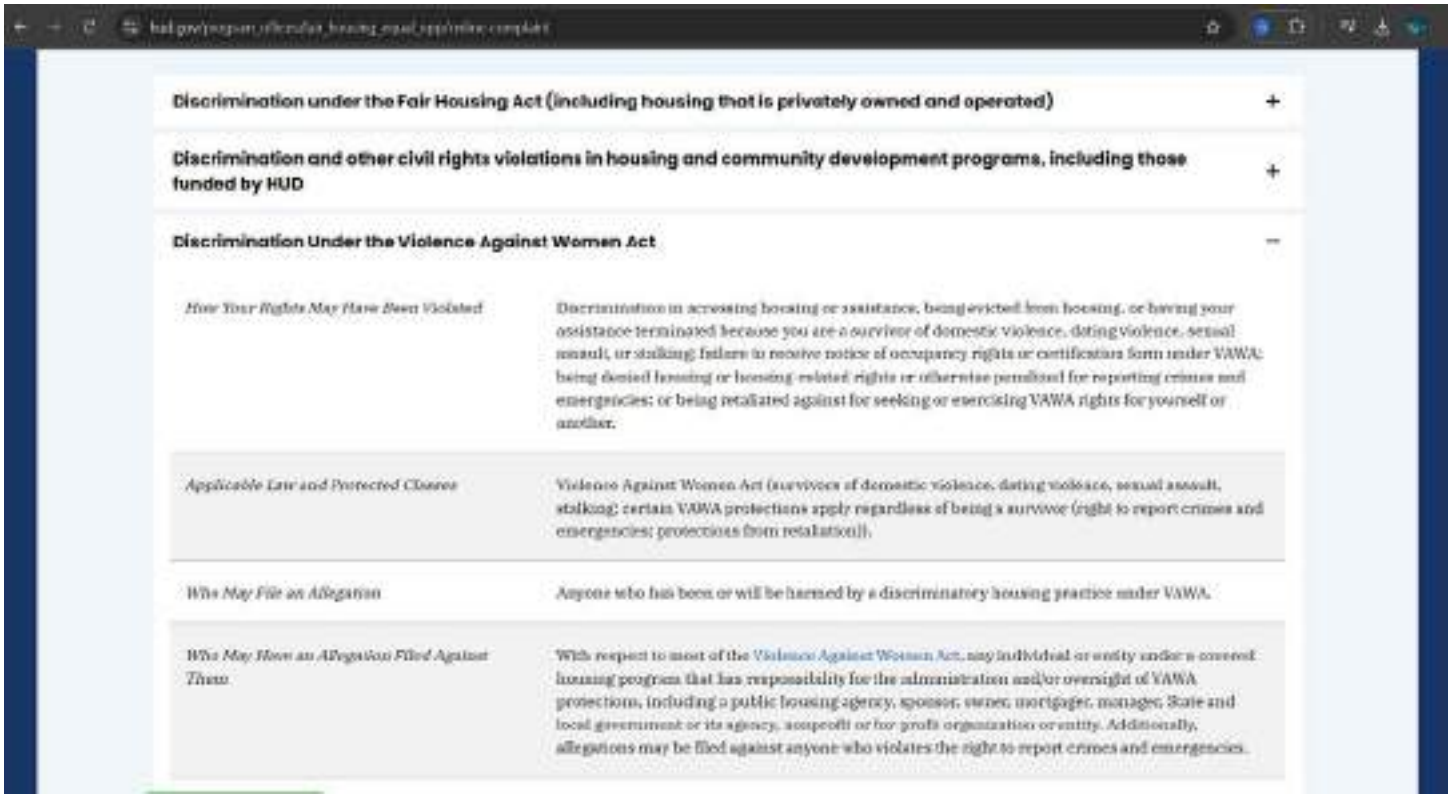
2024-11-19 -- Email below in thread -- sent to recerts@lmha1.org per Rose McCarty guidance - sent 2024-11-19

2024-11-11 -- Sent email to Rose M. when had not heard from nmlmhares@lmha1.org who paperwork indicated information needed to be sent to.

2024-11-07 -- Sent email to Rose M., Deborah Gilbert, and Irina Bassett to find out if paperwork was received and get questions answered.

2024-11-04 -- Faxed 2024-11-04 -- Confirmation of Successful Transmission -- Faxed to Fax Number Received on LMHA Paperwork Received

9776216619	420690	John R Fouts	fouts.john@gmail.com	LMHACDRReviewAnnual	(502)587-1027	Success	Success	2024-11-04 20:22:38	2024-11-04 20:29:57	00:06:47	19	19	View - TIFF - PDF - Trans Delete Re-Send



Discrimination under the Fair Housing Act (including housing that is privately owned and operated) +

Discrimination and other civil rights violations in housing and community development programs, including those funded by HUD +

Discrimination Under the Violence Against Women Act −

How Your Rights May Have Been Violated	Discrimination in accessing housing or assistance, being evicted from housing, or having your assistance terminated because you are a survivor of domestic violence, dating violence, sexual assault, or stalking; failure to receive notice of occupancy rights or certification form under VAWA; being denied housing or housing-related rights or otherwise penalized for reporting crimes and emergencies; or being retaliated against for seeking or exercising VAWA rights for yourself or another.
Applicable Law and Protected Classes	Violence Against Women Act (survivors of domestic violence, dating violence, sexual assault, stalking; certain VAWA protections apply regardless of being a survivor (right to report crimes and emergencies; protections from retaliation)).
Who May File an Allegation	Anyone who has been or will be harmed by a discriminatory housing practice under VAWA.
Who May Have an Allegation Filed Against Them	With respect to most of the Violence Against Women Act, any individual or entity under a covered housing program that has responsibility for the administration and/or oversight of VAWA protections, including a public housing agency, sponsor, owner, mortgagee, manager, State and local government or its agency, nonprofit or for-profit organization or entity. Additionally, allegations may be filed against anyone who violates the right to report crimes and emergencies.

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---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Nov 19, 2024 at 10:54 PM
Subject: Fwd: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response. -- 2024-11-19
To: <recerts@lmha1.org>

Please confirm receipt of this email and packet of very important information.

John R. Fouts

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

---------- Forwarded message ---------
From: **Rose McCarty** <McCarty@lmha1.org>
Date: Mon, Nov 11, 2024 at 9:28 AM
Subject: RE: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.
To: John Fouts <fouts.john@gmail.com>

If you mean the paperwork to renew your lease then send an email to recerts@lmha1.org. This is the email to use if you have questions about renewing your lease.

Rose McCarty

Portability Coordinator

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Louisville Metro Housing Authority

600 South Seventh Street

Louisville, KY 40203

Ph (502) 569-6084

Fax 502-587-7322

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 7, 2024 9:33 PM
To: Rose McCarty <McCarty@LMHA1.org>; Deborah Gilbert <gilbert@LMHA1.org>
Subject: Can you confirm that you received the paperwork that I sent in earlier this week please? I asked previously but received no response.

I faxed in the documentation (and received a successful fax transmission report), and I also had emailed the contact on the paperwork. I then wrote to you to confirm that you all at LMHA had what you needed and I had received a portal link to update identical paperwork there - is it necessary for me to do that as well? I need an answer please.

Irina Bassett was my last contact, but she no longer is in her position she was in at LMHA (she had emailed me that), and you are the only contact I have aside from her aside from Deborah Gilbert.

Since I did not receive any guidance, no direction, and no communication - I am copying Deborah here so I can hopefully get some kind of a response.

I look forward to hearing from LMHA so I know what to do and what my options are....

My other questions, sent, included, how any other housing (to own) program works with LMHA for people that are disabled like me and not able to work. I need to know these answers please (programs I would be able to qualify for). I expect a prompt response.

Sincerely,

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Email. Fouts.John@gmail.com | PatientAdvocacy@sfnlife.org

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

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Equalizing Justice and Compassion for All,

John R. Fouts, MBA
fouts.john@gmail.com
Fax. 502.996.8246

https://youtube.com/@sfn-life
https://sfnlife.org

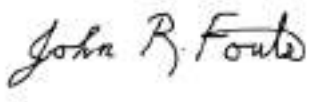
2 attachments

2024-11-19-Re-Sending-Again-Since-Did-Not-Get-Receipt-But-Fax-Status-Was-Successful-LMHA-Housing-Voucher-Recertification-John-R-Fouts-1749082541.pdf
876K

2024-12-03-HUD-Ombudsman-Letter-JRF-LMHA-Louisville-KY.pdf
84K

EXHIBIT-MAIL-TRACKING-RECORDS-DEMONSTRATING-LMHA-AND-HUD-NEGLECT-END

Reservation of Rights: *Plaintiff reserves the right to provide additional evidence and context, amending as applicable, as discovery progresses.*



End of EXHIBIT MAIL TRACKING RECORDS DEMONSTRATING LMHA AND HUD NEGLECT

To accept charges shown below, click on the 'View Document' button, otherwise click the 'Back' button on your browser.

PACER Service Center			
Transaction Receipt			
Thu Jan 9 10:34:45 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image30-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	30	**Cost:**	3.00
The document you requested is 58 pages. You will only be billed for 30 pages.			

View Document

Document Selection Menu

Select the document you wish to view.

Document Number:	☑	31	5 pages	705.4 KB

Attachment		Description	Pages	Size
☑	1	Exhibit CRIME IN THE LOUISVILLE JTOWN (JEFFERSONTOWN) AREA INFORMATION IN KENTUC	11 pages	1.3 MB
☑	2	Exhibit Procedural and Clerical Errors Document	16 pages	819.6 KB
☑	3	Exhibit 2025-01-06-URGENT LETTER TO THE COURT REQUESTING IMMEDIATE RULING	3 pages	137.5 KB
☑	4	Exhibit 2025-01-02-LETTER TO THE COURT REGARDING EMERGENCY INJUNCTION AND PROTEC	1 page	111.4 KB
☑	5	Exhibit 2024-12-30-Plaintiffs-Response-to-Venue-SUBMITTED	4 pages	248.2 KB
☑	6	Exhibit UPDATED DEFENDANTS LISTING	22 pages	239.5 KB

View Selected or Download Selected — 62 pages — 3.6 MB

MOTION FOR JUDICIAL REASSIGNMENT

United States District Court Northern District of California

John R. Fouts, et al., Plaintiffs,

v.

Commonwealth of Kentucky, et al., Defendants.

Case No. 24-cv-09325-AMO

MOTION FOR JUDICIAL REASSIGNMENT

Plaintiff John R. Fouts, appearing pro se', respectfully moves this Honorable Court for the reassignment of this case to a different judge pursuant to the applicable federal laws and the Code of Judicial Conduct. This motion is made on the grounds of procedural errors, bias or appearance of bias, and failure to properly address ADA accommodations, which collectively undermine confidence in the impartial administration of justice.

I. Grounds for Reassignment

1. **Procedural Irregularities:**
    - Numerous filings were either not acknowledged or improperly processed by the Court, causing significant delays in addressing Plaintiff's urgent motions, including but not limited to the emergency injunction.
    - Discrepancies in communication, including conflicting information from the Clerk's Office regarding the status of filings, have created procedural confusion and prejudiced the Plaintiff's ability to prosecute this case effectively.
    - The Clerk's processing omitted several defendants listed in the Complaint, including all individual defendants accused of violating Plaintiff's rights under the Color of Law, and improperly categorized the case in a manner that could invoke immunity defenses under the Eleventh Amendment, thereby exposing the case to premature dismissal.
2. **Perceived Bias or Lack of Impartiality:**
    - Language used in prior orders and correspondence from Judge Araceli Martínez-Olguín (hereinafter "Judge AMO") has demonstrated a dismissive tone. Specifically, the use of terms such as "myriad" and "dozens" suggests

an exaggerated and accusatory view of Plaintiff's filings, which undermines confidence in the judge's impartiality.

- Judge AMO inaccurately referenced issues not included in the Plaintiff's Complaint, such as missing social security checks and mail-order medication, raising further concerns about the accuracy of the Court's understanding of the case.

3. **Urgency Due to Housing Crisis:**

   - Plaintiff's Housing Choice Mainstream Voucher is set to expire on January 31, 2025, creating an imminent risk of homelessness. Despite Plaintiff's repeated efforts to resolve this issue, neither the Housing Authority nor the Court has provided necessary intervention. Immediate judicial action is critical to prevent irreparable harm to Plaintiff and their dependent.

   - The Plaintiff has already endured unsafe conditions at their current residence, including a nearby murder and unresolved pest infestations, exacerbating health issues related to mold exposure and other environmental factors.

4. **Delay in Emergency Motion:**

   - Plaintiff filed this case on December 18, 2024, accompanied by an emergency injunction and protective orders motion. Despite the emergency designation and documentation of life-threatening circumstances, 22 days have passed without a ruling. This delay further highlights the need for immediate judicial intervention.

5. **Efforts to Address Venue:**

   - Plaintiff submitted a detailed response to the Order to Show Cause regarding venue, emphasizing the necessity of a fair and unbiased judicial forum, along with addressing procedural errors and the Court's misrepresentations. This response has not yet been acknowledged or resolved, compounding the emergency.

6. **Systemic Issues in Louisville, Kentucky:**

   - DOJ's investigation and findings regarding systemic violations of civil rights in Louisville underscore the challenges Plaintiff faces in obtaining fair treatment locally. The broader context demonstrates the need for judicial oversight free from local influences or biases.

II. Legal Standard

Federal Rule of Civil Procedure 1 mandates the just, speedy, and inexpensive determination of every action. Moreover, under 28 U.S.C. § 455(a), "[a]ny justice, judge, or magistrate judge of the United States shall disqualify himself in any proceeding in which his impartiality might reasonably be questioned."

The Code of Judicial Conduct further emphasizes the importance of avoiding not only actual bias but also the appearance of bias. Canon 2 of the Code directs judges to perform their duties impartially, competently, and diligently.

The *Eleventh Amendment prohibits federal courts from hearing cases brought by private citizens against states, except under specific circumstances.* **Improper categorization of this case risks unjust application of immunity defenses, further warranting reassignment to ensure proper handling.**

III. Supporting Evidence

1. **Documented Procedural Errors:**
    - Exhibits detailing clerical errors and procedural inconsistencies have been submitted as part of the record (see Exhibit A, Procedural and Clerical Errors Document).
2. **Improper Venue and Transfer Decisions:**
    - The Court's orders have improperly dismissed valid concerns raised by Plaintiff regarding venue, further suggesting an inability or unwillingness to fairly adjudicate the matter.
3. **Delayed Rulings on Emergency Motions:**
    - Despite filing on December 18, 2024, with an emergency designation, no rulings or substantive actions have been taken to address Plaintiff's emergency injunction and protective orders motion. This failure to act in a timely manner exacerbates Plaintiff's hardships and endangers their safety.
4. **Omissions and Misclassification:**

- The Defendants List omitted key parties, including individuals accused of violating Plaintiff's civil rights under the Color of Law, and improperly categorized the case to favor the Commonwealth's immunity defense.

5. **Systemic Issues in Louisville, Kentucky:**
   - DOJ's investigation and findings regarding systemic violations of civil rights in Louisville underscore the challenges Plaintiff faces in obtaining fair treatment locally. The broader context demonstrates the need for judicial oversight free from local influences or biases.
6. **Urgency and Emergency Nature of Case:**
   - Plaintiff's housing crisis, health issues, and procedural hurdles require immediate judicial review of all motions and exhibits, including those related to emergency injunctions and protective orders, to prevent irreparable harm.

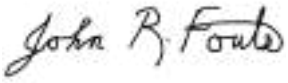
IV. Relief Requested

For the foregoing reasons, Plaintiff respectfully requests:

1. That this case be **reassigned to a different judge to ensure impartiality and the fair administration of justice**.
2. That the **reassignment order explicitly require the new judge to review and address Plaintiff's pending motions, including emergency matters, within 48 hours.**
3. That **the Court require the correction of omissions in the Defendants List and ensure that all defendants named in the original Complaint, including individual defendants under Color of Law violations, are included**.
4. That **the Court acknowledge the systemic civil rights issues in Louisville and their relevance to Plaintiff's case.**
5. That **the Court consider the urgency of Plaintiff's housing situation and act immediately to prevent irreparable harm.**
6. **Any further relief deemed just and proper to rectify the harm caused by these issues.**

MOTION FOR JUDICIAL REASSIGNMENT

Respectfully submitted,



John R. Fouts, MBA
Plaintiff, Pro Se

2904 Sitka Dr., Apt. L29
Louisville, KY 40299
Phone: 502-956-0052
Email: fouts.john@gmail.com

ATTACHMENTS:

Procedural and Clerical Errors Document (Exhibit A) - Highlights delays and errors by the clerk.

Updated Defendants List - Demonstrates proactive efforts to clarify and consolidate defendants.

Letter to the Court (January 2, 2025) - Highlights emphasis on urgency regarding the emergency injunction.

Urgent Letter to the Court (January 6, 2025) - Further emphasizes delays and the emergency nature of the situation.

Exhibits on Unsafe Living Conditions - Murder near Plaintiff's residence (within 200 to 300 feet), pest infestations, and mold exposure issues of health support the urgency of housing crisis.

cc:

File

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

Introduction:

This exhibit details and highlights the systemic and ongoing harm caused by systemic negligence, discrimination, and misrepresentation under **color of law** by Norton Children's Pediatric Protection Specialists, Jefferson County Department for Community Based Services (DCBS), and other associated parties. The actions of Norton Children's Pediatric Protection Specialists, including Sheila Williams, SSW; Ashley Cochran, DO, MS; Melissa L. Currie, MD, FAAP; Dr. Sheridan Langford, MD; and other associated parties and entities, all acting within the scope of their **professional roles,** have led to severe and permanent irreparable harm. These individuals, representing organizations such as Norton Healthcare, the Jefferson County Department for Community Based Services (DCBS) – a division of CHFS – Cabinet for Health and Family Services, and the University of Louisville School of Medicine, engaged in conduct under **color of law** that constitutes falsifications (falsified CPS allegations which inaccurately claimed neglect of my child's emotional needs), misrepresentation, and violations of professional, legal, and constitutional standards. These actions have had far-reaching consequences including stigmatization, even further barriers to receiving appropriate medical care, and significant emotional harm and physical conditions worsening. These actions have caused and continue to cause in an ongoing way, significant and ongoing harm to me, John R. Fouts, and my child, JAF.

- **Sheila Williams, SSW**
    - **Norton Children's Pediatric Protection Specialists;**
    - **Jefferson County Department for Community Based Services (DCBS-CHFS);**
- **Ashley Cochran, DO, MS,**
    - **Child Abuse Pediatrics Fellow at the University of Louisville School of Medicine, Department of Pediatrics;**

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

- **Melissa L. Currie, MD, FAAP,**
    - **Board-Certified Child Abuse Pediatrician**
    - **Kosair Charities Professor**
    - **Endowed Chair for Pediatric Forensic Medicine at Norton Children's Pediatric Protection Specialists;**
- **Dr. Sheridan Langford, MD**
    - **Norton Children's Medical Group Germantown (NCMG-G)-Former PCP**
- **Norton Healthcare, Inc. et. al. - by extension of Dr. Langford's actions**

The organizations themselves, including **Norton Healthcare, Inc.**, the **University of Louisville School of Medicine**, **Norton Pediatric Protection Specialists**, and the **Jefferson County Department for Community Based Services (DCBS) – an organization housed and under and overseen by CHFS – Cabinet for Health and Family Services,** are also implicated due to their **oversight failures, enabling of harmful actions, and systemic practices that perpetuated the harm detailed in this exhibit.**

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

The document highlights the following key issues:

I. Key Allegations

1. **Falsification of Records**:

    - ***The CPS report prepared by Norton's Pediatric Protection Services contains false and misleading statements about my parenting and medical decision-making for JAF.***

    - ***These falsifications directly contradict available medical records, documented facts, and professional assessments.***

> *The CPS report includes fabricated and grossly inaccurate statements about the parenting and medical decision-making for Jackie. These misrepresentations are unsupported by the medical record or evidence and directly contradict documented facts and medically objective testing gold standard data.*

2. **Defamation and Character Assassination**:

    - *The false allegations in the report defamed my character, resulting in damage to my credibility and ongoing bias from medical professionals.*

    - *The report makes baseless allegations regarding John R. Fouts, Plaintiff's, capacity as a caregiver, including recommendations for supervised contact and restrictions on medical decision-making.* ***These claims are damaging to reputation and credibility.***

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

3. **Discrimination Against A Protected Class**

   - *The refusal to allow any corrections, addendums, or supplemental information to the CPS report* ***constitutes a denial of the right to due process and protection under federal law. This refusal further perpetuates harm and creates systemic barriers to appropriate care.***

   - ***Both JAF and I are individuals with documented disabilities. The actions of these individuals and entities reflect systemic discrimination, violating the Americans with Disabilities Act (ADA) and denying us equal protection under the law.***

4. **Impact on Access to Medical Care**:

   The false claims and mischaracterizations have led to significant difficulty in obtaining medical care for Jackie, including biased treatment from providers and challenges in addressing complex medical needs. This includes barriers to obtaining appropriate 504 accommodations and necessary follow-ups to treat the very conditions that are exacerbated further by the lack of and denial of care due to the complexity of illness.

5. ***Medical Malpractice and Negligence***

   - *The professionals involved deviated from accepted medical standards, including failing to provide appropriate care, making baseless allegations, and obstructing access to necessary medical services.*

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

6. **Bias and Retaliation**:

    - ***Evidence suggests that the report was influenced by personal bias and retaliation rather than objective evidence***. *Specific providers, including* ***Dr. Sheridan Langford, MD, acted negligently and in ways that amplified harm to the family.***

7. **Violations Under Color of Law**

    - *Acting under the authority of Norton Healthcare, DCBS, and other entities, the individuals engaged in conduct that violated federal protections, including* ***42 U.S.C. § 1983***.

8. ***RICO Violations***

    - ***The coordinated actions among these professionals and entities demonstrate a pattern of systemic negligence, fraud, and harm. This conduct*** *meets the criteria for violations under the* ***Racketeer Influenced and Corrupt Organizations Act (RICO)***.

II. Constitutional Violations – Further Detail

The actions taken against me and JAF resulted in the following constitutional violations:

- ***First Amendment****: Suppression of my ability to advocate for myself and my child and lasting permanent irreparable harm.*

- ***Fourth Amendment****: Unlawful collection and dissemination of false personal information that continues.*

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

- ***Fifth Amendment****: Deprivation of due process and equal protection that continues.*

- ***Eighth Amendment****: Infliction of cruel and unusual punishment by perpetuating harm and discrimination that continues to this very day.*

- ***Fourteenth Amendment****: Denial of equal protection and systemic discrimination.*

III. Education and Homeschooling

- **Failure of JCPS to Provide a Safe Environment:**

    - *Jackie experienced persistent bullying, including emotional and physical harassment, while enrolled at Bloom Elementary School.*

    - *Despite repeated efforts to seek intervention and accommodations under Jackie's 504 plan, the school administration, staff, and superintendent's office failed to create a safe and secure learning environment.*

- **Decision to Homeschool:**

    - **Due to the refusal of the school system to adequately address these issues, I had no choice but to withdraw Jackie from JCPS and homeschool her.**

    - **This decision, while necessary to protect Jackie's well-being, placed an additional financial, emotional, and logistical burden on me as a single parent with significant health challenges.**

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

- **Impact of CPS Allegations on Education:**
    - The false CPS allegations further stigmatized me as a caregiver, making it even more challenging to advocate for Jackie's educational needs and creating mistrust among providers and institutions.
    - The misrepresentations in the CPS report continue to follow me, contributing to ongoing discrimination and barriers to accessing care and support for Jackie.

***** All Violations Noted In Exhibit Have Led To Severe Irreparable Harm *****

IV. Evidence

1. *CPS report excerpts demonstrating falsifications and misrepresentation.*
2. *Correspondence showing the refusal to allow corrections or amendments to the CPS report.*
3. *Documentation of the harm caused to JAF's medical care and education.*

V. Relief Requested

I respectfully request, in light of the harm caused by the actions detailed in this exhibit, that the Court grant the following relief:

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

1. **Compensatory Damages**:

   - ***Award compensatory damages for the financial, emotional, and physical harm caused by the falsified CPS report, systemic negligence, and the resulting barriers to medical care and resources.***

   - ***These damages should account for:***

     - *Medical expenses incurred due to delayed or denied care.*

     - *Costs associated with addressing and correcting the false report.*

     - *Lost opportunities, time, and income due to the ongoing need to manage and rectify these issues, especially when time is so valuable and potentially limited as life with multiple comorbid conditions is especially uncertain.*

     - **Compensation for Educational Costs**:
       Include compensatory damages for the financial burden incurred due to the decision to homeschool, including curriculum costs, loss of income, and logistical expenses

2. Punitive Damages:

   - *Award punitive damages to deter the defendants and others acting under color of law from engaging in similar unlawful and harmful actions*

   - *The punitive damages should reflect the severity of the violations, including systemic discrimination, defamation, and constitutional infringements, as outlined in this exhibit and the original motion.*

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

3. ***Order a Third-Party, Independent Review, by an agency not with any tie of any kind to Kentucky***:

    - *Investigate the actions of the named individuals and entities through an impartial body unaffiliated with Kentucky along with the Kentucky Board of Medical Licensure itself thus ensuring impartiality and accountability.*

    - **Independent Oversight of CPS and JCPS**:

      Request the appointment of a neutral oversight body to review and address systemic failures in both CPS and JCPS to prevent future harm to families in similar situations.

4. **A judicial review of the CPS report and its inaccuracies.**

5. ***Correct and Distribute the Report & Acknowledgement of Educational Impact:***
   The CPS report in question, despite being deemed unsubstantiated, contains false and damaging information that has caused irreparable harm. This report:

    - Was shared with medical providers, leading to **defamation and undermining my ability to advocate for my child.**

    - **Continues to perpetuate falsehoods due to my inability to correct, amend, or add an addendum to it.**

    - **Violates my constitutional rights, including due process and equal protection under the law.**

- *Permission for me, John R. Fouts, MBA, Plaintiff to provide corrections and/or amendments regarding both myself and my child JAF, so we may begin to hopefully restore some kind of appropriate 'care' in medicine – at this point it is looking likely that we need to find all new providers due to damages done and ongoing as of today.*

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

- *Order the correction, dissemination, and permanent integration of the corrected CPS report into all relevant medical records, as detailed above.*

- *Require that the corrected report be sent to all healthcare providers, entities, and agencies involved in JAF's care and treatment, and John R. Fouts' due to providers treating both within the same organization to avoid even further harm.*

- *Require the CPS report to be corrected to include documentation of the efforts made to protect Jackie's emotional and educational needs, including the necessity of homeschooling due to systemic failures.*

- *Mandate that the corrected report be included as a permanent part of the medical record at every institution or provider where the original, falsified report was referenced.*

- *Protect the Plaintiff, John R. Fouts, and Plaintiff's Child (JAF) from further harm caused by these falsifications, and ancillary and incidental harm caused by the same.*

- *Hold all individuals accountable for their actions under federal and constitutional law, including violations under color of law, and prosecute to the maximum and fullest extent of the law.*

6. ***Provide Oversight and Accountability:***

    1. ***Establish a clear timeline for the dissemination of the corrected report to all relevant parties.***

    2. ***Mandate that the corrected CPS report, along with relevant supporting exhibits (e.g., therapy notes, JCPS violations), be distributed to all entities involved in Jackie's care and education.***

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

3. ***Require organizations and providers to confirm, in writing, that the corrected report has been received, reviewed, and integrated into their records.***

4. ***Impose appropriate penalties, including financial sanctions or other consequences, on any organization or provider that fails to comply with this order.***

7. ***Refer Findings to Regulatory Agencies:***

1. *Recommend disciplinary reviews for all professionals involved, ensuring they are held accountable for violations of professional and ethical standards.*

2. *Refer the findings of the independent review to federal oversight agencies, including the Department of Justice (DOJ) and Health and Human Services (HHS).*

8. ***Seal the Original Report:***

- *Once the corrected report is finalized and disseminated, order that the original, falsified report be sealed to prevent further harm or misuse.*

9. ***Provide Additional Injunctive Relief:***

- *Issue an injunction prohibiting further discrimination, defamation, or actions under color of law by any individual or entity involved in this case.*

10. ***Initiate Disciplinary Action:***

- *Recommend disciplinary reviews for all professionals involved through appropriate licensing boards.*

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

11. Court Costs and Legal Fees:

- *Award court costs, filing fees, and other expenses incurred by the plaintiff in pursuing this action as part of the damages.*

Right to Amend or Supplement Exhibit

The plaintiff expressly reserves the right to make amendments, add additional information, or revise this exhibit as new evidence or documentation becomes available or as discovery progresses in this matter. This exhibit is submitted in good faith and may be updated to reflect further developments or clarifications relevant to the case

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ADA Accommodations

As a plaintiff with documented disabilities, I require all communications, filings, and procedural interactions to comply with the Americans with Disabilities Act (ADA). Specifically, I request that all correspondence, updates, and interactions regarding this exhibit and the case be provided in writing via email, fax, or mail to ensure accessibility and compliance with my accommodations. The refusal to provide such accommodations may constitute further violations under color of law, compounding the harm and discrimination I have already endured.

The harm caused by the CPS report is ongoing and contributes to systemic failures that place my family at greater risk. Judicial intervention is necessary to protect our rights and prevent further ongoing severe and irreparable damage.

Exhibit:
Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

RELATED SUPPLEMENTAL EXHIBITS:

EXHIBIT
Therapy - Evidence of Efforts to Support Jack's Emotional and Mental Health Needs

Demonstrates proactive measures for Jackie's emotional health

Description of Supplemental Exhibit:

This exhibit contains comprehensive documentation of therapy sessions, communications with therapists, and parental efforts to address and support Jack's emotional and mental health needs. These documents demonstrate a proactive approach to ensuring Jack's well-being despite systemic and external obstacles, such as false CPS reports and lack of support from healthcare providers.

EXHIBIT
Documentation of JCPS and Bloom Elementary Violations and Lack of Support for Jack's Education and Safety

Highlights systemic failures in education

This exhibit documents instances of bullying, **failure to implement appropriate accommodations under JAF's 504 plan**, and **lack of timely intervention by school authorities**. **These failures have contributed to Jack's ongoing stress and emotional struggles, compounding the challenges he already faces due to chronic medical conditions.**

NEED TO ENSURE THAT SHILA WILLIAMS, SSW IS ADDED TO DEFENDANTS LIST SPECIFICALLY UNDER COLOR OF LAW.
NEED TO EXPLICITLY LIST JEFFERSON COUNTY DCBS AS WELL
NEED TO ALSO ENSURE NORTON CHILDRENS PEDIATRIC PROTECTION SPECIALISTS IS NOTED IN SAME CATEGORY -- JRF

NORTON Children's Pediatric Protection Specialists
Affiliated with UL SCHOOL OF MEDICINE

Medical Towers South, Suite 334
234 E. Gray St.
Louisville, KY 40202
(502) 629-3699 Phone
(502) 629-3096 Fax

October 17, 2022

Sheila Williams, SSW
Jefferson County DCBS

RE: Jack Fouts **DOB:** 04/26/2011 **PPS Case:** 2022-2610

THERAPISTS LINDSEY SMITH, DARCIE TAGGART, THERESA ADAMCHIK, DANI CREAMER, AKHILAH CHERRY, AND OTHERS CAN VERIFY JACKIE WISHING TO IDENTIFY AS A GIRL - FULLY IDENTIFYING AS SUCH. -- JRF

Dear Ms. Williams,

Pediatric Protection Specialists (PPS) was initially consulted on Jack Fouts on 04/26/2022 for concerns of possible child abuse by pediatric condition falsification (PCF). Jack, who at the time of referral was a 10-year-old boy, is now reportedly identifying as female, "Jackie." It is unclear to what degree the child is endorsing this change in gender identification. Concern initially arose when the child presented to medical professionals with multiple complaints and diagnoses presented by the patient's father, which were not all fully endorsed by Jack himself/herself. **Upon review of the records, our team also has serious concerns for medical neglect in combination with child abuse by pediatric condition falsification.**

MY CHILD HAS AUTISM, AND AUTISTIC CHILDREN OFTEN DO NOT ACT IN TYPICAL WAYS - USUALLY THEY DO NOT. -- JRF

Information Reviewed:

The following was utilized for purposes of PPS medical assessment, diagnosis, and treatment:

- Initial referral information provided on 04/18/2022 by Dr. Sheridan Langford
- *Medical records for Norton Healthcare 11/23/2015 - 4/22/2022 (additional record review is ongoing)*
- Medical records from UK Pediatric Gastroenterology

DR. LANGFORD HAD NO CAUSE FOR SUCH RETALIATION - SHE DISAGREED WITH ME THAT MOLD CAN CAUSE MORE THAN ALLERGY AND APPARENTLY THIS LED HER TO ACT IN A RETALIATORY WAY.

Child abuse by pediatric condition falsification (PCF) is sometimes referred to as Munchausen Syndrome by Proxy, Factitious Disorder by Proxy, or Medical Child Abuse. PCF occurs when a child's caregiver exaggerates, fabricates, and/or induces signs or symptoms of illness, which can lead to unnecessary medical interventions, placement in a sick role, and/or unnecessary and harmful lifestyle restrictions. This form of child abuse may have components of physical abuse, emotional abuse, and/or neglect. The harm to the child can result from multiple aspects that can include: potential harm if a caregiver administers substances, risk of unnecessary medical procedures/treatments and associated pain/discomfort, and psychological and/or physical consequences of being placed in the sick role. Examples of the sick role can include: limited interactions with friends, absences from school, social isolation, and potential fear about their own wellbeing, life expectancy, and life outlook. **Interestingly, it is not uncommon for PCF to co-exist with medical neglect, as it appears to do in Jack(ie)'s case.**

THE CLAIMS I MADE FOR MY CHILD WERE FOR MY CHILD'S WELL-BEING AND BACKED BY THE MEDICAL RECORD AND THE MEDICAL EVIDENCE IN THE MEDICAL LITERATURE. I SUSPECTED DR. LANGFORD WAS THE INITIAL CONTRIBUTOR TO THE REPORT, BUT WAS SURPRISED AT HOW EGRIGIOUSLY FALSE THE STATEMENTS CONTAINED IN THIS REPORT THAT DEFAME ME AND SHAME ME, THAT MAKE UP TOTALLY FALSE ALLEGATIONS, AND THAT GO AGAINST THE ACTUAL EVIDENCE IN THE MEDICAL RECORD --JRF

A comprehensive report is forthcoming, but the purpose of this letter is to provide initial impressions and recommendations for Jack(ie). Jack(ie)'s known and confirmed diagnoses

EXHIBIT CPS Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties
DATE: 2025-01-12 Page 14 of 22

WERE TOWARD DESTROYING MY CHARACTER AND EVEN RECOMMENDING TAKING MY CHILD AWAY FROM ME BECAUSE I WAS BEING A LOVING, AND A CARING PARENT, WANTING THE BEST FOR MY KID.

FROM THE INFO BELOW IN HIGHLIGHTS - IT IS CLEAR THAT JACKIE'S RECORD WAS NOT REVIEWED AT ALL.

Patient: Jack Fouts DOB: 04/26/2011 PPS Case: 2022-2610

THERE ARE MANY RECORDS FROM TIME JACKIE WAS 3 UNTIL 2022 IN JUNE AT TIME OF ACTUAL DX OF ASD LEVEL II HIGHLIGHTING THE STRONG LIKELIHOOD OF THE CONDITION. - JRF

include gastroparesis, history of constipation, severe anxiety, migraine headaches, auditory processing disorder, and functional abdominal pain.

MERIDIAN HEALTH NEURO-PSYCHIATRIST DR. DAVID CHARLES DX ASD LEVEL II IN JUNE 2022 - AND THIS WAS IN THE RECORD -- JRF

THE 3 HIGHLIGHTED PARAGRAPHS ARE EXTREMELY UPSETTING AND COMPLETELY INACCURATE. I AM ASKING FOR THE COURT'S PROTECTION FOR ME AND JACKIE FROM SUCH SITUATIONS - JRF

His father has reported several additional diagnoses that are not confirmed – or are directly refuted – by the medical record. These diagnoses include autism spectrum disorder, celiac disease, small fiber neuropathy, immunocompromise, cluster headaches, delayed food allergy, dysautonomia, need for hearing aides, and seizures, among others. Jack(ie) has been evaluated by multiple specialists including neurology, dermatology, allergy and immunology, and multiple gastrointestinal specialists. Jack(ie)'s findings thus far are diagnostic of child abuse by pediatric condition falsification.

Most concerning of Jack's symptoms, initially reported in October 2021, are suicidal ideation with severe anxiety. Jack's father discussed this symptom with multiple medical providers who have overwhelmingly agreed that Jack needs to be evaluated by psychiatry, but father has refused these referrals in favor of evaluation by psychology and a neuropsychology evaluation. This is diagnostic of medical neglect.

While our medical record review is ongoing, we have sufficient evidence at this time to definitively diagnose medical neglect and child abuse by pediatric condition falsification. Jack(ie) is in dire need of psychiatric evaluation (if this has not yet occurred) and is being harmed by the lack of psychiatric care. Further, Jack(ie)'s severe anxiety is likely being compounded by his/her father's fixation on his/her various symptoms—many of which have not been confirmed by Jack(ie) himself/herself. **We recommend Jack(ie) have an immediate mental health assessment to determine what services and interventions are needed. We recommend that (s)he be evaluated by psychiatry and that appropriate medical interventions are initiated for his/her care and safety.**

YES - JACKIE HAS AN IMMUNO-COMPROMISED SYSTEM I DID NOT MAKE THIS UP, AND DON'T APPRECIATE THE FALSE ALLEGATIONS. FOR ONE THING, ASTHMA, WHICH JACKIE HAS HAD A DX FOR SINCE AT LEAST BEING 6 YRS OLD, BY FAM ALLERGY AND ASTHMA DR. POLLARD. WE NOW KNOW ALSO THAT JACKIE HAS A PRIMARY IMMUNE DEFICIENCY DISORDER THAT IS INVOLVED IN ANOTHER PART OF THIS CASE - DOCTORS CONTINUE TO DENY INCLUDING THIS AS PART OF THE MEDICAL RECORD EVEN THOUGH IT HAS BEEN CONFIRMED REPEATEDLY - AND I NEED HELP SO MY KID CAN GET APPROPRIATE MEDICAL CARE. HETEROZYGOUS TNFRSF13B DEFICIENCY C.542C>A. - JRF

I DID NOT EVER CLAIM I THOUGHT JACKIE HAD CELIAC -WHAT I TOLD DR. LANGFORD WAS DR. TROY GIBBONS AT UK PED GASTROENTEROLOGY MOTILITY SAID HE THOUGHT JACKIE'S SYMPTOMS MAY PARTLY BE EXPLAINED BY DELAYED FOOD ALLERGIES OR TYPE IV SENSITIVITY REACTIONS. HE SAID ONLY WAY TO FIND OUT WOULD BE VIA A FOOD ELIMINATION DIET PROTOCOL TEST OF 8 WEEKS FOR EACH FOOD BUT JACKIE'S MOTHER REFUSED TO PARTICIPATE SO WE STILL DO NOT KNOW IN JANUARY 2025. --JRF

CLUSTER HEADACHES WERE ALREADY CONFIRMED BY DR. ROGERS OFFICE, JACKIE ALSO HAD ALREADY BEEN EVALUATED FOR AUDITORY PROCESSING DISORDER FOR WHICH LO-GAIN

We have serious concerns for Jack(ie)'s safety and wellbeing in father's care.

HEARING AIDS WERE RECOMMENDED AS EVIDENCED IN THE MEDICAL RECORD. - JRF

At this time, we STRONGLY recommend that CPS consider alternative placement for Jack(ie) in order to begin to determine which of his/her symptoms are indeed occurring and which have been solely endorsed by father. Jack(ie) is of an age that (s)he may have begun to internalize some of the messages that father has been sending regarding his/her health. We recommend a forensic interview with Jack(ie) to help understand the dynamic between him/her and his/her father. It will also be critical to interview mother regarding signs/symptoms she observes when Jack(ie) is in her care. It is curious that there are very few medical encounters that involve Jack(ie)'s mother — his care is almost entirely driven by father.

DR. ROGERS ALSO STATES JACKIE'S SYMPTOMS WERE CONSISTENT WITH SFN - ALSO IN THE RECORD BUT IGNORED. LINDSAY HAD BEEN A VERY EMOTIONALLY NEGLECTFUL PARENT TOWARD JACKIE IS WHY SHE WAS NOT INVOLVED - SHE DID NOT EVEN WANT- JRF

The underlying motivation for this form of child maltreatment is not a factor when making the diagnosis; however, it is a critical factor for the purposes of safety/prevention planning and short and long term prognosis. Consequently, it will be important for investigators and/or the Department for Community Based Services to further assess the underlying motivations for the maltreatment, in order to make the best decisions for Jack(ie) in the future. Underlying reasons may include one or more of the following: caregiver's underlying mental illness; secondary financial or other gain; secondary psychological gain (such as sympathy from family/friends, being perceived as a hero, etc.); a means of escape from "real life" by spending excessive time in medical settings; etc.

THE SEIZURES COMMENT IS ALSO REFERENCED OUT OF CONTEXT COMPLETELY. I'D ASKED ABOUT THE ABNORMAL EEG IN ALL 3 STATES WHEN JACKIE WAS YOUNGER & NIGHTMARES

TO TAKE JACKIE TO SCHOOL BECAUSE SHE WAS 'TOO DEPRESSED' - SO I OFTEN BACK THEN HAD TO DRIVE TO HER APT, PICK UP JACKIE, TAKE JACKIE TO SCHOOL AND BRING HER BACK AT THE END OF MY WORK DAYS. - JRF

GASTROPARESIS, FOR WHICH JACKIE HAS HAD MULTIPLE GOLD STANDARD STUDIES DONE FOR SHOWING POSITIVE CONFIRMATION, THERE IS A LOT OF INFORMATION AVAILABLE ABOUT DYSAUTONOMIA AND GASTROPARESIS - JRF

Patient: Jack Fouts **DOB: 04/26/2011** **PPS Case: 2022-2610**

I HAVE ALWAYS "ONLY" MADE DECISIONS IN THE BEST INTEREST OF MY CHILD FOR AS LONG AS I HAVE BEEN A DAD.

We strongly recommend a formal parental capacity and forensic psychological assessment of father by a psychologist provider who is familiar with the diagnosis of child abuse by pediatric condition falsification in order to determine his willingness and/or ability to make decisions that are in the best interest of Jack(ie). The overall prognosis for successful reunification is highly dependent upon father's ability to have insight into what has happened and have the motivation and skills to engage in therapy to address the underlying motivation for the father's behavior. It is strongly recommended for this assessment to occur prior to any unsupervised contact between Jack(ie) and father. **In the interim, strict sight and sound supervision is recommended with any contact between Jack(ie) father, by a an objective third party who is protective.**

THE OUTRAGEOUSLY BASELESS CLAIMS PRESENTED IN THIS REPORT, NEED TO BE ADDRESSED BY FEDERAL COURT - I AM ASKING THE COURT TO PLEASE PROTECT ME AND MY CHILD FROM SUCH CRIMINAL AND CIVIL AND TORT VIOLATIONS ONGOING.

Additionally, we recommend the father not have any medical decision making ability until he is thoroughly assessed and has been able to demonstrate insight into his behavior.

IF MY AUTHORITY TO MAKE MEDICAL DECISIONS ON MY CHILD'S BEHALF WAS TAKEN AWAY, JACKIE MIGHT NOT BE HEREE TODAY - SO THANKFULLY THAT DID NOT HAPPEN - JRF

The above report, impression, and recommendations are based upon records review, discussion, and consensus between the undersigned medical providers. If there are any questions or concerns, please feel free to contact us at (502) 629-3099.

THE STATEMENT MADE HERE BY AUTHOR OF REPORT UNDERSCORES HOW BIASED, RETALIATORY, AND DISCRIMINATORY PROVIDERS AND OTHERS INVOLVED IN REPORT CREATION HAVE BEEN AND CONTINUE TO BE. -- JRF

Ashley Cochran, DO by MC.

AshLey Cochran, DO, MS
Child Abuse Pediatrics Fellow
Department of Pediatrics
University of Louisville School of Medicine

Melissa L. Cutrie MD

Melissa L. Cutrie, MD, FAAP
Board-Certified Child Abuse Pediatrician
Norton Children's Pediatric Protection Specialists
Kosair Charities Professor and Endowed Chair for Pediatric Forensic Medicine
University of Louisville School of Medicine

CLEARLY, UNIVERSITY OF LOUISVILLE SCHOOL OF MEDICINE IS ALSO INVOLVED AS SIGNED BY THAT DEPARTMENT AND NORTON AND KOSAIR ARE ALSO INVOLVED. -- JRF
* ONE WOULD THINK SINCE HEARING AID FUNDING WAS APPROVED BY KOSAIR CHARITIES THAT THAT RECORD WOULD BE VISIBLE TO A KOSAIR CHARITIES PROFESSOR RE: MELISSA L. CUTRIE. CUTRIE AND COCHRAN NEED TO BE ADDED TO COLOR OF LAW LIST.

CC: Sheridan Langford, MD – NCMG-Germantown

Attachment: Appendix 1 – Summary timeline of medical visits

DR. LANGFORD WAS PROVIDED WITH ALL REPORTS AS SOON AS THEY WERE MADE AVAILABLE. AND THE MOLD DISCUSSION OCCURRED WITH ME HAVING PLENTY OF EVIDENCE ON HAND THAT SHE REFUSED TO LOOK AT.
SHE ACTED IN MEDICALLY NEGLECTFUL WAYS, AND TOOK ACTIONS THAT COULD BE CONSIDERED MEDICAL MALPRACTICE BY REFUSING TO CONSIDER THE ACTUAL MEDICAL EVIDENCE IN THE RECORD, AND REPORTS PROVIDED BY ME. - JRF

ANOTHER THING THAT STANDS OUT - IS WE LEFT OUR LAST APPT THERE, AND IT WAS MY FIRST TIME EVER NEEDING A FOOD PANTRY - DESPERATELY NEEDING ONE - AND I HAD READ THAT PEOPLE IN NEED COULD GO TO NORTON CHILDREN'S MEDICAL GROUP LOCATIONS TO GET ACCESS TO A FOOD PANTRY - AND WITH NO REASON - WE WERE TOLD NO - WE COULD NOT GET HELP FROM THEM AND WE NEEDED TO LEAVE THEIR OFFICE - WITH NO DISCUSSION - NO INFORMATION - I REMEMBER DISTINCTLY THAT I ALMOST STARTED WEEPING IN FRONT OF JACKIE BECAUSE I DID NOT KNOW OF HOW WE WERE GOING TO MAKE IT -- JRF

ALSO - I DON'T KNOW WHAT RECORDS ARE IN THE SYSTEM THAT I AM NOT ABLE TO SEE THAT MAY BE ABLE TO BE SEEN BETWEEN DOCTORS - BUT I CAN TELL YOU THAT EVER SINCE DR. LANGFORD'S OFFICE AND OUR TERRIBLE EXPERIENCES THERE, IT HAS BEEN SEEMINGLY 100X MORE DIFFICULT TO GET CARE. AS AN EXAMPLE, PLEASE SEE THE BAPTIST HEALTH AND DR. PENDLETON EXHIBIT AND THE REFUSAL TO CORRECT MEDICAL RECORDS BY BAPTIST TO REFLECT ACTUAL TRUTHFUL AND HONEST STATEMENTS INSTEAD OF FURTHER LIES AND MISREPRESENTATIONS. - JRF

Appendix 1 – Summary timeline of medical visits

2022 Summary as of May 1, 2022

- 17 Individually documented conversations between father and medical providers
- 2 Acute visits with PCP's office
- 1 Scheduled appointment with PCP's office
- 3 Appointments with UK pediatric gastroenterology
- 2 Appointments with dermatology
- 1 Appointment with neurology

YES - AS SCHEDULED - JRF

YES AS INSTRUCTED BY DR. GIBBONS, PED GI MOTILITY. - JRF

YES AS INSTRUCTED BY DR. TODD, DERMATOLOGIST - JRF

YES AS A FOLLOW UP WITH DR. ROGERS, NEUROLOGIST. - JRF

4/27/22 – Message from Father to the Primary Care Physician (PCP) Dr. Langford's office regarding a food pantry and financial concerns

YES - DENIED ACCESS TO FOOD PANTRY - JRF

4/25/22 - Message from Father to Dr. Rogers, the neurologist regarding obtaining a copy of the MRI

YES - IT IS IMPORTANT TO KEEP YOUR CHILDREN'S MEDICAL RECORDS ORGANIZED. - JRF

4/22/22 - Message from Father to Dr. Rogers' office regarding a missed genetics appointment.

4/22/22 - Message from Father to the dermatologist Dr. Todd regarding toenail concern

4/13/22 - Message from Father to Alicia Seidl APRN after acute visit with the PCP's office for foot pain on 4/12/22

STILL A CONCERN TODAY - JRF

YES - JACKIE OFTEN ENDORSED SEVERE FOOT PAIN - JRF

4/12/22 - **Appt:** Acute Visit with Primary care physician's office for: 1) Knee Pain, 2) Neck Pain, 3) Ear pain

JACKIE OFTEN HAS WIDESPREAD PAIN EPISODES - JRF

4/3/22 – **Appt:** MRI

3/28/22 - Message from Father to the PCP's office for medication refill

YES - SOMETIMES IT TOOK OVER 20 COMMUNICATIONS TO GET DR. LANGFORD'S OFFICE TO FILL JACKIE'S ADDERALL UNFORTUNATELY- MY BOSS BECAME VERY ANGRY WITH ME MULTIPLE TIMES BUT UNDERSTOOD THAT THE DOCTOR'S OFFICE WAS NOT DOING ITS JOB - AND BEING NEGLIGENT. - JRF

3/7/22 - Message from Father regarding medication refill

3/4/22 - **Appt:** University of Kentucky, Pediatric Gastroenterology appointment for: 1) Endoscopy Results

3/3/22 - Message from Father to the neurologist regarding Jack's MRI that day.

3/2/22 - Message from Father to the PCP's office regarding Jack's ECG

3/2/22 - **Appt:** Dermatology Appointment for: 1) Liquid nitrogen therapy for warts

STD OF CARE - WHY AN ISSUE?

2/28/22 - **Appt:** Hospital Encounter with UK Pediatric Gastroenterology for: 1) Endoscopy

2/24/22 - Message from Father to Neurology

2/18/22 - Message from Father to the PCP regarding mold testing and glutathione supplementation

YES BECAUSE OF ALL OTHER POSITIVE MYCOTOXIN RESULTS - SEE POSITIVE MYCOTOXIN EXPOSURE EXHIBIT(S)

YES - AUDITORY PROCESSING ISSUES

2/18/22 - **Appt:** Acute visit at PCP's office for: 1) Hearing Issues

2/18/22 - Message from Father to the PCP regarding Jack's hearing issues and anxiety.

2/17/22 - Appt: Father cancels a psychiatry appointment

2/17/22 - Message from Father to Neurology regarding the EEG.

SINCE ONE ABNORMAL IN ALL 3 STATES

2/15/22 - Message from Father to PCP regarding Jack's anxiety

YES INQUIRING ABOUT WHAT TO DO THIS ONE WAS NORMAL AND GOOD (EEG)

2/16/22 - **Appt:** Outpatient EEG Performed in Neurology Clinic

2/16/22 - **Appt:** Routine Neurology Apt, follow-up appointment for: 1) Headaches 2) Sleep Disturbance 3) Neuropathic lower extremity pain 4) Behavioral issues

RIGHT - IN THE DOCTOR'S NOTES IT STATES THOSE THINGS - F/U ON THOSE DR. LISTED ITEMS.

2/11/22 - Message from Father to Neurology

2/8/22 - **Appt:** Audiology Appointment at Beyond the Ear

YES CONFIRMING A. P. D.

2/2/22 - Mychart conversation between Father and the PCP's office for: 1) Clonidine refill

1/28/22 - **Appt:** Dermatology appointment for follow-up: Liquid nitrogen therapy for warts

MYCHART REFILL REQUESTS ARE STD

1/14/22 - Referral to ASM rejected

WHAT IS ASM?

1/6/22 - **Appt:** University of Kentucky Pediatric Gastroenterology Appointment

1/6/22 - **Appt:** Virtual appointment with a partner at the PCP's office: 1) ADHD med check

YES - IN COVID PANDEMIC AND CONTROLLED SUBSTANCE REQUIRE PROVIDER FOLLOW-UP - THAT IS THE LAW.

YES DR. TROY GIBBONS PEDIATRIC MOTILITY CLINIC FOLLOW UP FOR GASTROPARESIS 1/6/22

1/4/22 - Message from Mr John Fouts to PCP's office.
12/31/22 - RN documents call from father

THAT IS LESS THAN 2 PER MONTH FOR A CHILD WITH MULTIPLE MEDICALLY OBJECTIVE TESTING VERIFIED COMPLEX CHRONIC CONDITIONS.

2021 Summary

- 21 Individually documented conversations between father and medical providers
- 1 Appointment with adult Gastroenterology YES FOR GASTROPARESIS
- 3 Appointments with Dermatology YES WARTS TAKE MULTIPLE FREEZE EVENT
- 3 Acute visits with PCP's office OFTEN
- 2 Scheduled visits with PCP's office YES - IN THE PANDEMIC - WE FOLLOWED THE ADVICE YES PER PCP WISHES
- 3 Appointments with Neurology MAINLY FOR SCHOOL AND FOLLOW-UP
- 1 Appointment with Advanced ENT and Allergy AS REQD FOR SCHOOL & ASTHMA
- 5 Interactions with Chronic Care Management (CCM)

YES - CAROL IS WHO COULD ACTUALLY GET MESSAGES TO THE DOCTOR.

12/22/21 - Message from Father to the Neurologist Dr. Rogers NEUROPATHY (SMALL FIBER)
12/17/21 - UK Pediatric Gastroenterology - Phone Note from Mr John Fouts GASTROPARESIS
12/15/21 **Appt:** Dermatology Follow-up Appointment for: Liquid nitrogen therapy for warts STANDARD OF CARE
11/23/21 - Dad calls about headaches YES - JACKIE WAS MISSING A LOT OF SCHOOL DUE TO HEADACHE AND CYCLIC VOMITING ISSUES.
11/18/21 - Chronic Care Management
11/12/21 Call between Dermatology office and PCP's office regarding suicidal thoughts BULLYING
11/10/21 - Mychart interaction between Father and the Neurology team regarding Missing school / SI YES - WELL FOUND OUT THAT JACKIE WAS BEING SEVERELY BULLIED BY STUDENTS AND STAFF
11/10/21 - **Appt:** Dermatology Follow-up appointment for 1) Liquid nitrogen therapy for warts STANDARD OF CARE
11/10/21 - **Appt:** University of Louisville Adult Gastroenterology and Motility Clinic 1) Consultation for second opinion IT WAS NOT FOR A SECOND OPINION - DR. STOCKER TOLD ME THAT FOR HER TO SEE JACKIE WE NEEDED TO SEE A PEDIATRIC MOTILITY SPECIALIST FIRST. CINCINNATI WAS NO LONGER IN NETWORK WHERE WE USED TO GO. UK CLINIC WAS IN NETWORK - DR. GIBBONS CLEARED JACKIE FOR DR. SOTCKER AT U OF L TO SEE HER.
11/05/21 - Chronic Care Management: Appendix X AS DIRECTED
11/3/21 - Message from Father to Neurology SFN
10/29/21 - Message from Father to the neurologist Dr Rogers
10/22/21 - Chronic Care Management: GI Referral UK
10/22/21 - **Appt:** Acute visit with Primary Care Provider's Office for: Vomiting YES - WE ARE STILL UNABLE TO GET APPROPRIATE CARE FOR JACKIE LIKELY DUE TO THESE FALSIFICATIONS MADE BY PEOPLE ACTING UNDER THE GUISE OF AUTHORITY AND IN THEIR INDIVIDUAL CAPACITIES - COLOR OF LAW DOCTRINE VIOLATOINS
10/21/21 - Father sends a letter to Dr. Rogers
9/17/21 – Missed Scheduled appointment with Genetics YES - TRYING TO KEEP JOB
9/16/21 - Message to Father regarding: Concern about billing YES - NOT RIGHT
9/16/21 - Message sent by Father to Neurology regarding: Medication refill STD
9/9/21 - Message sent by Father to the PCP regarding. ADHD medication STD
8/27/21 - **Appt:** Appointment to establish with Dermatology with concern about: "new moles" and Warts YES - AND THERE WERE NEW WARTS -YRLY CHECKUP
8/24/21 - **Appt:** Acute visit with PCP's office for: Vomiting, Headache, blue/gray around mouth and nose YES LOW O2 LEVEL / ASTHMA ISSUES / CYCLIC VOMITING / MIGRAINE (SEPARATE)
8/13/21 - **Appt:** Follow-up appointment with Neurology for: Headaches, sleep disturbance, behavioral issues YES - ALL CONSISTENT WITH NEUROPATHY - AND BEING BULLIED BY DOCTORS, STAFF AND STUDENTS AND ADMINISTRATORS.
8/5/21 - Father writes to PCP's office and requests 504 form and med refill YES - AND DRS STILL DO NOT WANT TO HELP WITH 504 PLANS. IN FACT - DR. PENDLETON DROPPED JACKIE WHEN ASKED TO CORRECT FALSE STATEMENTS MADE IN MEDICAL RECORD AND ACTIVELY REFUSED CARE AND LABS ORDERED BY OTHER DOCTORS IN WRITING. SEE DR. PENDLETON EXHIBIT. I - DAD - AM VERY ILL NOW ALSO - AND NEED HELP - I AM BEGGING THE COURT FOR HELP PLEASE.
7/30/21 - Father writes to the PCP's office seeking guidance about covid precautions with school YES - WHY IS THIS WRONG?
6/24/21 - **Appt:** New Patient visit with Advanced ENT and Allergy for: Allergic rhinitis, Asthma, parental concern for mast cell disorder, parental concern for immunodeficiency YES - IMMUNODEFICIENCY IS CONFIRMED - THEY WOULD NOT MEASURE TRYPTASE LEVELS, JACKIE HAS DX ASGHMA AND ALLERGIES BY FAM ALLERGY & ASTHMA

6/21/21 - Discussion with CCM regarding Father's approach to Adderall refills and Jack's next endoscopy

YES-STD

6/18/21 - **Appt:** Scheduled visit with PCP for Well-Child check

YES REFILLS ARE MONTHLY FOR THAT PRESCRIPTION

6/15/21 - Father writes to the PCP's office regarding Adderall refill.

6/7/21 - Father calls the PCP's office to request ENT referral

YES-TOLD IT WOULD SOLVE ISSUES OF DR. NOT CALLING IN RX ON TIME

6/3/21 - CCM Intake

YES

5/26/21 - **Appt:** Acute visit with PCP for "fluid in ears"

5/19/21 - Father writes to the PCP about recent visit with Dr. Rogers

YES - YOU ARE SUPPOSED TO KEEP DRS IN COMMUNICATION FOR CONTINUITY OF CARE.

5/12/21 - **Appt:** Follow-up Appointment with Neurology for: Headaches, sleep disturbance, behavioral issues, and new-onset dizziness and foot pain

YES - PER DR. ROGERS' REQUEST

4/28/21 - Message from Father to the PCP's office regarding: Dizziness, migraines, seizure, emotional lability, itchiness, foot pain

I HOPE SHE COMMUNICATED W/OTHER DRS - IT IS THE ONLY ETHICAL CHOICE - BUT WE HAVE SEEN OTHER BAC CHOICES BY HER.

4/12/21 - Message from Father to the PCP neurology regarding: Stopping Cyproheptadine Dizziness, sleeping poorly, behavior changes

YES - IT WAS MAKING JACKIE WORSE.

3/31/21 - **Appt:** Follow-up evaluation with Neurology for headaches

YES BUT THEY DID NO TESTING

3/22/21 - Father concerned about not getting refills.

YES IT SHOULDN'T TAKE WEEKS OF ADVANCE PLANNING FOR ONE REFILL - MEDICAL NEGLIGENCE

2/9/21 - Message from Father to the PCP with concerns for: blood in stool, anxiety, seizure, migraines, waking at night, teeth clenching, new moles

YES - JACKIE CONTINUES TO HAVE BLOOD IN STOOL AT TIMES AND I AM STILL TOLD TO NOTIFY THE DR. IMMEDIATELY.

1/22/21 – Message to PCP regarding mood swings

1/4/21 - **Appt:** ADHD follow-up. New concern for headaches, chest burning, foot pain

IT OFTEN TOOK 20+ CALLS/EMAILS/MSGS MONTHLY EACH MONTH TO GET THE REFILLS FOR JACKIE ON A TIMELY BASIS. I SHOULD HAVE SUED FOR MEDICAL NEGLECT OF MY CHILD THEN, AND MALPRACTICE. IS THE STATUTE OF LIMITATIONS STILL OPEN TO DO SO?

2020 Summary

YES - WE NOW KNOW THAT THE VACCINE CAN INDUCE LONG COVID TOO WHICH JACKIE HAD A DX OF FROM DR. MAHAJAN - SUBSEQUENT PEDIATRICIAN.

- 8 Individually documented conversations between father and medical providers
- 1 Scheduled visit with PCP's office

PRE-ISSUES AND PRE-PANDEMIC

YES - NOT AS MANY ISSUES THEN AND PRE-PANDEMIC.

- 2 Appointments with Neurology

YES - BC JACKIE WAS HAVING NEUROLOGICAL ISSUES

- 1 Appointment with Family Allergy and Asthma

YES AS REQUIRED BY SCHOOL FOR ASTHMA MED FORM. AND REFILLS.

- 3 Interactions with Chronic Care Management (CCM)

YES WE WERE TOLD THAT CCM WOULD HELP MAKE SURE THE DR REFILLED RX APPROPRIATELY. BUT THAT DID NOT HAPPEN.

12/16/20 - Clonidine Refill. New symptom of Hallucinations

12/1/20 - **Appt:** Consultation with Neurology for Headaches

11/25/20 – CCM interaction regarding Headaches – asking for referral

10/29/20 CCM interaction requesting GI Referral

YES - WE CANNOT WRITE OUR OWN REFERRALS - JRF

10/28/20 – Call from father regarding Med refill

10/12/20 - Message from Father to the PCP regarding a Billing Issue

9/25/20 - Message from father to the PCP regarding Blood in Stool

YES BLOOD IN STOOL CAN BE SERIOUS-JRF

9/11/20 – CCM interaction requesting New GI Referral to UK Peds GI

YES BECAUSE THAT IS WHAT UK GI STATED WAS NEEDED-JRF

9/9/20 - Message from father to the PCP regarding a billing issue

7/10/20 - PCP's office communications regarding Covid exposure

YES TO ASK FOR ADVICE - JRF

7/9/20 - **Appt:** Re-established care with Neurology to discuss Jack's 2016 EEG

6/18/20 - Message from Jack's mother to the PCP regarding: Fever / vomiting

6/15/20 - **Appt:** Primary Care Doctor's office for 9-yr Well Child Check

4/30/20 - **Appt:** Family Allergy and Asthma

YES FOR ASTHMA AND ALLERGY FOLLOW-UP AND CHECKUP-JRF

1/4/20 - Father calls for Medication Refill

2019 Summary

- 2 Individually documented conversations between father and medical providers
- 1 scheduled appointment with PCP's office
- 2 acute care visits

10/3/19 - **Appt:** PCP Appointment for ADHD Check
9/28/19 - Father calls for Medication Refill
6/11/19 - **Appt:** Suture removal
6/9/19 - **Appt:** ER visit for **Fall** / Laceration
1/29/19 - Call from Father regarding: Jock Itch

2018 Summary

- 1 acute visit with PCP's Office
- 1 scheduled appointment with PCP's Office

6/5/18 - **Appt:** Seen by primary care provider for 7-year WCC
5/18/18 - **Appt:** Acute visit to the PCP regarding: Vomiting

YES CYCLIC VOMITING WAS A PROBLEM EVEN THEN - PART OF PROBLEM IS IT IS NOT LISTED AS BEING CYCLIC AND DOCTORS AND FACILITIES REFUSE TO MAKE RECORD AMMENDMENTS CRITICAL TO CURRENT AND FUTURE CARE - JRF

2017 Summary

- 4 Individually documented conversations between father and medical providers
- 1 acute visit with PCP's office
- 1 scheduled appointment with PCP's office
- 1 Appointment with Cincinnati GI

12/12/17 - **Appt:** Acute Visit to the PCP regarding: Foot Pain and ear pain
10/3/17 - **Appt:** Establishes care with Norton Healthcare for WCC 6-years
9/11/17 - Communication from PCP's office regarding Med Refill for a new patient
5/26/17 - Communication from Cincinnati GI regarding a medication problem
4/28/17 - Communication from Father to Cincinnati GI
3/14/17 - **Appt:** Jack is seen for a follow-up evaluation by Cincinnati GI
1/10/17 - Father contacts Cincinnati GI regarding Jack's stooling habits

2016 Summary

- 3 Individually documented conversations between father and medical providers
- 1 Appointment with Cincinnati GI

11/18/16 - Father contacts Cincinnati GI about the biopsy results
11/10/16 – **Appt:** EGD performed
9/29 – 9/30/16 - **Hospital** Admission – VEEG
9/7/16 - Mr. John Fout calls Cincinnati GI with questions regarding Jack's bathroom access at school.
9/1/16 - Father contacts Cincinnati GI regarding bathroom procedures at school for Jack
8/23/16 - **Appt:** Initial consultation with Cincinnati Gastroenterology

FAX COVER SHEET

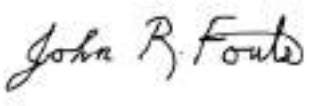
TO	Dr. Roger's
COMPANY	Nortons neurology
FAX NUMBER	15025887852
FROM	KVC Behavioral HealthCare KY
DATE	2024-06-17 18:29:43 GMT
RE	Open Cps

COVER MESSAGE

I am needing to speak to someone about jack (Jackie) fouts 4/26/2011 child is transgender my contact information is Megan Clark 859 436 8503 attached is my badge . I am needing current diagnosis or any medication prescribed

Fax: 859-254-2075

Reservation of Rights: *Plaintiff reserves the right to provide additional evidence and context as discovery progresses.*



End of Falsifications, Misrepresentation, and Systemic Harm by Norton Pediatric Protective Services and Associated Parties

Supplemental Memorandum: Structural Abuse and Systemic Failures Under VAWA Principles

Introduction

I submit this memorandum to highlight the structural abuse and systemic neglect that I and my child have endured due to state and federal agencies' failures. These failures, including procedural delays, denial of medically necessary treatments, and retaliatory actions, mirror the coercion and control dynamics of interpersonal abuse. This memorandum further illustrates how these systemic actions have exacerbated my **PTSD** and rendered me incapable of fully protecting myself and my child.

Background

- **Personal Context**:

  I am a disabled individual and a single parent to a disabled minor child. Our household relies on federal and state programs, including **Medicaid**, **HUD**, and **CHFS**, to access housing, healthcare, and essential services.

  Despite these dependencies, systemic failures, retaliation, and discrimination have repeatedly placed us in vulnerable and harmful positions.

- **Trauma History**:

  In addition to the physiological conditions I endure, including **small fiber neuropathy**, Complex Regional Pain Syndrome aka "The Suicide Disease" aka Reflex Sympathetic Dystrophy, Chronic Venous Insufficiency, Erythromelalgia, and more, the mental side of my health issues including **PTSD** have been exacerbated by past trauma.

  This includes an incident where I was forced to obtain an **Emergency Protective Order (EPO)** against a former partner who threatened to murder me in my sleep with a hand drill.

Supplemental Memorandum: Structural Abuse and Systemic Failures Under VAWA Principles

After ending the relationship, I later learned that my former partner had died by suicide several months later, and after she had found a new partner. She suffered from severe refractory Borderline Personality Disorder.

Compounding this, I grew up in a household affected by severe mental illness, enduring an unstable and abusive environment. The same types of neglect and abuses by state agencies today trigger these past traumas, leaving me mentally and physically incapacitated, on top of an already impossible to manage physical health situation partly also existing as it is due to even further abuses by state and federal agencies and improper and unlawful gatekeeping.

Argument

1. Systemic Neglect as Structural Violence and Abuse

- The systemic failures I face—including **denial of ADA accommodations**, procedural barriers, and retaliatory actions—constitute **structural violence**.

- *Structural violence occurs when institutional policies and practices harm vulnerable individuals by denying access to their basic rights.*

- Examples include:

    - **Medically Necessary Treatment Denials**:
        - Refusal to approve **IVIG treatment**, despite incontrovertible medical evidence of its necessity.
        - Denials of medically necessary treatments to properly and adequately treat Long Covid with Microclots as in the services and treatments Dr. Vaugh, the only treating physician of microclots from Long Covid and MCAS (Mast Cell Activation Syndrome) in the United States using Triple Anticoagulent Therapy, prescribed and has been trying to manage in terms of my care.

            - I am not able to afford everything out of pocket as if I had no coverage.

Supplemental Memorandum: Structural Abuse and Systemic Failures Under VAWA Principles

- These things include Red Light Therapy, Hyperbaric Oxygen Therapy (HBOT), Normatec or other compression such as SCDs or Sequential Compression Devices, Myers Cocktail Infusions, High Dose Vitamin C infusions, NAD+ Infusions, and many other.

- Being a HCBS 1915c Waiver Participant also has been traumatic as illegal caps are placed on services and goods and most of the time the goods and services are not even provided, or take many months of fighting for such as the several months it took me to get 2 pair of compression stockings approved.

- **Housing Instability**: The impending expiration of my Housing Choice Voucher and the non-renewal of my lease.

- **Falsified Records and Procedural Retaliation**: Removal of hearing requests without notice, and systemic inaccuracies in SNAP benefit calculations, an outright refusal to be transparent about how calculations are being performed, and more – also leads to triggering of PTSD because 'gaslighting' unfortunately has become all too common in the world, and especially in the world of medicine / care / and public benefits and health.

2. Parallels to Interpersonal Abuse Under VAWA Principles

- The state's actions mirror the coercion, control, and harm addressed under the **Violence Against Women Act (VAWA)**.

- **Just as interpersonal abusers use power dynamics to exert control, the state's neglect and retaliatory actions place me in a cycle of dependence and harm.**

Supplemental Memorandum: Structural Abuse and Systemic Failures Under VAWA Principles

- This systemic abuse creates conditions of **mental, emotional, and physical harm**, rendering me unable to advocate for myself effectively, and takes ANY and ALL energy I have when there is already so very precious little due to the Chronic Fatigue Syndrome / Myalgic Encephalomyelitis condition I also have to deal with.

- I am often left with choices such as do I try to go pick up my prescriptions? Or do I try to cook a meal? Or do I try to bathe? There is only enough energy for 1 of the 3. When you add a mountain of administrative paperwork that constitutes the definition of involuntary servitude and **violates the 13th amendment of the US Constitution, and add in Due Process violations which violates the 14th amendment of the US Constitution, and take on to that violations of the 1st Amendment disallowing the power of petition, or having my voice heard – suppressing free speech, it compounds the harm and systemic neglect and irreparable nature of what me and my child have had to continue to endure, and it doesn't stop – and that is another reason to ask the court to please intervene to stop the retaliatory behavior, the RICO behavior, the conspiracy and racketeering, with all agencies trying to harm us repeatedly.**

We have been under relentless attack from all angles by agencies that are supposedly there to 'help' us.

3. Impact of Trauma and Exacerbation of PTSD

- The state's failures trigger past traumas from my childhood and the EPO incident, where I was forced to protect myself and my child from imminent danger.

- These actions intensify my PTSD symptoms, further impairing my ability to address systemic barriers and protect my child, and to even have the ability to take basic care of myself – let alone try to seek out specialty care for ultra-rare conditions.

4. Disability Rights and Constitutional Violations

- The state's actions violate my rights under the **ADA** and the **Olmstead Act**, failing to provide reasonable accommodations or support for me and my child as disabled individuals, and the refusal to acknowledge ADA Accommodations and Olmstead

Supplemental Memorandum: Structural Abuse and Systemic Failures Under VAWA Principles

Act violations have been well detailed in exhibits already docketed under case 24-CV-09325-AMO at the District Court of Northern California.

- The **13th Amendment** is implicated, as I am effectively subjected to involuntary servitude by having to navigate endless procedural barriers to enforce my federally guaranteed rights.

Evidence

Exhibits (some of which have already been submitted) substantiate these claims:

1. **Emergency Protective Order Documentation**: Evidence of past trauma and threats – Submitted Earlier With Initial Writ of Mandamus document to the Ninth Circuit Court of Appeals on January 10, 2025).

2. **Medical Documentation**: Diagnoses of small fiber neuropathy, CRPS/RSD, Erythromelalgia, a Primary Immune Deficiency Disorder called Homozygous TNFRSF13B Deficiency c.542C>A, and my child having the same mutation but heterozygously, PTSD, and other conditions.

3. **Correspondence Evidence**: Emails and letters from HUD, LMHA, and CHFS illustrating systemic neglect. (HUD and LMHA Information Submitted With Initial Write of Mandamus document to the Ninth Circuit Court of Appeals on January 10, 2025)

4. **Procedural Failures and Retaliation**: Documentation of denied hearing requests and falsified SNAP calculations, documentation of hearing requests withdrawn without any communication or consent, and for invalid reasons, CHFS caught in lies on the record, and much more.

5. **IVIG Denial Letters**: Proof of medical necessity and unjustified denials, along with proof of misrepresentations by the Commonwealth of Kentucky.

Supplemental Memorandum: Structural Abuse and Systemic Failures Under VAWA Principles

Conclusion

The systemic failures and structural abuse I have endured are not only harmful but unlawful – violating multiple laws in multiple areas of law.

These actions exacerbate past trauma and directly endanger my family's safety and wellbeing. I respectfully request the Court to:

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1. Recognize these systemic actions officially in judicial capacity as **structural violence akin to interpersonal abuse under VAWA principles**.

2. **Grant immediate judicial relief to address these failures and protect my federally guaranteed rights.**

As a disabled individual, I request that all communications from the Court be provided in writing via email or fax, and mail as reasonable accommodations under the Americans with Disabilities Act (ADA). These accommodations are essential to ensure my full participation in these proceedings and to address the limitations caused by my disabilities.

Sincerely,

John R. Fouts, MBA
2904 Sitka Dr. L29
Louisville, KY 40299

Email: Fouts.John@gmail.com
Fax: 502.996.8246
Phone: 502.956.0052 (Text Only Please – ADA Accommodation)

FILED
DEC 18 2024
CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

CV 24-09325 AMO

Case Title:

John R. Fouts, MBA ("Plaintiff" aka "JRF", "J.R.F."), and Jackie Fouts (a minor aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", "J.A.F.", "JAF", "Co-Plaintiff", "Child"), Plaintiffs,

v.

Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, and Other Named Defendants, Defendants – Action for Emergency Injunctive Relief, Permanent Restraining Order, Permanent Protective Order, Punitive and Compensatory Damages.

Plaintiff(s):

John R. Fouts, MBA, and Jackie A. Fouts (aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", J.A.F., JAF)

BY FAX

EMERGENCY PRELIMINARY INJUNCTION, PERMANENT RESTRAINING AND PROTECTIVE ORDERS, AND PUNITIVE AND COMPENSATORY DAMAGES

INTRODUCTION

Plaintiff, **John R. Fouts, MBA**, respectfully moves this Court for an **Emergency Preliminary Injunction, Permanent Restraining Order, and Permanent Protective Order** to address ongoing **willful endangerment, malicious intent to harm, harassment, obstruction of**

justice, and systemic violations of federal law, constitutional rights, and civil rights protections by the Defendants. Plaintiff reserves the right to add further violations and responsible parties as additional evidence emerges.

Plaintiff suffers from **complex, rare, and debilitating medical conditions**, including but not limited to **Complex Regional Pain Syndrome (CRPS), Sjögren's Disease, Graves' Disease (post-radioactive iodine), dysautonomia, gastroparesis, advanced brain atrophy, small fiber neuropathy, erythromelalgia, TNFRSF13B deficiency**, and **more**.

These conditions have been **exacerbated by the Defendants' deliberate actions, omissions, and systemic failures** to provide legally mandated care and protections. Plaintiff and Plaintiff's child are **subjected to retaliation, discrimination**, and **deprivation of essential services**, including those mandated under federal law.

Defendants have engaged in **systemic discrimination, lack of transparency, malicious retaliation**, and **intentional obstruction of justice**, depriving Plaintiff and Plaintiff's child of critical services and fundamental rights under federal and constitutional law. Plaintiff and Plaintiff's child face **imminent and ongoing harm**, including threats to life, safety, and quality of life, due to the Defendants' collective failures and misconduct.

The Defendants include not only the named state entities but also **federal agencies**, including but not limited to the **Centers for Medicare and Medicaid Services (CMS)**, the **U.S. Department of Agriculture Food and Nutrition Service (USDA-FNS)**, and **other federal entities** involved in systemic violations of law and policy. These agencies have demonstrated **willful neglect** in addressing Plaintiff's grievances, contributing to the harm inflicted upon Plaintiff and Plaintiff's child.

Additionally, the Plaintiff is doing his best to provide this Court with a comprehensive account of the violations and harm but is hindered by reduced memory, executive functioning, and cognitive impairments caused by advanced brain atrophy and other health challenges.

Plaintiff pleads the Court to recognize this difficulty and respectfully requests any opportunity to amend or supplement this filing as new information becomes available or as memory improves with appropriate treatment .

BACKGROUND

A. **Health and Disability:**

- Plaintiff is permanently disabled, as recognized under SSA SSDI Title II with official date of disability onset of June 30, 2022, and suffers from rare and numerous complex conditions **including CRPS, PTSD, Sjögren's Disease, Graves' Disease (post-radioactive iodine), dysautonomia, gastroparesis, advanced brain atrophy, small fiber neuropathy, erythromelalgia, TNFRSF13B deficiency, and more.**

- Plaintiff's child also suffers from complex medical and developmental conditions, including autism, PTSD from bullying, auditory processing disorder, small fiber neuropathy, gastroparesis, and temperature dysregulation, ADHD, heterozygous TNFRSF13B deficiency, and more.

  - Plaintiff's child is also disabled under SSI as provided per SSA. Child is now noted through SSA, however, as child of a disabled worker.

  - Everyone in the household is disabled.

B. **Violations:**

Defendants have engaged in systemic violations, including, and not limited to:

a. **Constitutional Amendments Violations:**

i. **1st Amendment:**

- Retaliation for Plaintiff's whistleblowing activities and advocacy for rights, suppressing freedom of speech and petitioning the government for grievances.

ii. **4th Amendment:**

- Unlawful surveillance and excessive monitoring (e.g., repeated credit checks without authorization) constituting unreasonable searches and seizures.

iii. **5th Amendment:**

- Deprivation of due process and property rights through wrongful denial of benefits, falsification of records, and failure to provide procedural safeguards.

iv. **8th Amendment:**

- Cruel and unusual punishment through systemic neglect, refusal to provide medical care, and conditions causing severe physical and mental suffering and lasting severe and permanent irreparable harm.

v. **9th Amendment:**

- Denial of fundamental rights to health, safety, and well-being, not explicitly enumerated but protected under broader constitutional principles.

vi. **13th Amendment:**

- Involuntary servitude through excessive administrative burdens placed on Plaintiff to repeatedly prove eligibility for benefits and rights already established.

vii. **14th Amendment:**

- Denial of equal protection and due process through systemic discrimination, targeted retaliation, and deprivation of rights without just cause or procedural fairness.

b. **Federal Law Violations:**

i. **Americans with Disabilities Act (ADA), including the Olmstead Act:**

- Violation: Systemic denial of reasonable accommodations, access to services, and integration into the community in **violation of disability rights.**

ii. **Section 504 of the Rehabilitation Act:**

- Violation: Discrimination in federally funded programs by failing to provide equal access and reasonable accommodations for a person with disabilities.

iii. **Fair Credit Reporting Act (FCRA):**

- Violation: Unlawful repeated credit checks by state and federal agencies without authorization, causing undue harm to Plaintiff's privacy and rights.

iv. **Health Insurance Portability and Accountability Act (HIPAA):**

- Violation: Unauthorized disclosure and mishandling of Plaintiff's sensitive medical information.

v. **Violence Against Women Act (VAWA):**

- Violation: Systemic failures in federally funded housing programs (HUD/LMHA) to provide safety and security, placing Plaintiff and Plaintiff's child at risk.

vi. **Conspiracy Against Rights**

- Collusion between state agencies, healthcare providers, or other entities to deny Plaintiff access to medical care, benefits, or services.

vii. **Conspiracy to Obstruct Justice 18 U.S.C. § 371**

- Coordination among state agencies, healthcare providers, or other entities to delay or obstruct Plaintiff's access to federally mandated benefits, medical treatments, or due process protections.

viii. **Conspiracy to Commit Offense or to Defraud the United States (18 U.S.C. § 371)**

- Violation: Denial of necessary Medicaid Waiver services, including home and community-based services mandated under federal law.

ix. **Racketeer Influenced and Corrupt Organizations Act (RICO) (18 U.S.C. §§ 1961-1968):**

- Violation: RICO addresses patterns of racketeering activity, including fraud, that affect interstate or foreign commerce. Potential involvement by KY entities, agencies, individuals, et. al. Requesting a formal investigation.

x. **Social Security Act 1915(c):**

- Violation: Denial of necessary Medicaid Waiver services, including home and community-based services mandated under federal law.

xi. **Right to Try Act:**

- Violation: Blocking access to potentially life-saving experimental treatments for Plaintiff's rare and complex conditions.

xii. **Supremacy Clause:**

- Violation: State actions and policies directly contradicting federal laws and regulations, demonstrating a lack of adherence to constitutional supremacy.

xiii. **Color of Law Violations:**

- Violation: Abuse of authority by state and federal officials, leading to systemic retaliation and denial of federally protected rights.

xiv. **Civil Rights Act:**

- Violation: Discriminatory practices in public services and programs based on disability and socioeconomic status.

xv. **Medical Malpractice and Neglect:**

- Violation: Repeated refusal to provide medically necessary treatments and care, leading to worsening health outcomes.

xvi. **Federal Medicaid Regulations (Out-of-State Services):**

- Violation: Denial of Medicaid coverage for out-of-state treatments where no in-state provider is available, directly contradicting federal Medicaid laws.

xvii. **Breach of Contract and Breach of Good Faith:**

- Violation: Failure of agencies to uphold agreements and fair practices in administering public benefits and healthcare.

xviii. **Obstruction of Justice:**

- Violation: Withholding information, removing hearings without consent, and blocking avenues for Plaintiff to challenge systemic violations effectively.

xix. **Whistleblower Protections:**

- Violation: Retaliation and inaction following Plaintiff's whistleblower complaints to federal agencies, failing to ensure protections mandated by law.

xx. **Tort Acts (Negligence, Intentional Infliction of Emotional Distress):**

- Violation: Actions causing unnecessary physical, emotional, and financial harm to Plaintiff through neglect and malicious intent.

xxi. **Transparency (Lack of):**

- **Violation**: Refusal to provide clear information, failure to identify correspondents, and repeated lies in writing to mislead and obstruct Plaintiff.

xxii. **Willful Endangerment:**

- **Violation**: Deliberate actions and inactions by Defendants knowingly placing Plaintiff and Plaintiff's child in harm's way.

xix. **Willful Neglect:**

- **Violation**: Repeated refusal to act on Plaintiff's medically documented needs, resulting in severe and irreversible harm.

xx. **Willful Abandonment:**

- **Violation**: Abandonment of legal and ethical duties to provide care and support mandated under federal and state laws.

xxi. **Harassment:**

- **Violation**: Persistent and targeted actions causing emotional and psychological distress to Plaintiff, including unnecessary administrative burdens and retaliatory measures.

xxii. **Refusal to Correct Falsified Records:**

- **Violation**: Failure to amend demonstrably false and damaging information in Plaintiff's medical and official records, perpetuating harm and misinformation.

Further Elaboration:

Malicious Intent to Harm:

Defendants' actions and inactions demonstrate deliberate and malicious intent to harm the Plaintiff and Plaintiff's child by:

- Willfully denying federally mandated benefits and necessary medical care, despite clear evidence of eligibility and medical necessity.
- Falsifying records and perpetuating false narratives (e.g., CPS reports and medical records) to obstruct justice and discredit Plaintiff.
- Retaliating against Plaintiff for whistleblowing through systemic discrimination, administrative burdens, and obstruction of due process.
- Exposing Plaintiff and Plaintiff's child to unsafe living conditions and refusing to provide safe and secure housing or appropriate remedies.
- Causing irreparable harm through deliberate acts of willful endangerment, neglect, and abandonment.

These actions rise to the level of criminal violations **under 18 U.S.C. § 242 (Deprivation of Rights Under Color of Law)** and constitute **willful endangerment, willful neglect, and harassment**, all of which are **punishable under state and federal law**.

Failure of Duty to Provide Care

Defendants failed in their legal and ethical duty to provide care by:

- Denying necessary medical treatments, prescriptions, and diagnostic tests, including life-sustaining and medically required interventions, despite medical necessity and federal mandates.
- Refusing to ensure access to care providers and specialists capable of treating Plaintiff's rare and complex conditions, thereby exacerbating Plaintiff's health deterioration.
- Neglecting to correct systemic failures in programs such as Medicaid, SNAP, and housing assistance, leaving Plaintiff without the support required for survival and well-being.
- Violating the **Social Security Act (SSA) Section 1915(c)** and **Americans with Disabilities Act (ADA)** by failing to provide necessary accommodations and support services.
- Allowing administrative delays, denials, and retaliation to impede Plaintiff's access to care, in direct conflict with federal requirements and ethical responsibilities.

This failure to act constitutes **willful neglect**, **medical malpractice**, and **gross negligence**, resulting in irreparable harm and systemic discrimination.

Personal Vulnerability and Major Safety Concerns:

Federal Neglect: Lack of Response from the FBI

- Plaintiff submitted whistleblower letters detailing systemic violations of federal law and personal safety concerns to the FBI.
- Due to the lack of a fax number for the Louisville FBI office, Plaintiff directed these letters to the Chicago FBI office.

- Despite the serious nature of the allegations, Plaintiff received no acknowledgment, follow-up, or action from the FBI.
- The failure of the FBI to respond reflects a breakdown in federal oversight and protection mechanisms for whistleblowers.
- Not only did the FBI not respond, but not one single agency, entity, nor individual responded nor acknowledged receipt in any way despite the Plaintiff being able to track even the number of opens of the emails sent. This inaction leaves Plaintiff without critical federal protection and exacerbates the risk of retaliation or harm.
- It also highlights systemic failures in addressing whistleblower concerns across multiple levels of law enforcement.
- The Jefferson County Sheriff's Department in Kentucky nor the Louisville Metro Police Department responded to claims as well.
- Many other federal agencies are also implicated in this major lack of response potentially leading to catastrophic harm for the Plaintiff.
- Plaintiff sent whistleblower letters detailing systemic violations of federal and state laws to the **Jefferson County Sheriff's Department** and the **Louisville Metro Police Department**.
- Neither agency provided a response, follow-up, or acknowledgment of these letters, despite the urgent nature of the allegations and the significant risks to Plaintiff's and Plaintiff's Child's safety and well-being.
- The failure to respond to whistleblower letters left Plaintiff without recourse to address ongoing violations and compounded Plaintiff's vulnerability.
- This inaction undermines public trust in law enforcement and highlights systemic issues of neglect and failure to uphold federal protections for whistleblowers.
- This lack of action represents a failure of law enforcement to fulfill their duty to investigate and protect individuals reporting systemic wrongdoing.
- Shortly after sending out the Whistleblower letters and receiving no response, the Plaintiff received a letter stuffed in his doorjamb along with a Grinch Who Stole

Christmas flyer for an event at Station Jtown, current place of residence. The letter stated that the lease at Station Jtown would not be renewed and no cause was given.

- The Plaintiff and child had planned to renew the lease until gaining access to the housing program, but now the Plaintiff has yet another overly burdensome situation on his hands to contend with when already completely overwhelmed and while steadily losing function, and not able to get help needed in most ways.

- The Plaintiff would like to point out that he is particularly vulnerable as he requires unseen figures such as infusion pharmacies to mix up medications that could easily be used to harm patient without patient's knowledge and leaves him and his child in a dangerous position – especially considering not one entity even acknowledged receipt of Whistleblower letter. Exhibits will show all agencies sent to and delivery certificates, which will include showing the number of times opened by each person or email sent to.

Potential Mail Tampering – Plaintiff Filed For Investigation

- Plaintiff has initiated a request for an investigation into mail tampering with regard to mail for destination to 2904 Sitka Dr. Apt. L29 Louisville, KY 40299.

- Plaintiff has had many pieces of mail go missing – 2 social security checks, multiple pieces of mail from CHFS/DCBS although Plaintiff voices concerns over trust believing information those agencies provide.

- Plaintiff has received prescription medications that appear to most definitely have been tampered with from Louisville Compounding Pharmacy making Plaintiff unsure whether or not the product was unadulterated.

    - The medication shipped from Louisville Compounding Pharmacy was Ketotifen which comes in 1mg doses in capsule form.

    - The Plaintiff received a box that had been opened, and it was unclear if the medication had been modified in some way.

- The Plaintiff could not afford to buy it again, however, so monitored health very carefully when first taking. See exhibits for photos.

Environmental Neglect and Health Consequences / Record Requests

Mold and Mycotoxin Exposures

Plaintiff experienced exposure to mold and mycotoxins due to negligent maintenance of 2321 Glenmary Ave, and lived in apartment 2 in 2018-2022. In 2021, Plaintiff and child both lived in an environment that is considered contaminated by the HERTSMI2 report.

This exposure was documented in inspection reports and medical consultations. While the connection between the exposure and Plaintiff's current health conditions remains under investigation,

After Plaintiff vacated the property, substantial renovations were undertaken, including **gutting significant portions of the building.**

These renovations occurred shortly after Plaintiff repeatedly raised concerns about mold, bacterial contamination, and unsafe living conditions, suggesting the property owner and management were aware of the hazardous environment.

Plaintiff believes these renovations were initiated as a preemptive measure to mitigate potential legal liabilities rather than addressing health and safety concerns while Plaintiff resided there.

Plaintiff reserves the right to present evidence of harm resulting from this exposure as it relates to ongoing systemic negligence and harm caused by Defendants. The Plaintiff is dealing with many disabilities along with a his only child who also has special needs.

These actions reinforce the claims that Plaintiff and child were subjected to harmful environmental conditions during their tenancy.

The lack of proactive remediation while Plaintiff lived at the property demonstrates negligence and a disregard for the health and safety of tenants.

The timing of the renovations raises questions about potential efforts to destroy evidence of hazardous conditions.

Environmental Testing and Records Request

Plaintiff respectfully requests the Court to order the release of all records of any environmental testing conducted at Plaintiff's current residence, including but not limited to mold, mycotoxins, bacterial contamination, air quality, and water quality assessments.

- If no such records exist, Plaintiff requests that the Court mandate comprehensive environmental testing of the current residence 2904 Sitka Dr. Apt. L29 Station Jtown (formerly Chestnut Ridge Apts) Building L owned by Vida-Management, Inc. to identify any conditions that may impact health or safety. These tests should include assessments for:
    - Mold and mycotoxins including those tested for and metabolites thereof by groups such as Great Plains Labs, Genova Diagnostics, Real Time Labs, and other
    - Bacterial, parasitic and fungal contamination including those organisms tested for by the HERTSMI2 test
    - Air quality (including volatile organic compounds)
    - Water quality and contaminants including PFAAs and PFAs along with level of pharmaceuticals and other found in water, also test for heavy metals, and other inorganic compounds.
    - The Court should also direct the release of these records to Plaintiff for inclusion in this case and to inform further medical and environmental interventions

- The testing must be done by a third party certified testing specialist familiar with the context of Chronic Inflammatory Response Syndrome type illnesses and regularly inspecting buildings related to the illnesses associated with Chronic Inflammatory Response Syndrome (CIRS).

Environmental Health Consequences

- Plaintiff and Plaintiff's child, Jackie, suffered significant harm due to hazardous living conditions at **2321 Glenmary Ave, Apt. 2 Louisville, KY 40202**, managed by Property Management of Louisville **(PMOFL)** and owned by **Jerry Kerchik**.

- Despite repeated attempts to resolve a severe water leak and mold growth beginning in 2018, including certified letters and direct communication with the owner, no proper remediation was undertaken for too long. Eventually a contractor was hired to come out and installed an air scrubbing machine and plastic and other devices. Plaintiff requested reduction in rent and other appropriate safe accommodations during this time but was denied by Property Management of Louisville. **Key PMOFL employees involved are listed in the Defendants section.**

- Testing ordered by Plaintiff from Real Time Labs revealed **Trichothecenes and Gliotoxin** in Plaintiff's body, consistent with mold exposure, and elevated specific toxin and mold levels in the apartment environment. Plaintiff has not been able to afford the 100% out of pocket costs of actual treatment for mold exposure and development of CIRS as insurance does not pay for it, and standard providers in school are taught that mold only causes allergies which is not true.

- The refusal to act on known hazards directly contributed to the deterioration of Plaintiff's health, as well as that of Plaintiff's child, who suffers from chronic health conditions as well. Renovations made after Plaintiff vacated the property in 2022 suggest a preemptive attempt to avoid liability rather than address longstanding issues during the tenancy.

- **Owner Contacted Directly along with PMOFL:** Plaintiff obtained Jerry Kerchik's contact information through a paralegal friend and wrote to him directly about the environmental hazards at **2321 Glenmary Ave, Apt. 2**. Plaintiff received no response from Mr. Kerchik, and denial of any resolution from PMOFL. The only thing that initiated movement was the Plaintiff

involving City Inspectors who came out and gave PMOFL 10 days to address the issue.

- **Evidence Presented:** Plaintiff provided detailed testing results, including:
- Positive findings for Trichothecenes and Gliotoxin in Plaintiff's urine (RealTimeLabs) in 2021 (after living at the apartment for a few years)
- EnviroBiomics environmental testing, which deemed the property unsafe for reoccupation without remediation (HERTSMI2 Report Results)
- **Owner's Response:** Despite being informed of the hazards in 2018, **Jerry Kerchik, an attorney**, failed to take any corrective actions or address the documented health and safety concerns.
- **Impact:**
  - The property remained in a hazardous condition, directly contributing to Plaintiff's and Jackie's health issues until they moved out in 2022 in December.
  - This inaction constitutes a breach of the **implied warranty of habitability** and demonstrates willful neglect, as the owner was fully aware of the risks yet chose not to act.
  - There were several other incidents involving unsafe conditions at that property in which Property Management of Louisville did nothing to remedy or resolve problems.

Legal Representation Failures and Ethical Violations

Plaintiff's legal representative, Lisa Hinkle, failed to uphold her ethical and professional obligations by:

- **Stating that Plaintiff's absence in a hearing, despite Plaintiff providing advanced notice and invoking ADA-protected rights, constituted a failure that "compromised the case greatly."**

- **Ignoring Plaintiff's explicit needs and rights under the Americans with Disabilities Act (ADA)** for reasonable accommodations during legal proceedings, demonstrating **negligence and lack of advocacy.**

- **Refusing to pursue critical legal remedies such as filing an emergency protective order (EPO) or injunction, despite clear evidence of harm and imminent danger to Plaintiff.**

- **Requiring Plaintiff to fill out an affidavit verifying medical expenses and then suggesting Plaintiff defend each expense line-by-line during hearings, placing undue burden on Plaintiff and failing to act as a zealous advocate.**

- Acting in alignment congruously with the same manners and behaviors of the Commonwealth of Kentucky as opposed to representing the Plaintiff for the wrongdoings and illegal activities along with criminal conduct of the other entities, agencies, agents, and individuals involved in this case. This is in alignment with Conspiracy to

- The **Kentucky Bar Association (KBA)** failed in its duty to address grievances against Ms. Hinkle and other attorneys, ignoring repeated requests for assistance or acknowledgment, thereby denying Plaintiff due process and leaving Plaintiff vulnerable to systemic harm and neglect.

These actions constitute **legal malpractice**, **gross negligence**, and **ethical violations**, further exacerbating Plaintiff's harm and undermining Plaintiff's ability to pursue justice.

Dr. Knuckles: Verbal False Accusations and Threats

- Dr. Knuckles made **verbal accusations** of Munchausen's syndrome directly to the Plaintiff during a phone call, claiming Plaintiff was fabricating medical conditions, including small fiber neuropathy and chronic venous insufficiency, despite **objective medical evidence** confirming these diagnoses.

- Dr. Knuckles threatened to:

- Report Plaintiff to **Medicaid** to have Plaintiff restricted to one provider, without just cause or due process.
- Accuse Plaintiff of lying about medical conditions to discredit Plaintiff's legitimate medical needs.

- These actions constitute:
  - **Harassment and intimidation**, directly violating Plaintiff's rights under the ADA and civil protections.
  - **Defamation of Character**, as the false statements have undermined Plaintiff's reputation with providers and Medicaid
  - **Abuse of authority** as a medical professional, demonstrating malicious intent to harm Plaintiff through systemic channels.

- Despite a formal complaint to the **Kentucky Board of Medical Licensure (KBML)** detailing these incidents, the KBML failed to take action even after a secondary request, demonstrating negligence and a failure in their duty to protect patients from retaliatory and harmful practices.

CPS Report: Munchausen by Proxy False Claims

- Plaintiff was the subject of a **Child Protective Services (CPS)** investigation for approximately **two years** without being informed of the investigation until near the 2 year mark.
- The investigation, which originated from unknown source, but also involved **Norton Pediatric Protective Services** and an **outsourced agency**, falsely alleged Munchausen by Proxy, accusing Plaintiff of fabricating or exaggerating the medical conditions of Plaintiff's child, including:
  - **Autism Spectrum Disorder**, **gastroparesis**, and other documented conditions—all supported by **objective medical evidence.**

- **Child's need/recommendation by Dr. Julie Manche, Auditory Processing Evaluation Specialist** for low gain hearing aids to help with confirmed Auditory Processing Disorder, and other.

During the investigation:

- Providers were interviewed along with teachers and staff and misrepresented truths using false narratives and made false claims against the Plaintiff (e.g. **Dr. Pendleton at Baptist Health [Dr. Michael Eli Pendleton] – child's current PCP, Dr. Langford at Norton Children's Medical Group [Sheridan Langford]**)

- Plaintiff understands now, that some of the treatment of Plaintiff and Child over these years was likely related to this ongoing report that Plaintiff was not notified of until around 2 years after it was opened against him.

- Plaintiff was denied the opportunity to **review or amend the CPS report**, which includes multiple false narratives and accusations.

- The agency recommended **removing Plaintiff's child** from Plaintiff's care, despite no substantiating evidence and extensive documentation supporting the child's medical needs. The irony is that the report stated that Plaintiff was being medically neglectful by not getting child care, but at the same time claimed Plaintiff was taking child to doctor too often.

- The Plaintiff was not notified until around the 2 year mark that there was an open CPS investigation involving him which remains unexplained.

- The state refuses to allow Plaintiff to connect with CPS supervisor who would need to arrange potential addendum or addition or removal completely. Plaintiff wishes for report to be destroyed as the evidence within the report contains so many instances of false and defaming statements about the Plaintiff.

- Plaintiff wishes responsible parties that falsified government documents to be held accountable for what they have done and prosecuted to the fullest extent of the law.

- The CPS report was ultimately closed as **unsubstantiated**, but the **false claims and uncorrected records continue to harm Plaintiff's reputation** and relationships with the child's providers. Harm and outfall from this continue through this day at present on the 7th of December in 2024.

Systemic Neglect by Agencies Over Many Years

Medical Neglect and Dismissiveness by Providers
Chronic Nature of Systemic Neglect Across Agencies

Accountability for Dismissive Providers

Medical Neglect / Failure Dr. Sheridan Langford Norton Children's Medical Group

Dismissive and Misleading Medical Advice by Dr. Sheridan Langford of Norton Children's Medical Group.

- **Doctor: Dr. Sheridan Langford, Norton Children's Medical Group, former Primary Care Physician (PCP) for Plaintiff's child.**

Key Incidents:

- When presented with documented evidence of mold/mycotoxin exposure (e.g., Trichothecenes and Gliotoxin) through reputable laboratory testing, Dr. Langford dismissed these concerns, stating that "mold only causes allergies." She stated that she had seen other families get rid of everything in their homes and she believed that they did not see any benefit to doing so because she was of the belief that mold exposure only causes allergic reactions.

- This statement disregards established research linking mold exposure to a broader range of health issues, including Chronic Inflammatory Response Syndrome (CIRS) and other systemic illnesses.

- Dr. Langford refused to acknowledge or investigate potential impacts of mold exposure on Jackie's and Plaintiff's health, denying them access to adequate care and further exacerbating health challenges. And further exacerbating ongoing discriminatory actions they were

facing and scrutiny from the school despite immense attempts by the Plaintiff to meet unfounded and unnecessary administrative burdens placed upon him by multiple agencies and entities involved.

Impact of Misleading Advice:

- This statement reflects a lack of understanding or refusal to engage with evolving medical knowledge about mold-related illnesses, including their systemic effects. Articles provided in Exhibits.

- It undermined Plaintiff's ability to advocate for necessary testing, treatment, and accommodations for Plaintiff's child and contributed to the systemic neglect outlined in this case. Worsened by inaccurate medical records in nearly every situation as well…

- Such dismissiveness contributed to Plaintiff's and Jackie's deteriorating health and placed them at increased risk for long-term harm for which Plaintiff and child have suffered consequences including false claims such as the Munchausens by Proxy false claim made leading to opening of CPS case against Plaintiff, eventually found to be unsubstantiated, but closed with false information, and Plaintiff has not been permitted in any way to correct the falsities contained within.

Dismissive and Harmful Actions by Front Office Staff at Norton Children's Medical Group

Relevant Details:

- **Location:** Norton Children's Medical Group, during Plaintiff's visit with Dr. Sheridan Langford.

- **Incident:**

  After a discussion with Dr. Langford regarding mold exposure and related health concerns, Plaintiff requested information about the food pantry, which Plaintiff believed was available at Norton

Children's locations to assist families in need – and this was indeed the case…but Plaintiff and Child were disallowed.

- The front office staff denied Plaintiff access to this resource, told Plaintiff to leave, and provided no explanation or assistance.

- This occurred at a time when Plaintiff was experiencing significant financial hardship due to health issues, facing bankruptcy, facing a school system that refused to provide security or safety from bullying for Plaintiff's child, and refused to adhere to 504 plan protections. It was a very difficult time. Access to the food pantry could have provided critical relief, however, now, due to that incident, the plaintiff has flashbacks due to PTSD and medical PTSD to that situation which makes going to a food pantry difficult and even more challenging than it already is physically for the Plaintiff.

Impact:

- The abrupt dismissal and lack of support left Plaintiff confused when Plaintiff was already struggling with mental health issues due to so much other lack of support and resources from the community that were not available that should have been…, Unsupported, and devastated, Plaintiff states this indeed contributed to further ongoing emotional and physical strain and lasting harm and trauma. Trauma cannot be 'healed' – it always stays with the body and mind.

- This incident reflects systemic failures at Norton Children's Medical Group to provide equitable and compassionate care, especially for families experiencing financial or health crises.

- Plaintiff states this continues, to this day, to make Plaintiff feel as if not good enough or worthy of such basic needs, and experiences trauma every time and any time attending a food pantry.

- Food pantries are very limited in what the Plaintiff can gain as needed support as well because Plaintiff has been instructed by physicians to eat non-gmo, organic, and gluten free (out of medical necessity). The cost of gluten free foods as of 2023 was 180% to 540% more expensive than regular foods that are not gluten free adding even more excessive undue burden to the Plaintiff's already overwhelming and overflowing plate of negative excesses.

Dismissive and Inadequate Care by Dr. Reeves at Norton Infectious Disease and Dr. Murphy at Baptist Health Infectious Disease

Relevant Details:

Dr. Reeves (Infectious Disease, Norton):

- **Refused to acknowledge the existence of mold-related illnesses beyond "allergies,"** despite Plaintiff presenting credible test results (e.g., positive Trichothecenes and Gliotoxin results).
- Plaintiff asked for further testing and was denied with Dr. Reeves citing, "… the Fungitell tests are positive … they are positive but that does not tell us anything, there are not any next steps that make sense with regard to testing.", so Plaintiff was again abandoned willfully and left to try to figure things out on his own.
- Plaintiff is exhausted from constantly trying to do the work that doctors are supposed to help with due to being willfully abandoned, willfully neglected medically, willfully endangered as well.
- Plaintiff is thankful for the experience with Dr. Reeves, however, that led to Dr. Reeves prescribing Remdesivir during acute episode of Covid in 2022 in August. Thank you Dr. Reeves.

- Dr. Reeves, to reiterate, stated there is "**no mold illness syndrome,**" effectively dismissing Plaintiff's concerns without providing alternative diagnostic or treatment options also stated there is no real "Post Lyme Disease Syndrome" or "Post Viral Illness Syndrome". Plaintiff is uncertain if Dr. Reeves meant in the official listing that he could diagnose with per system restrictions, or in general, but believes Dr. Reeves meant he did not believe in those entities at the time of the visits.

Dr. Murphy (Baptist Health):

- Echoed similar statements, claiming mold exposure only causes allergies and disregarding documented evidence provided by Plaintiff.

- **Offered no meaningful support or investigation into Plaintiff's worsening symptoms, forcing Plaintiff to abandon further attempts to seek care at Baptist Health** or of any matter further after multiple repeat experiences going down that route Plaintiff had to attempt to get appropriate care in other ways.

- Dismissed Plaintiff's lab results as invalid although they are not invalid. Labs were all CLIA certified and 100% valid…and meaningful. Results provided in Exhibits.

Dr. Erin Murphy University of Louisville (Different Dr. Murphy) – Former Plaintiff PCP – Internal Medicine

- Wrote the referral for Plaintiff to see the other Dr. Murphy at Baptist (unsure if related to one another). Dr. Erin Murphy thought perhaps they would treat Plaintiff at Infectious Disease. She stated if they find reason or cause, they might treat the patient. Unfortunately, when patient was dismissed, and later asked Dr. Erin Murphy about treatment through her, she declined.

- Dr. Murphy strongly advocated for Plaintiff in other areas but behavior was far reserved in this area leading Plaintiff to question

overall motives of many physicians in general – after all – with so many negative experiences, the Plaintiff believes that any reasonable person would form or arrive at the same conclusions.

Dr. Abigail Stocker University of Louisville GI Motility & Gastroenterology

- Dr. Stocker's office was instrumental in providing orders for many of the required mold and CIRS lab tests for mold illness, and I am so grateful and thankful for her and her staff, however, after getting the results, and asking for other testing, it seemed almost as if someone had come down hard on her or reprimanded her for helping or assisting the Plaintiff with testing. Plaintiff does not know this with certainty as it is only through experience that Plaintiff believes that this may have happened. It is being presented here simply for context to the court.

  Ever since around that time, Dr. Stocker's office has been less helpful than before causing the Plaintiff further distress and again more feelings of worthlessness or not good enough to be helped or too high of a cost to treat this chronically ill person appropriately.

Impact of Systemic Dismissiveness:

- These repeated dismissals by Dr. Reeves and Dr. Murphy created significant barriers to accessing proper diagnosis and treatment for mold-related illness and potential systemic fungal infections.

- Their unwillingness to engage with or explore emerging medical conditions (**e.g., Chronic Inflammatory Response Syndrome or fungal infections**) exacerbated Plaintiff's health issues, leading to increased suffering and financial burden.

- The overall experiences of these examples and dozens of others, has led to extreme feelings of distress and despair for Plaintiff whose health has declined a great deal more, the Plaintiff asserts, than if Plaintiff would have been able to receive appropriate timely therapies and treatments and if insurance would

have covered these medically necessary treatments instead of Plaintiff having to shoulder many thousands of dollars of costs to try to survive – literally.

- There is certainly no shortage of other examples for Plaintiff or Plaintiff's Child. The Court may request additional examples upon request.
- This systemic neglect reflects a broader issue within healthcare institutions failing to adequately address complex or emerging medical conditions.
- Chronic Inflammatory Response Syndrome is only one form of how this neglect and dismissiveness has impacted Plaintiff and Plaintiff's Child.
- Plaintiff needs assistance from Assistants and the Court, and requests, please, for the remedies for relief to be granted. The Plaintiff is no longer able to maintain the heavy burden of juggling all things noted in this document and more including sudden loss of housing safety with little time to address changes, continuing deprivation of federal rights, refusals of reimbursements due to the Plaintiff, and so many more things not even yet noted.

DOJ Findings and Broader Implications

Breonna Taylor and DOJ Mental Health Report:

- Plaintiff's experiences of **systemic neglect and discrimination** reflect broader **patterns of institutional failures documented in Louisville, KY** already including:
  - The **Department of Justice's findings on the lack of adequate mental health resources in Louisville**, leading to **systemic harm for vulnerable populations.**
  - **The tragic death of Breonna Taylor**, which underscores the **systemic disregard for marginalized individuals and communities in Louisville, particularly in interactions with government agencies.**
- These findings highlight a systemic culture of neglect, inefficiency, and discrimination that has directly impacted Plaintiff's and Plaintiff's child's ability to access necessary care and support in any ways in which they have tried, and the

Plaintiff has been relentlessly trying to, as much as health will allow, try to provide the best life possible surrounding the circumstances, for his child. Unfortunately, both have been let down or turned away at nearly every attempt.

Illegal Caps on Medical Expense Deductions

- Kentucky while previously not considering any medical expenses despite submissions spanning years, has recently imposed **arbitrary caps** on medical expense deductions that are in direct violation of **federal law**, and still continues to deny the vast majority of allowable medical expense deductions. A number of the arbitrary caps are listed below including:
    - A monthly cap of **$158.xx** for prescription expenses.
    - A **one-time gas/travel reimbursement** of **$306.xx**, despite the Plaintiff having documented over **5,000 miles** of travel for medical purposes.
    - A cap of **$22.14 per month** for a **vision insurance plan (VSP)**, which fails to account for the Plaintiff's documented vision-related medical needs, including conditions requiring advanced treatment and coverage.
    - The Plaintiff is also not able to find a way to get Medicaid to fulfill its obligations in terms of following federal law as the entire system seems to be working together in conspiracy to deny federal benefits Plaintiff and Plaintiff's Child are entitled to under federal law.
    - Additionally, DCBS, and CHFS refuse to identify the charges they have counted on a spreadsheet containing all the required backup, and detailed line by line items, by month by day, maps and mileages, copies of the federal laws, the guidebook for medical expense deductions and more. From the evidence in the exhibits, it is clear that CHFS willfully and with intention has maliciously harmed the Plaintiff and Child time and time again, incident after incident, without concern, remorse, any type of reaction that any reasonable person would expect to be humane treatment of one human to another.

- These caps disregard **federal mandates of law for accurate and reasonable medical expense deductions under SNAP and other assistance programs.**

These actions result in:

- The Plaintiff and Child have both been **irreparably harmed** in ways that are not possible to recover from by the actions of the Defendants.
- **Economic harm**, forcing Plaintiff to bear unreasonable out-of-pocket costs, and to suffer greatly.
- **Violation of federal law**, which mandates states to allow deductions for verified medical expenses without arbitrary limitations and without causing excess burden on the participant.
- The Plaintiff even, as directed by former counsel, Lisa Hinkle of McBrayer Firm, provided the state with an Affidavit stating all expenses were real and valid. The state, even with that, continues to deny the vast majority of expenses.
- Defendants stated to Lisa Hinkle, prior to the hearing that most recently took place, that no medical expenses would be allowed, which Lisa Hinkle relayed on in email to Plaintiff. This was prior to the hearing thus indicating that no fair hearing could take place.
- The exhibits shall show that the Defendants picked and chose only select expenses to highlight during the hearing that most recently took place that Plaintiff was unable to attend due to PTSD.

Waiver Program Violations

- The **Kentucky Medicaid Waiver HCBS 1915(c)** program is violating **federal law** and **Plaintiff's rights** by:
  - Limiting participants to addressing **only one issue at a time**, resulting in severe delays in accessing critical care and services.

- Imposing a **false annual cap** of **$2,500 per participant**, which is not compliant with federal Medicaid regulations that require coverage for necessary services without arbitrary limits.

- Plaintiff most recently received an email from Sibal K., case worker at Access ADHC, stating to Plaintiff that he only had a couple of hundred dollars left before hitting the capped limit, so most needs would not be able to be accommodated that are medically necessary.

- Plaintiff notified Sibal K., et. al. from Access ADHC of their inclusion in this case, after receiving Sibal's communication. Plaintiff provided a listing of the legal violations that could be included along with what the penalties for those violations are, but of course, the court shall decide those details, and the Plaintiff simply wishes to note that the communication was made. The email Sibal sent along with the Plaintiff's notice shall be included in the exhibits section. Aiding and abetting and collusion was not included in the letter, but those and other criminal conduct or activities are very relevant and valid.

These violations:

- Delay medically necessary care, exacerbating Plaintiff's health conditions leading to irrecoverable health situations such as furthering brain atrophy, such as exacerbating long covid damage from microclots, etc.....

- Cause further economic harm, as Plaintiff is unable to access services that should be covered under the waiver program.

- The Plaintiff had to use a great deal of the lumpsum backpay from disability to pay for services that are medically necessary that the Medicaid Waiver HCBS 1915(c) should cover, and still has to pay today as the medically necessary goods and services continue to be denied. It is as if the agencies involved and individuals' wish for the Plaintiff to cease to exist.

- Reflect **systemic neglect and abuse** of authority, prioritizing cost-cutting over the well-being, healthcare, or the life of disabled individuals and special needs

children. This too has led to severe irreparable physical and emotional harm for both the Plaintiff and the Plaintiff's Child.

Waiver program violations and illegal medical expense deduction caps, both, highlight **blatant violations of federal law** and **discrimination against disabled individuals.** These practices **impose severe financial and health-related burdens on the Plaintiff**, further supporting the need for immediate judicial intervention and relief.

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1. **Defendants have:**

   - **Refused to provide necessary medical care and testing, including experimental treatments, advanced imaging, second opinion services covered, nutritional testing, diagnostic testing, access to higher institute of medicine, and life-sustaining medications and services, all of which are essential to the Plaintiff's quality of life and survival.**

   - **Denied access to federally mandated benefits, including medical expense deductions and reimbursement for travel related to medical care.**, in violation of IRS guidelines https://www.irs.gov/publications/p502 and federal Medicaid law. https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-C/part-273#p-273.9(d)(3)

   - Caps on medical expense deductions in violation of federal law (e.g., $158/month for prescriptions and $306 for medical travel). [See Exhibits]

   - Mismanagement and delays in Medicaid Waiver program services, including false annual caps of $2,500. Access ADHC aka Access Adult Health Day Care Center, LLC. On one form the cap (illegal cap) is listed at $3,500. Either way, the cap on waiver medically necessary goods and services is not legal. The Plaintiff continues to be harmed detrimentally and without any concern or regard from the state. The Plaintiff's Child is harmed as well by the Plaintiff being harmed.

     1. **42 CFR § 441.302(c)(2)** requires that Home and Community-Based Services (HCBS) Waivers are based on **person-centered planning** and must address the specific assessed needs of individuals to avoid institutionalization and/or remain independent in the community.

2. **Olmstead v. L.C. (1999)**, which enforces the **Americans with Disabilities Act (ADA)** and mandates that states provide community-based services to individuals with disabilities when such services are appropriate, reasonable, and do not impose an undue burden.

3. Failing to meet Plaintiff and Plaintiff's Child's needs directly violates Plaintiff's and Plaintiff's Child's rights under Olmstead because it could lead to unnecessary institutionalization if continuing harm caused by the Defendants' actions across multiple systems does not cease.

Letters from multiple healthcare providers have been provided repeatedly to CHFS, and they have not impacted the ways in which Defendants continue to treat Plaintiff and Plaintiff's Child despite clearly illustrating the following:

1 The medical necessity of exceeding the capped amount.

2 The health risks or costs of failing to provide the services.

3 How the services will prevent a major decline or institutionalization.

4. Under **42 CFR § 441.302(e):**

The Medicaid agency must assure that the average per capita Medicaid expenditures under the waiver program will not exceed 100 percent of the average per capita Medicaid expenditures that would have been made for the level of care provided in a hospital, nursing facility, or intermediate care facility for individuals with intellectual disabilities."

- Disallowed Plaintiff to know information such as provider directory (accurate), dental providers, formularies, even with the formulary, Medicaid refuses to cover some things listed even as preferred medications on the formulary causing the Plaintiff further financial and emotional harm along with physical harm.

- **Subjected Plaintiff and Plaintiff's child to retaliation**, including false narratives in **Child Protective Services (CPS)** reports, misrepresentations of truth, misdiagnoses, and refusal to correct falsified medical records.

- **Created an unsafe living environment**, exposing Plaintiff and Plaintiff's child to gang-related violence and systemic neglect in federally funded housing, and that neglect and discrimination system-wide against Plaintiff and Plaintiff's Child

continues with questions asked, and answers refused or complete silence from agencies required to respond such as Louisville Metro Housing Authority.

- Plaintiff and Plaintiff's Child were sitting in their apartment this Summer in 2024, when they heard what seemed like gunshots, but Child thought there were fireworks.

- Shortly afterward, the Plaintiff and Child learned that a perpetrator of that murder, had pulled up, to a car with a man and woman sitting in a parked car….shot and killed the man, and the woman was also injured by gunshot wounds.

- The murder occurred within 200 feet of the apartment complex where they live, and in broad daylight.

- There have been other instances where six police vehicles and many police have been standing outside their building where they live on multiple occasions (Plaintiff and Plaintiff's Child's Apartment Building), and this has had zero explanation as to why – but something had to be going on…

- Maintenance has little regard or concern for tenants that live at Station Jtown.

    - There are often large cockroach infestations in hallways and within apartments.

    - Water issues often occur leading to inconveniences for many hours.

    - Valet Trash is supposed to be collected daily, and tenants pay $25 per month for trash removal, but there have been several days, and a minimum, for several weeks, that trash sits outside in cans in the hallways and on the ground, and attracts bugs, food rots and maggots are present, and crime goes up in areas like that.

    - Maintenance gets angry if any request is put in.
    - When first moving in, Plaintiff and Plaintiff's Child had to ask some 20+ times in writing to get management to address literally anything. Then had the audacity to ask Plaintiff to remove one star review noted after management asked for a review to be left.

        1 Costs are not transparent and change monthly greatly

2 Repairs are not made on any kind of timely basis

3 Plaintiff has a disabled placard, and before moving in, was assured that a disabled spot would be labeled in front of building L where Plaintiff lives, however, the spot does still not exist, despite multiple communications with management.

4 The last communication re disability spot was months ago, and Plaintiff was told they were waiting for a stencil/template to come in. Plaintiff wants to make clear that this is another direct violation of the **ADA.**

- Plaintiff, on Monday 12/2/2024, missed a housing inspection by LMHA (that was a follow up inspection request) due to a complaint Plaintiff had to make in order to get Station Jtown to spray for bugs. Plaintiff was not home because Child had to go to Emergency Room for Bad Infection and Cyclical Vomiting issues. Plaintiff immediately communicated to LMHA, despite Plaintiff also being very ill with an infection, however to date, as of 2024-12-08, Plaintiff has heard nothing. More refusal of agencies to communicate – showing further neglect, discrimination, willful abandonment, neglect, and endangerment.
- On 12/04/2024, Plaintiff came home with Child in afternoon, to find two envelopes stuck in the door jamb between the door and the jamb.
  1 One document was about an even tat the apartment complex, at Station Jtown, called Merry Grinchmas with a picture of the Grinch on the envelope.
  2 The other was a letter about non-renewal of lease with no reason given. It was almost as if it were someone's idea of a cruel joke about taking away housing stability.
  3 Plaintiff and Child have been through too much, and have a great deal of PTSD from the many wrongful situations.

- Station Jtown, a Vida-Management, Inc. company at 9601 Balsam Way, is the location of the current address of the Plaintiff and Plaintiff's Child. Plaintiff's Child has Autism and other conditions leading to special needs – the overall environment here with the violence, the police presence that is unexplained, the constant insect infestation, and dirty conditions due to trash not being removed, lack of transparency, and failures to uphold the ADA, have contributed

significantly to harm – especially now taking away any stability Plaintiff and Child had hoped for just in time for Christmas.

- Providers of healthcare, have been completely dismissive of Plaintiff and Plaintiff's child's symptoms of real disease and symptoms and environmental hazard created illness causing real harm, systemically, and without any accountability.

- Harms continue even to this day by providers not even taking serious and potentially deadly infections seriously for Plaintiff and Child.

- Retaliation and harassment, including false CPS allegations, refusal to correct falsified records – Norton, University of Louisville Physicians, Baptist Health, and others, and threats by providers such as Dr. Knuckles.

- **Falsified records and obstructed the Plaintiff's ability to correct errors,** including **malicious accusations of Munchausen's by Proxy and Munchausen's by Proxy leading to further harm that continues and is ongoing.**

- DCBS, specifically Lucinda Lawrence at CHFS – DCBS in KY continues to deny repeatedly many lines of medical mileage, and other eligible expenses on a monthly basis that are legally allowable to be deducted. While Lisa Hinkle, albeit temporarily, was the counsel for the Plaintiff, Lucinda met with Lisa and Lisa stated in email that prior to the hearing that was scheduled which I had to bypass due to too much PTSD, Anxiety, Stress, and chance of triggering a CFS/ME crash or narcolepsy with cataplexy attack, that DCBS had already, prior to the hearing, decided that they were not going to allow any of the medical expenses.

- Defendants' actions leading Plaintiff to the brink of ongoing severe CFS/ME is severe consequence of severe harm inflicted by Defendants. Patients such as Plaintiff sometimes crash, and never recover from lower baseline.

- DCBS falsely claims that only 'select' expenses were submitted to them which they have listed on exhibits for the hearing noted in the former point, however, the exhibits they sent are also ironic because:

    1. They were received AFTER the hearing by 2 days, after the hearing took place – which is not very helpful.

2. They include a copy of the federal law, which further strengthens that they are aware of the law violations. I have sent it to them many times within Excel files and PDF files via fax, upload through KyNect.gov and through email.
3. They mention things that seem to be listed to try to embarrass the Plaintiff, but the Plaintiff refuses to accept that their attempts to do so will lead to their seemingly desired effect on the Plaintiff.

- Engaged in **deliberate breaches of good faith, contractual obligations, and fiduciary responsibilities** to Plaintiff and Plaintiff's child.
- Refused to calculate medical expense deductions properly, knowingly, willfully, and with the understanding that this will cause harm to the Plaintiff and Plaintiff's Child.
- Refuse to elaborate on how they arrive at SNAP medical deduction calculations nor identify specifics of what they state they have considered.
- Refuse to accurately account for shelter and utility expenses as well among others.
- Continue to place undue burden on Plaintiff and Child and cause a situation of non-stop involuntary servitude and violations of other federal laws and constitutional rights without concern or regard for the consequences of their actions on Plaintiff and Child.

- The above list is not a fully comprehensive list, and so, the case should not be limited to only what is listed. The Plaintiff suffers from extreme fatigue, short term memory issues, PTSD, Narcolepsy with cataplexy, and much more. The Plaintiff often writes things down to help with memory issues, which may be helpful in the course of this case.

2. **Plaintiff's Whistleblower Status:**
Plaintiff has filed whistleblower complaints with federal agencies, including DOJ, HUD, HHS, CMS, and USDA-FNS, which have gone unanswered, leaving Plaintiff vulnerable to continued harm. Plaintiff also submitted the same whistleblower complaints to the FBI, local Jefferson County Sheriff's Department, and Louisville Metro Police Department. The complete lack of response from all organizations contacted have caused Plaintiff to question just how deep the corruption and discrimination issues penetrate the local, state, and federal government. Plaintiff requests assurances of safety precautions

and Whistleblower Rights to be immediately in force and retroactively with written confirmation of all things throughout this document from the court.

3. Plaintiff has an active **ADA OCR** case (**federal investigation**) addressing systemic violations of the **Olmstead Act**, which underscores the severity and credibility of the Plaintiff's claims.

4. **Violated federal Medicaid law**, which mandates coverage of services provided out-of-state when such services are unavailable within the state.

    - Plaintiff has been denied access to treatment by Dr. Vaughn, who is the only provider in the U.S. currently treating long COVID-related microclots and employing specialized triple anticoagulation therapy essential to Plaintiff's care.

Educational Neglect and Failure to Address Special Needs.

Systemic Neglect by Agencies Over Many Years

Widespread Federal Law Violations and Broader Systemic Issues

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LEGAL ARGUMENT

Plaintiff satisfies the criteria for emergency relief:

1. **Likelihood of Success**: The evidence demonstrates clear violations of federal law, constitutional amendments (1st, 4th, 5th, 8th, 9th, 13th, and 14th), and civil rights protections, and all other mentioned above.

2. **Irreparable Harm**: Plaintiff and Plaintiff's child face escalating threats to health, safety, and well-being. The harm caused is severe, permanent, and irreparable.

3. **Balance of Equities**: The requested relief imposes no undue burden on Defendants and ensures compliance with existing laws.

4. **Public Interest**: Granting relief reinforces accountability, protects vulnerable populations, and upholds federal and constitutional law.

RELIEF REQUESTED

Plaintiff respectfully requests that this Court:

1. <u>Immediate Medical Access and Lifetime Medical Coverages:</u>

   - **Approve higher-dose stimulant medications and experimental treatments effective immediately** (e.g., MDMA, ketamine infusions and nasal spray, medical cannabis, WST-057, Cibenetide Peptide injections, psilocybin therapies, and autologous tear serum).
     1. **Plaintiff and child must be able to have access without fear of negative consequence regardless of local conflicts with federal law and/or special program allowing right to try among other.**

   - **Ensure no harm, punitive actions, or negative listings are imposed on Plaintiff or their providers for prescribing or receiving such treatments.** Assign a qualified, experienced medical provider familiar with rare diseases and individualized treatments to oversee care without delay or restriction with all goods, services, treatments, medications, etc., to be covered at 100% to be effective immediately.

   - **Mandate coverage for all necessary supplements, durable medical equipment, and therapies** (e.g., hyperbaric oxygen, testosterone replacement therapy, autologous tear serum, IPL treatment, PEMF, Frequency Specific Microcurrent, vitamin infusions, red light therapy, mitochondrial dysfunction testing and therapies, NutrEval testing and nutrition or dietary therapies, and others) at 100%.

- **Cover all related travel expenses** (including lodging and meals for Plaintiff, Plaintiff's Child and caregiver(s)).

- **Mandate coverage under federal Medicaid law for out-of-state services** when medically necessary and not available within Kentucky, including treatment by Dr. Vaughn and other specialists uniquely qualified to address the Plaintiff's rare conditions and complex medical needs, dating back to June 30, 2022.

- **Lifetime Coverage for Medical Needs:** Guarantee lifetime coverage for all medical care, testing, supplements, and treatments at 100%, with no gatekeeping for Plaintiff and Plaintiff's child. Allow the Plaintiff to order necessary tests and treatments directly to prevent delays caused by systemic barriers.

- **Lifetime Coverage for Alternative Medicine Therapies** or Eastern Medicine including but not limited to, herbs and supplements, functional medicine providers, naturalists, homeopathic doctors, osteopathic doctors, naturopathic doctors, Lyme literate medical doctors (LLMDs), telehealth, massage therapy including in-home massage therapy, chiropractic, acupuncture, reflexology, thermography, cryotherapy, infrared sauna, and others not appearing on this list to be covered at 100% for remainder of Plaintiff's life and covered at 100% for Plaintiff's child's life.

- **Dental /Periodontal/Orofascial/TMJ Related/Endodontal Care:** 100% coverage for all dental and/or other needs, including, but not limited to, restorative procedures (e.g., crowns, ceramic implants), preventive care, and safe mercury amalgam removal by IAOMT SMART-certified biological dentists. All types and titles of oral care are included and requested. This coverage must include any necessary evaluations, testing, procedures, and follow-ups to be covered at 100% for Plaintiff's life, and for Plaintiff's child's life.

- **Vision and Eyecare:** Comprehensive coverage for all eyecare needs, including scleral lenses, compounded eye drops, IPL treatment for meibomian gland dysfunction, higher-order corneal aberrations management, and prescription eyeglasses that are progressive lenses and single vision lenses including all add-ons such as transitions, fog resistant, oil resistant, FL-41 tint, or other, lenses as required for the Plaintiff's conditions, and Plaintiff's child's condition for life at 100%. All costs associated with vision-related medical and surgical interventions are included and covered at 100% for life, and Plaintiff's child's costs to be covered at 100% for life.

- **Surgeries and Procedures:** 100% coverage for all necessary medical procedures and surgeries, including preoperative and postoperative care, anesthesia, travel, and recovery support for life, and 100% coverage for Plaintiff's child for child's life.

- **Administrative Assistance Fund:** Establish a fund allowing the Plaintiff to hire caregivers and administrative assistants of their choice without restrictions. This fund shall also cover private rideshare services and gratuities, ensuring independence and reducing reliance on state programs. Plaintiff is in need of immediate assistance for this service to help relieve the burden if involuntary servitude and lack of due process that is an on-going detrimental consequence of behavior of the Defendants' toward the Plaintiff and Plaintiff's Child for trying to exercise their rights under federal law.

2. **Appointed Medical Provider or True Multidisciplinary Team**

- **Physician Appointment:** The Court shall appoint or approve a physician to oversee and manage the Plaintiff's medical care, with the authority to prescribe all medications and treatments. This includes higher-dose stimulant medications starting at 120mg of Adderall per day or equivalent, titrated as necessary, without punitive tracking or reporting to regulatory agencies, and effective immediately as a physician with familiarity with Plaintiff's conditions and unique genetic makeup is not available to Plaintiff presently and this represents an urgent need. The physician must specialize in chronic illnesses, post-viral syndromes, and neuropsychiatric conditions along with familiarity with Long Covid, CFS/ME, mold exposure aka Chronic Inflammatory Response Syndrome CIRS, Mast Cell Activation Syndrome, and Lyme Disease and co-infections among others. The provider or team must openly communicate and must respond to plaintiff and plaintiff's child's needs urgently.

3. **Mold / Mycotoxins Remedy Relief**

Owner Accountability:

Request the Court to hold **Jerry Kerchik**, owner of 2321 Glenmary Ave Apt. 2, Louisville, KY 40204 accountable for neglecting his duty as a property owner, and PMOFL (Property Management of Louisville) accountable, for not making required requested repairs while knowledgeable of hazards posed to tenants including:

- Subpoenaing all communications, inspection reports, and records related to environmental conditions at the property.

- Requiring him to disclose details about the renovations performed after Plaintiff vacated the property.

Mandated Compensation:

Request compensation for medical expenses, relocation costs and mental and physical and spiritual harm, and damages resulting from the environmental conditions at the property.

4. **Standing Lab Order and Unrestricted Access to Testing**

Plaintiff respectfully requests that the Standing Lab Order include access to all medically relevant testing, including but not limited to: microbiological, pathology, genetic, immune function, nutritional, neurological, cardiovascular, gastrointestinal, and specialized diagnostic testing, as outlined in this request. Laboratories shall perform requested tests without obstruction or denial, including those from research and academic labs

- Microbiological tests, including cultures (bacterial, fungal, viral, parasitic) and pathogen DNA/RNA analysis;
- Pathology tests, including biopsies, histology, immunohistochemistry, and molecular analyses;
- Blood, urine, stool, saliva, and other specimen-based tests for diagnostic or exploratory purposes;
- Comprehensive panels for immune, genetic, endocrine, nutritional, cardiovascular, neurological, gastrointestinal, and allergy-related evaluations;
- Specialized and research-based testing through academic or independent laboratories, including but not limited to RealTimeLabs, Genova Diagnostics, Great Plains Labs, LabCorp, Quest Diagnostics, and other institutions.

Expanded List of Testing for Standing Lab Order

- **Microbiological Testing:**
  - Cultures (bacterial, fungal, viral, parasitic)
  - Sensitivity and resistance testing (e.g., antibiotic/antifungal panels)
  - Pathogen DNA/RNA analysis (e.g., PCR testing)
  - Mycotoxin testing (for mold-related issues)

- **Pathology Testing:**
  - Biopsies (tissue samples for histology and cytology)
  - Molecular pathology (e.g., cancer markers, genomic profiling)
  - Immunohistochemistry (IHC) for inflammatory or autoimmune markers
- **Blood-Based Testing:**
  - Complete blood counts (CBC) with differentials
  - Comprehensive metabolic panels (CMP)
  - Immunoglobulin panels (IgG, IgA, IgM, IgE)
  - Inflammatory markers (e.g., CRP, ESR, TNF-alpha, IL-6, TGF-beta)
  - Coagulation studies (e.g., D-dimer, fibrinogen, clotting factors)
  - Lipid profiles
  - Heavy metal and toxin panels (e.g., mercury, lead)
- **Advanced Genetic Testing:**
  - Whole-genome sequencing
  - Mitochondrial DNA analysis
  - Pharmacogenomics (drug metabolism testing)
  - Hereditary disease panels (e.g., connective tissue disorders, immune deficiencies)
- **Immune Function Testing:**
  - T-cell, B-cell, and natural killer (NK) cell function tests
  - Cytokine profiling
  - Autoantibody panels (e.g., ANA, ENA, anti-dsDNA)
- **Endocrine Testing:**
  - Hormonal panels (e.g., thyroid, adrenal, reproductive hormones)
  - Cortisol testing (serum, saliva, urine for circadian rhythms)
  - ACTH stimulation and suppression tests
- **Nutritional and Metabolic Testing:**
  - Vitamin and mineral panels (e.g., B12, D, folate, iron studies, copper, zinc)
  - Essential fatty acids and amino acids analysis
  - Methylation pathway and homocysteine testing
  - NutrEval
  - Organic Acids Testing
  - Amino Acids Profile
- **Neurological Testing:**
  - Neurotransmitter testing (e.g., dopamine, serotonin levels)
  - Cerebrospinal fluid (CSF) analysis
  - Advanced brain imaging biomarkers (e.g., neurofilament light chain)
- **Cardiovascular and Hematological Testing:**
  - Lipoprotein(a) and advanced lipid panels
  - Blood clotting disorders (e.g., Factor V Leiden, protein C/S deficiencies)

- Microclot analysis
- **Gastrointestinal and Microbiome Testing:**
  - Comprehensive stool analysis (bacteria, fungi, parasites, digestive markers)
  - Gut permeability tests (e.g., zonulin, lactulose-mannitol)
  - Small intestinal bacterial overgrowth (SIBO) testing
- **Allergy and Sensitivity Testing:**
  - Environmental allergy panels (e.g., mold, dust mites, pollen)
  - Food sensitivity and intolerance panels (e.g., gluten, histamine intolerance)
  - Mast cell activation testing (e.g., tryptase, prostaglandin D2)
- **Specialized and Research-Based Testing:**
  - Proteomics and metabolomics studies
  - Exosome analysis (for systemic inflammatory markers)
  - Advanced infection panels (e.g., Lyme disease, co-infections, HHV6, EBV)

This standing order shall enable Plaintiff to request any tests deemed necessary by the Plaintiff for the Plaintiff or Plaintiff's Child without obstruction, denial, or the imposition of restrictive criteria.

Providers and laboratories shall fulfill Plaintiff's testing requests promptly and without requiring external validation, unless a specific test is demonstrably unsafe and poses an immediate risk, and results shall be provided directly to Plaintiff as soon as they become available. Partial results are also to be released to the Plaintiff immediately as they become available.

The Court shall also establish a system to verify the legitimacy of the standing order on the Plaintiff and Plaintiff's Child's behalf, such as an online portal or direct contact with Court-appointed compliance officers, to ensure adherence by all laboratories, healthcare providers, and institutions, or other entity not listed explicitly.

5. **Aiding and Abetting Accountability**

Plaintiff respectfully requests the Court to:

Recognize Aiding and Abetting Violations:
Identify individuals, entities, or agents who knowingly assisted, enabled, or provided substantial assistance to the unlawful acts described in this case, including but not limited to violations of federal and constitutional rights.

Enforce Prosecution for "Color of Law" Violations:
Ensure that each individual violation meeting the criteria for "color of law" offenses (18 U.S.C. § 242) is prosecuted to the fullest extent of the law. Examples include, but are not limited to:

1. Each instance of denied or unaccounted-for medical mileage reimbursement.

2. Denial or obstruction of federally mandated benefits, services, or medical expenses.

3. Any action or inaction that willfully deprives Plaintiff of federally protected rights under the guise of legal authority.

- **Impose Equal Liability:**

  Hold all individuals and entities who aided and abetted systemic violations equally liable for the harm caused, whether through direct actions, omissions, or facilitation of unlawful conduct.

- **Mandate Corrective Actions:**

  Require all parties found to have participated in aiding and abetting to take immediate corrective actions, including the reversal of harmful policies, rectification of false records, and compliance with federally mandated protections.

- **Impose Sanctions for Non-Compliance:**

  Authorize penalties for any continued violations or refusals to comply with the Court's orders, including fines, suspension of licenses, or other Court-determined remedies.

6. **Conspiracy Against Rights**

- Plaintiff respectfully requests the Court to recognize and enforce accountability under **18 U.S.C. § 241 (Conspiracy Against Rights)** for individuals or entities who conspired to deprive Plaintiff of federally protected rights.

- This includes, but is not limited to:

  1. **Collusion** between state agencies, healthcare providers, or other entities to deny Plaintiff access to medical care, benefits, or services.

2. **Coordination to obstruct Plaintiff's lawful rights to due process,** medical access, and financial protections.

3. **Any agreement or actions designed to intimidate, oppress, or harm Plaintiff** through systemic denials, delays, or false representations.

4. **Plaintiff requests full prosecution and penalties for all parties found to have participated in such conspiracies.**

7. **Conspiracy to Obstruct Justice**

Plaintiff respectfully requests the Court to recognize and enforce accountability under **18 U.S.C. § 371 (Conspiracy to Obstruct Justice)** for individuals or entities who knowingly conspired to hinder Plaintiff's access to lawful remedies, care, or services.

This includes, but is not limited to:

1. Coordination among state agencies, healthcare providers, or other entities to delay or obstruct Plaintiff's access to federally mandated benefits, medical treatments, or due process protections.

2. Actions taken to suppress or distort evidence, including falsification of medical records, denial of essential tests or treatments, and refusal to correct errors or provide transparency.

3. Collusion to perpetuate systemic failures that prevent Plaintiff from securing justice or accessing basic rights guaranteed under federal law.

Plaintiff requests full prosecution and penalties for all parties, individuals, entities, and federal agencies found to have participated in such conspiracies, including fines, imprisonment, and mandatory corrective actions to prevent future harm

8. **Conspiracy to Commit Offense or to Defraud the United States (18 U.S.C. § 371)**

Plaintiff requests the Court to investigate and hold accountable any individuals or entities involved in conspiracies to defraud the United States by mismanaging Medicaid funds, those designated for waiver programs, and other. This includes, but is not limited to:

1. **Collusion among state officials and healthcare providers** to divert funds away from intended recipients.

2. **Coordinated efforts to obstruct justice** by falsifying records or intentionally delaying services to eligible participants.

9. **Racketeer Influenced and Corrupt Organizations Act (RICO) (18 U.S.C. §§ 1961-1968)**:

Plaintiff urges the Court to examine whether the mismanagement of Medicaid waiver funds constitutes a pattern of racketeering activity under RICO. Specifically:

- **Engaging in fraudulent schemes** to embezzle funds allocated for the Michelle P. Waiver and other programs.
- **Operating enterprises** that systematically deprive eligible individuals of services through financial misconduct

Plaintiff requests a formal investigation into the allocation and utilization of federal Medicaid funds in Kentucky, focusing on:

- **Tracing the flow of money** from federal allocations to state disbursements and eventual use in waiver programs.
- **Identifying discrepancies** between allocated funds and services provided to eligible participants.
- **Ensuring transparency** in how funds are managed to prevent fraud and abuse.

10. **Supplementary Request for Compliance Oversight and Enforcement Mechanism**

Plaintiff respectfully requests the Court to establish a clear system to ensure compliance with all directives of this injunction, specifically addressing denials of necessary medical care, testing, and services, as follows:

- **Reporting Mechanism for Violations:**

1. Create a formal reporting process through which Plaintiff can submit documented instances of non-compliance, denials, or delays by healthcare providers, government entities, or other parties bound by this injunction.

2. Reports should be reviewed by a designated independent compliance officer or Court-appointed special master.

- **Mandatory Compliance with Plaintiff's Medical Decisions:**

1. Direct all healthcare providers, institutions, and related entities to comply fully and promptly with Plaintiff's requested medical requests, including but not limited to testing, treatment, medications, and follow-up care.

2. Denials of such requests must be documented and justified in writing within 24 hours, with clear evidence that the request poses a serious and immediate risk to Plaintiff's health.

3. Require that a designated compliance officer or Court-appointed special master review any denials to ensure they are not arbitrary or obstructive.

- **Oversight of Compliance:**

1. Appoint a Court-designated compliance officer or special master to oversee the implementation of this injunction, with authority to investigate and resolve reported violations swiftly.

2. Include periodic reporting to the Court on compliance status and corrective actions taken.

- **Sanctions for Non-Compliance:**

1. Impose penalties on any individual or entity found to be in willful violation of this injunction, including fines, suspension of privileges, or other Court-determined remedies.

2. Require immediate corrective action for all documented violations.

- **Plaintiff's Right to Enforcement Assistance:**

1. Grant Plaintiff the authority to request direct enforcement from the Court in cases of non-compliance or obstruction, ensuring timely resolution of disputes without additional burden on Plaintiff or Plaintiff's Child.

11. Food Security and Nutritional Needs

- **Permanent Food Security:** Provide comprehensive food security for the Plaintiff and child, including:

    1. Coverage for gluten-free, organic, and non-GMO foods at 100%.

    2. Grocery and meal delivery services (e.g., Amazon Fresh, Walmart+, Whole Foods) to accommodate the Plaintiff's mobility challenges and dietary requirements.

- **Prepared Meal Exemption:** Permit the use of SNAP benefits for hot and prepared foods, addressing the Plaintiff's inability to prepare meals due to severe health constraints-and consider amending this rule for everyone on SNAP – it does not make sense.

12. Housing Relief Requested:

Plaintiff respectfully requests immediate and permanent housing relief to address ongoing harm and ensure long-term stability and safety for Plaintiff and Plaintiff's child. Specifically, Plaintiff seeks the following:

A. Grant for Safe and Permanent Housing:

- Plaintiff requests a grant sufficient to purchase a home outright, free of any repayment obligations, to provide stability and security for Plaintiff and Plaintiff's child.

- Plaintiff requests a grant sufficient to cover the full cost of purchasing a home to provide stability and security for Plaintiff and Plaintiff's child that:

    - Is owned outright by Plaintiff, with Plaintiff's name on the title, and only the plaintiff's name on the title.

    - Upon Plaintiff's passing, ownership of the home would transfer to Plaintiff's child. If the child is under the legal age at the time, a legally designated guardian or trust, selected by Plaintiff, will oversee the home until the child reaches legal age.

- The home must meet the following criteria:

- Be located within close proximity to Plaintiff's child's school in Lyndon, KY, or other areas depending on situational changes in the interim.
- Be free of mold and environmental toxins, with inspection by a Plaintiff-selected mold and mycotoxin environmental toxins specialist as well as traditional home inspection specialist covered at 100%.
- Be situated in a safe and secure area, ideally on the edge of city and country, away from high-crime neighborhoods and farm chemical drift.
- Adequately sized and equipped to accommodate Plaintiff's physical limitations, medical needs, and disability requirements, including but not limited to accessibility features such as grab bars, ramps, and other modifications as needed.
- Comparable in value to other homes in the region that meet these criteria, as determined by an independent appraisal or market analysis, ensuring the home is of appropriate quality and not undervalued.

B. **Ongoing Housing Costs Covered:**

- Plaintiff requests permanent coverage of all costs associated with the home to ensure stability and safety of Plaintiff and Plaintiff's child, including but not limited to:
  - Property taxes
  - Utilities (e.g., water, electricity, gas, internet, trash collection)
  - Homeowner's insurance
  - Maintenance and repairs
- These costs should be covered in perpetuity, ensuring Plaintiff and Plaintiff's child have a stable and secure living environment without undue financial strain.

- **Maintenance and Future Costs:** All maintenance, utilities, property taxes, and insurance shall be covered to ensure that the Plaintiff and child are not burdened with additional costs that exacerbate financial or health hardships.

C. **Relocation Assistance:**

Plaintiff seeks full coverage of all relocation expenses, including but not limited to:

- Moving services and associated fees covered at 100%.
- Travel expenses for Plaintiff and Plaintiff's family covered at 100%.
- Temporary lodging during the transition period, and meals to be covered at 100%, if necessary during moving / relocation.
- Transportation and relocation of personal belongings from:
  - Plaintiff's current apartment to the new home.
  - Plaintiff's current storage units to the new home.
  - Plaintiff's parents' home in Shepherdsville, KY, including but not limited to a piano, deep freezer, barnwood bed, and other personal items.
- Relocation must occur without delay, with Defendants ensuring immediate availability of suitable housing to address the current unsafe living environment.

D. **Permanent Waiver of Housing Reviews:**

- Plaintiff requests a permanent waiver from any ongoing government housing reviews or recertifications, as these processes impose undue administrative burdens and exacerbate Plaintiff's health conditions.
- Once housing is secured, Plaintiff requests protection from unnecessary scrutiny or re-evaluation of any kind that could jeopardize long-term stability, however, that would not be an action taken anyway due to house being titled and deeded only in name of Plaintiff.

E. **Housing Choice and Independence:**

- Plaintiff requests the ability to choose the home that best suits the needs of Plaintiff and Plaintiff's child, with input from medical and environmental specialists to ensure it meets all health and safety standards.

- The home should ideally be located on a property that offers a balance of proximity to healthcare and schools while providing a quieter environment on the edge of city and country living, offering peace of mind after years of instability, abuse, and systemic harm.

- **Ownership and Transfer:** The house shall be owned outright by the Plaintiff, with the Plaintiff's name on the title. Upon the Plaintiff's passing, ownership shall transfer directly to the Plaintiff's child. If the child is a minor at that time, ownership shall be managed through a trust with a trustee selected by the Plaintiff.

- **Relocation and Storage Needs:** Defendants shall cover all costs associated with relocating the Plaintiff and child, including:

  - Transporting belongings from the Plaintiff's current residence.
  - Moving items from the Plaintiff's storage units and parents' home (e.g., piano, barnwood bed, and deep freeze).
  - Ensuring that the housing is free of mold and environmental toxins, inspected by a specialist chosen by the Plaintiff.

F. **HUD and LMHA Accountability:**

- Defendants, including HUD and LMHA, must provide immediate responses to Plaintiff's communications regarding housing concerns and ensure full compliance with federal housing laws, including the Violence Against Women Act (VAWA) and ADA accessibility requirements.

- HUD and LMHA must address past failures, including lost applications and delayed processing, and take corrective action to prevent further harm to Plaintiff and Plaintiff's child.

G. Transportation Assistance:

- Plaintiff requests a reliable and safe vehicle, owned outright, funded through a grant sufficient to cover the full cost of the vehicle. The vehicle must:
  - Meet the Plaintiff's transportation needs, including adequate space for medical equipment, mobility aids, or other necessary items.
  - Be suitable for ensuring Plaintiff's independence and access to medical care, therapy, and community activities.
  - Provide safe and reliable transportation for Plaintiff's child and caregivers, as needed.
- Plaintiff currently owns a 2006 Honda CR-V with over 226,000 miles, which has required extensive and costly repairs over the past five years, including three air conditioning system replacements. The vehicle's age and condition make it unreliable and unsafe for the Plaintiff's critical transportation needs.
- Plaintiff relies heavily on a vehicle for frequent medical appointments, grocery shopping, and ensuring their child's needs are met, particularly in areas where public transportation is unavailable or impractical, and disabilities involved and rare conditions make public transportation not an option.
- All maintenance, insurance, and registration costs for the vehicle to be covered to ensure continued reliability and usage without financial strain on Plaintiff.
- In the event of the Plaintiff passing, the vehicle's title shall go into Plaintiff's child's name if 16 or older (able to drive), or if prior to then, the vehicle would go into a trust until child becomes 16.
- **Private Transportation for Child:** Provide safe, reliable private transportation for the Plaintiff's child to and from school. This is critical due to the child's PTSD, autism, and auditory processing disorder, which render traditional bus services unsuitable, and to be provided at 100% coverage meaning no fees associated with transportation to be assigned to Plaintiff or Plaintiff's child.

- Permanently grant access to medical transportation without renewal requirements, and without a 72 hour notice requirement.
- Cover private rideshare trips at 100%

13. Expanded Housing and Medical Provisions

- **Housing Request Integration:** The Plaintiff seeks not only a house but also a secure environment free of mold and environmental hazards, with maintenance, utilities, and property taxes covered. Relocation and moving assistance must also include the Plaintiff's belongings currently in storage and at the Plaintiff's parents' home.
- **Enhanced Medical Coverage:** The Plaintiff requests immediate access to higher-dose stimulant medications and experimental therapies without tracking or punitive measures. Treatments such as hyperbaric oxygen therapy, red light therapy, and PEMF should be accessible at 100% coverage, with flexibility for future medical advancements. Treatments that are experimental such as MDMA therapy, Psilocybin therapy, Ketamine Infusion therapy and other must also be made available to the Plaintiff at 100% coverage as well and also with the same flexibility. Stem cell therapy and gene therapy are also item that shall belong on this list. Access to this care or any other shall not constitute any wrongdoing or have any negative impact on the Plaintiff or Plaintiff's child nor cause any record of any kind to reflect any negative association with regard to the Plaintiff and the Plaintiff's child.

14. Protection for Plaintiff and Family:

- Issue an immediate permanent restraining order effective immediately against Defendants to prevent further retaliation, harassment, endangerment, or harm of any kind to Plaintiff, Plaintiff's child, ex-wife, and extended family.
- Prohibit federal and state agencies from penalizing providers for treating Plaintiff outside of restrictive standard protocols.
- Prohibit federal and state agencies from penalizing Plaintiff for asking to receive treatment for rare set of conditions that adds to quality of life or function.

- Prohibit Plaintiff's child from any negative action or consequence by state and federal agencies.

15. Legal Protections:

- Permanent protection from punitive actions by FDA, DEA, CMS, and all other agencies, ensuring no negative consequences for providers who treat Plaintiff's conditions. This must also be true at the state level for the entire country for Plaintiff and Plaintiff's Child.
- Protection against removal of SSA benefits and denial of medically necessary treatments permanently as patient is permanently disabled and is not expected to improve thus ensuring a greater degree of stability for Plaintiff and Plaintiff's Child.
- Ensure all remedies are legally binding and provided in writing to prevent future denials.
- Guarantee protection against loss of Social Security benefits and ensure food security for Plaintiff and Plaintiff's child.
- Cover meal preparation services, delivery fees, and grocery memberships (e.g., Amazon, Walmart+, etc.) at 100%.
- **Cleaning Services:** Cleaning services, including maid service, shall be made available immediately and covered at 100% for Plaintiff and Plaintiff's child for life. This coverage is to ensure a clean, safe, and healthy living environment, particularly given Plaintiff's health challenges and physical limitations and inability to get any kind of consistent attendant care that is noted as included for HCBS 1915(c) Waiver participants.

16. Immediate Reimbursement:

- Retroactively reimburse all medical expenses, travel, and related costs dating back to June 30, 2022, and adjust benefits for medical expense deductions per federal law with interest.

17. Administrative Assistance Fund:

- Plaintiff requests the establishment of a dedicated fund to hire personal assistants or support staff chosen by Plaintiff to assist with:
- Managing medical and administrative tasks related to health care, insurance, and legal matters.
- Organizing and maintaining extensive records and documentation.
- Coordinating care, appointments, and services for Plaintiff and Plaintiff's child
- **The fund is to be:**
    1. Fully funded and maintained for the Plaintiff's lifetime to ensure uninterrupted assistance.
    2. Accessible solely to the Plaintiff, allowing full discretion over the hiring and selection process to ensure trust and compatibility with the assistants.
    3. This fund will reduce government involvement in Plaintiff's day-to-day life, which has historically caused significant additional harm through negligence, obstruction, discrimination, lack of transparency with intent, malicious intent to harm, and willful neglect and endangerment, along with other systemic failures.
- Plaintiff seeks this as a critical component for maintaining independence, managing complex needs, and reducing the extreme burden of government overreach that has compounded Plaintiff's health and well-being challenges.

Lifetime Caregiver and Transportation Fund:

18. Plaintiff requests the establishment of a fund to:

- Hire caregivers or support staff of Plaintiff's choice without restrictive oversight or unnecessary qualifications imposed by Medicaid Waiver programs or other government entities.
- Cover private rideshare services and gratuities for medical appointments, personal errands, or emergencies to ensure Plaintiff and Plaintiff's child have reliable, accessible, and dignified transportation.

- **The fund will:**

    1. Be maintained for Plaintiff's lifetime and extend to Plaintiff's child for the duration of the child's life.

    2. Be structured to allow Plaintiff to make hiring and payment decisions without reliance on failing or restrictive state or federal programs.

- This provision ensures Plaintiff and Plaintiff's child can access the support necessary to lead a dignified and independent life, free from the constraints and harm caused by systemic government failures.

19. Medical and Administrative Support

- **Lifetime Coverage for Medical Needs:** Guarantee lifetime coverage for all medical care, testing, supplements, and treatments at 100%, with no gatekeeping.

- Allow the Plaintiff to order necessary tests and treatments directly to prevent delays caused by systemic barriers.

20. Administrative Assistance Fund:

- Establish a fund allowing the Plaintiff to hire caregivers and administrative assistants of their choice without restrictions.

- This fund shall also cover private rideshare services and gratuities, ensuring independence and reducing reliance on state programs.

21. Additional Support:

- Assign a qualified case manager to assist Plaintiff, ensuring accountability and consistent oversight of Plaintiff's care and services.

22. Medical Record Transparency and Interoperability

- Plaintiff respectfully requests the Court to mandate immediate corrective actions by Epic Systems Corporation, MyChart, and all affiliated entities to resolve systemic issues preventing effective communication and access to comprehensive patient records. These actions shall include:

    1. **Full Patient Access to Diagnoses and Imaging Results:**

Ensure patients can view all conditions, imaging, pathology, and diagnostic testing results in real-time across all institutions within the boundaries of HIPAA and other federal regulations.

2. **Interoperability and Record Consistency:**

   Implement mechanisms for consistent sharing of patient records across all institutions using Epic and MyChart systems, ensuring accuracy and eliminating redundancies or conflicts in medical information, and ensure patient has visibility of all portions of his or her record including things such as specific diagnoses list as opposed to only symptoms list.

3. **Court-Appointed Oversight:**

   Appoint an independent compliance officer to review Plaintiff's medical record and ensure it is accurate, consistent, and free of defamatory or inaccurate remarks across all institutions and systems, and that the accurate record once complete review has been conducted is made available to all patient's medical providers current, past, and present as well as those in the future.

4. **Systemwide Reform Deadline:**

   Impose a strict timeline for Epic and MyChart to implement these changes. Should they fail, mandate development of alternative software or a federally monitored platform to ensure comprehensive and effective communication between patients and providers.

23. **Accountability:**

- Prosecute responsible individuals and agencies for criminal violations (**Color of Law offenses, willful endangerment, malicious intent to harm, FCRA, HIPAA**, and other crimes committed etc.) to the fullest extent of the law.

  Maximum compensatory and punitive damages for ongoing harm, both immediate (pre-compensatory damages) and long-term, with amounts requested not to preclude further damages as the case progresses.

24. **Federal Accountability and Oversight**

Mandatory Federal Response Protocols:
Plaintiff requests that the Court mandate the FBI to establish clear, accessible procedures for whistleblower submissions, including acknowledgment and response timelines, along with other agencies that did not respond nor acknowledge in any way the submissions of the Plaintiff, the whistleblower.

Federal Oversight Investigation:
Petition the Court to initiate a formal review of why whistleblower letters regarding systemic violations were ignored by federal, state, and local law enforcement, including the FBI, and many other agencies, entities, and individuals. Plaintiff shall receive a copy of the report.

25. Advocacy and Broader Justice:

- Commitment to Systemic Change: The Plaintiff seeks not only relief for himself and his child but also systemic change to protect others suffering from chronic illnesses, post-viral syndromes, and systemic neglect. The Plaintiff's case is rooted in ensuring broader justice for the disabled community and advocating for better standards of care and accountability – especially those in rare or not well understood illness.

26. Open-Ended Relief:

- Evidence Submission Clarification:
  Pending Evidence Submission: Due to the extensive nature of this case and the Plaintiff's cognitive and physical limitations, and emotional limits, evidence will be submitted in stages as it becomes organized and available.

  The Plaintiff requests immediate protection while additional documentation is compiled, and acknowledgement of receipt of this document from the court please.

- Permit amendments to this motion to include additional violations, necessary remedies, or parties as evidence emerges.

27. **Admissibility of Evidence:**

- Kentucky is a one-party consent state, making recordings of phone calls and in-person interactions lawful and admissible in court.

- Evidence types admissible include, but are not limited to:

1. Phone call recordings.
2. Office visit recordings.
3. Emails, including those with tracking and delivery confirmations.
4. Successful fax transmission reports.
5. PDFs and document attachments.
6. Other digital communications and correspondence.
7. Transcriptions of recordings and other documentation are also admissible under federal and state law.
8. All other forms of documentary evidence, and others, as discovery progresses

Requests for Evidence Protections:

- Ensure that all submitted evidence, regardless of format, is protected and considered valid.

- Mandate that the defendants produce documentation proving authenticity if challenging evidence admissibility.

28. **Retaliation Concerns** and **Expanded Legal Protections:**

- Extend whistleblower protections to include safeguarding against retaliation or punitive actions related to evidence gathering and case filing.

- Ensure transparency and accountability for all entities involved, with mandated reporting of any retaliatory incidents.

General Adaptability:

- Given the memory issues and cognitive challenges Plaintiff is experiencing, along with advanced brain atrophy, this motion remains open to revisions and additions as needed, ensuring no procedural disadvantages or dismissals due to oversight or delayed inclusions.

29. **Food and Housing Insecurity:**

- Reiterate the immediate need for food and housing stability, adding urgency given recent reductions in SNAP benefits and the non-renewal of the lease.

- Highlight the harm caused by systemic failures in addressing these basic needs and request immediate corrective measures.

30. **Request for Judicial Oversight:**

- Request the Court to designate a special master or independent administrator to oversee compliance with Court orders, particularly concerning evidence submission and accommodation requests.

31. **Refusal to Apply Medical Expense Deductions:**

- The Defendants denied all medical expense deductions from SNAP calculations until a few months ago and have since arbitrarily capped these deductions, in violation of **7 CFR § 273.9(d)(3)**, which mandates that all verified medical expenses over $35 be deducted for eligible individuals.

  Recent caps include:
  1. $158.xx for prescriptions.
  2. $22.13 for VSP (Vision Service Plan).
  3. A one-time transportation reimbursement of approximately $30x.xx in July 2024.

- **Failure to Retroactively Correct Benefits:**

1. The Defendants have failed to adjust benefits retroactively to account for these unlawful caps and deductions, exacerbating Plaintiff's financial instability and food insecurity.

- **Refusal to Follow Federal Law:**
  1. Despite being provided with clear legal documentation of federal Medicaid and SNAP regulations, the Defendants have repeatedly refused to comply, violating the **Supremacy Clause of the U.S. Constitution** and **7 CFR § 273.9(d)(3)**.

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32. **Additional Relief Requested:**
Plaintiff respectfully requests that the Court:

- **Order Immediate Compliance with Federal SNAP Regulations:**

- Require the Defendants to fully account for and apply all medical expenses over $35 in SNAP calculations, as mandated by **7 CFR § 273.9(d)(3)**, without arbitrary caps or exclusions.

- **Mandate Retroactive Adjustment of Benefits:**

  1. Direct the Defendants to recalculate and reimburse SNAP benefits retroactively to **June 30, 2022**, the documented date of disability onset, to correct for the unlawful denial of medical expense deductions with assistants of Plaintiff from above support request ensuring that all expenses are included that could possibly be included dating back to June 30, 2022.

- **Provide Emergency Food Support:**

  1. Order immediate emergency SNAP benefits to address the ongoing food insecurity caused by these systemic violations.

- **Enforce Oversight:**

1. Appoint an independent monitor to ensure the Defendants' compliance with federal law regarding SNAP and medical expense deductions along with following all other federal and state level laws with further criminal and civil violations to be added if the court's order is violated.

33. Request for Maximum Compensatory and Punitive Damages

- **To the Honorable Court:**

The Plaintiff, John R. Fouts, respectfully submits this detailed request for maximum compensatory and punitive damages, reflecting the profound and far-reaching harm inflicted upon the Plaintiff and Plaintiff's child due to the Defendants' willful, malicious, and egregiously negligent actions and inactions. These damages are sought as just relief for the irreparable harm already caused, as well as to deter such conduct in the future.

- **Compensatory Damages:**

The Plaintiff seeks compensatory damages to address the measurable and tangible harms endured, including but not limited to:

1. **Physical and Emotional Harm:**

1. Severe and permanent health deterioration due to delays, denials, and obstructions of critical medical care, testing, and treatments, including experimental therapies that could have significantly improved Plaintiff's quality of life.

2. Exacerbation of PTSD, severe anxiety, and depression caused by Defendants' harassment, systemic retaliation, and refusal to comply with federal mandates, resulting in long-term emotional and mental trauma.

2. **Financial Losses:**

3. Out-of-pocket medical expenses, including medications, therapies, travel, and testing, amounting to tens of thousands of dollars. These expenses were unjustly denied reimbursement despite clear federal law mandating coverage.

4. Additional financial burdens imposed through systemic barriers, such as the refusal to approve medically necessary care, the capping of medical expense deductions, and the denial of services essential to daily living.

5. Loss of income potential due to forced overburden and the Plaintiff's inability to pursue gainful employment while managing systemic harm and rare, debilitating medical conditions, and the healthcare needs of Plaintiff's special needs child

3. **Harm to Plaintiff's Child:**

6. Emotional and psychological harm caused to Plaintiff's child, including additional PTSD and trauma, due to systemic discrimination, retaliatory actions, and the unsafe and unstable living conditions created by Defendants.

7. Negative impacts on the child's education and daily well-being caused by disruptions, lack of resources, and the failure to ensure adequate accommodations and security for the family.

4. **Loss of Time and Relationships:**

8. Invaluable time and opportunities to bond with and care for Plaintiff's child have been irretrievably lost due to the Defendants' imposition of relentless and unnecessary, unlawful, administrative burdens, forcing the Plaintiff into what can only be described as involuntary servitude.
9. Permanent damage to the Plaintiff's reputation and relationships due to false narratives and systemic harassment.

5. **Financial Devastation and Bankruptcy:**

10. The Plaintiff was forced to file for bankruptcy in late 2022, which was finalized in the first half of 2023, as a direct result of the overwhelming financial burdens imposed by the Defendants' systemic violations, including the denial of mandated benefits, medical coverages, and critical support services. The Plaintiff's financial ruin is emblematic of the Defendants' failure to uphold their legal and ethical obligations, further exacerbating the Plaintiff's health and well-being, and many other parties and bad actors also contributed to similar behaviors.

11. This bankruptcy underscores the Defendants' significant role in creating a situation where the Plaintiff was left with no other recourse but to surrender assets and creditworthiness to survive.

34. Punitive Damages:

The Plaintiff further requests maximum punitive damages due to the Defendants' reckless disregard for human dignity and the fundamental rights of the Plaintiff and Plaintiff's child. The following actions justify punitive relief:

a. **Willful Endangerment and Malicious Intent:**

1. Defendants acted with clear knowledge of the harm their actions and inactions would cause, including denying life-saving medical care, essential services, and critical benefits while imposing excessive burdens on the Plaintiff.

2. Persistent refusal to correct known errors, including falsified CPS reports and medical records, with the intent to harm the Plaintiff's reputation and deny access to essential resources, repeatedly, despite the Plaintiff going far above and beyond legal requirements at the request of the Defendants', which still continues today.

b. **Obstruction and Harassment:**

3. Defendants knowingly created barriers to accessing mandated benefits, repeatedly denied lawful requests, and engaged in retaliatory practices aimed at silencing the Plaintiff's whistleblowing efforts.

4. Actions such as multiple unauthorized credit checks, failure to process legitimate requests for services, and refusal to investigate reported violations exemplify the Defendants' intentional disregard for federal law and human decency.

c. **Systemic Discrimination and Color of Law Violations:**

5. Discrimination based on the Plaintiff's disability status, rare medical conditions, and familial circumstances was compounded by the Defendants' violations of the ADA, Olmstead Act, and multiple constitutional amendments, including the 1st, 4th, 5th, 8th, 9th, 13th, and 14th.

6. Color of Law violations demonstrate a flagrant abuse of power by state and federal actors, inflicting immense harm under the guise of authority repeatedly.

d. **Intentional Infliction of Emotional Distress:**

7. The Defendants' actions have caused incalculable emotional pain, creating a hostile environment where the Plaintiff and child live in constant fear of further harm, retaliation, or neglect.

8. Failure to address urgent safety concerns, including unsafe housing and transportation issues, has further endangered the Plaintiff and child.

e. **Magnitude of Damages Requested:**

9. The Plaintiff requests:

i. **Compensatory Damages:** To cover all measurable financial, physical, and emotional losses, estimated to range between **$10 million to $50 million or more** for the immediate and ongoing harm caused.

ii. **Punitive Damages:** To deter future misconduct and hold Defendants accountable for their heinous and egregious actions, estimated to range between **$100 million to $500 million or more**, considering the systemic nature and broad scope of violations.

- **Compounding Hardships and Emotional Toll:**

In addition to the systemic violations and injustices outlined, the Plaintiff endured compounding personal and familial challenges that exacerbated the harm inflicted by the Defendants' actions:

1. **Homeschooling Due to Bullying:**

1. The Plaintiff was forced to remove his child from Bloom Elementary School on February 22, 2022, due to relentless bullying by students, teachers, and administrators.
2. Despite the Plaintiff's efforts, including escalating the issue to the superintendent's office and engaging in multiple meetings, the bullying continued, making the school environment unsafe.

3. The Plaintiff took on the responsibility of homeschooling his child to provide a safe and stable learning environment, further burdening his already overwhelming responsibilities.

2. **Environmental Toxicity:**

    1. During the same period, the Plaintiff lived in a mold-infested and environmentally toxic apartment at 2321 Glenmary Avenue, Apt. 2, in Louisville, KY. Despite repeated efforts, the city, property management company, and property owner failed to address these serious issues, which contributed to the Plaintiff's deteriorating health and his child's health challenges.

3. **Ex-Wife's Mental Health Challenges:**

    1. Compounding the stress, the Plaintiff's ex-wife was frequently hospitalized for mental health issues and often failed to adhere to agreed custody arrangements.

    2. She regularly refused to pick up the Plaintiff's child during her assigned weeks or provide financial support for the child's care. The Plaintiff was left to shoulder the full responsibility for his child's medical care, education, and well-being, often at the expense of his own health and financial stability.

4. **Long COVID Diagnosis in Plaintiff's Child:**

    1. The Plaintiff's child was diagnosed with Long COVID by Dr. Mahajan at Norton Children's Pediatrics in Louisville, KY. Managing this diagnosis required numerous medical appointments, treatments, and care coordination, all of which fell solely to the Plaintiff due to his ex-wife's neglect of her responsibilities.
    2.

- **Medicare and Financial Planning Challenges:**

    1. The Plaintiff, now on Medicare, as of 12/1/2024, due to disability, has been unable to adequately research and choose a suitable Medicare

plan or supplementary insurance due to the unrelenting demands of addressing these systemic failures and caring for his child.

2. Additionally, the Plaintiff urgently needs to establish trusts to protect his limited resources from Medicaid clawback policies but has been unable to secure legal assistance, due to the breadth and depth of his case.

- **Unaddressed Healthcare Needs:**

1. The Plaintiff's own critical healthcare needs remain neglected due to the constant administrative burden imposed by the Defendants' failures.

2. Essential tasks, such as updating medical expense spreadsheets and responding to government agencies, consume time and energy that should be devoted to healing and recovery, and time that should be spent with Plaintiff's child.

- **Profound Loss of Time with Child:**

1. The Plaintiff has been deprived of precious time with his child, a devastating consequence of the systemic failures and neglect outlined, this is time that cannot ever be recovered.

2. The Plaintiff's heart remains broken completely due to the time and opportunities lost, all while striving to provide the stability his child so desperately needs.

REQUEST FOR COMPENSATORY AND PUNITIVE DAMAGES

The Plaintiff respectfully requests that the Court consider these extraordinary hardships in determining maximum compensatory and punitive damages.

Emergency Preliminary Injunction, Permanent Restraining and Protective Orders, and Punitive and Compensatory Damages

The Plaintiff seeks accountability for the Defendants' actions, which have irreparably harmed the Plaintiff and his child, and asks the Court to ensure justice is served to prevent such injustices from continuing or affecting others.

Formal Communication Request:

Plaintiff formally requests that all communications regarding this case be conducted in written form via fax or email for speed, documentation, and to accommodate Plaintiff's PTSD and to allow sufficient time to fully understand and respond to the communication accurately.

SUPPLEMENTARY POINTS AND CLARIFICATIONS

Educational and Other Protections for Jackie

1. **Name Recognition and Identification:**
    - **Mandatory Recognition:** Jackie A. Fouts or Jaqquelyn A. Fouts (with two Qs), (middle name Alana) must be fully recognized in all records, systems, and interactions across all platforms, organizations, and agencies. This includes, but is not limited to:
        - Social Security Administration (SSA) cards.
        - Passports and any travel documents.
        - Driver's licenses (or state-issued identification cards).
        - School records and insurance forms.
    - **Cost-Free Updates:** All associated costs for updates, reissuance, or changes to these documents are to be covered at 100% and implemented immediately, with enforced compliance across all entities.
2. **Medical Records and Software Compliance:**

- **Primary Display Name:** Medical record systems, including Epic, MyChart, or similar platforms, must display "Jackie A. Fouts" or "Jacquelyn A. Fouts" as the primary name. The legal name ("Jack A. Fouts") may appear solely for insurance processing or legal compliance where required but must be subordinate and clearly noted as such.

- **Pronoun Accuracy**: All communications, records, and interactions must adhere to the correct pronouns ("she/her") to maintain dignity and prevent emotional distress.

- **System-wide Consistency**: This compliance must extend to every interface, communication, and document within medical and educational systems.

3. **Legally Binding Compliance**:

   - **Enforcement**: This mandate is legally binding and requires 100% compliance from all relevant entities, agencies, and institutions. Non-compliance shall result in legally enforceable consequences.

   - **Alias Authorization**: "Jackie A. Fouts" and "Jacquelyn A. Fouts" are authorized aliases for all official and non-official purposes, ensuring consistency and clarity across systems. Any misrepresentation or non-compliance must be corrected immediately and at no cost.

4. **Educational Equity and Identity Protections**:

   - **Cost-Free Access**: Educational systems must immediately and without exception update all records to reflect Jackie's correct name and gender identity at no cost. This applies to transcripts, diplomas, identification cards, and any other educational documentation.

   - **Inclusive Systems**: Systems must be updated to reflect these changes seamlessly, ensuring Jackie's identity is respected in all interactions.

5. **Future-Proofing Protections:**

   - **Legally Mandated Continuity:** Ensure all changes and compliance measures remain legally binding for the duration of Jackie's life. Any system upgrades, migrations, or policy changes must retain these updates without additional administrative hurdles or costs.

   - **Transfer of Rights:** In the event of Jackie's transition to adulthood, all protections and mandates shall remain in effect and automatically transfer to her.

Immediate and Comprehensive Access to Care

The Plaintiff and Plaintiff's child shall have **immediate, uninterrupted, and comprehensive access to all physical, mental, spiritual, and other healthcare needs covered at 100% for life of Plaintiff and child without obstacles or hindrances obstructing access to care in any way.**

This includes, but is not limited to:

- All diagnostic, research, experimental, and clinical testing.
- All treatments, therapies, and modalities (e.g., gene editing, stem cell therapy, advanced sequencing, research items).
- All prescription medications and supplies, with an explicit right to:
  - Try different brands or formulations to determine optimal efficacy.
  - Receive **brand-name medications** unless otherwise chosen by the Plaintiff.
  - Source medications without penalties or delays if unavailable locally.

- All mental health services (e.g., CBT, DBT, ACT, art therapy, hypnosis).
- Immediate access to genetic testing and interpretation, including ordering additional tests at existing facilities that already hold DNA or other materials.
- **Costs shall be fully covered at 100% for life for both the Plaintiff and the Plaintiff's child.**

DIRECT ORDERING AUTHORITY

The Plaintiff and Plaintiff's child are granted **full authority to directly order testing, treatments, and services** from any provider, facility, lab, specialty lab, or institution, bypassing all regulatory or administrative gatekeeping without any negative consequence being attached to them in any way for life.

- **Testing Facilities:** Must comply fully and without exception.
- **Research Institutions and Labs:** Mandated to honor direct orders and provide immediate access to results.
- **Online Portals:** Immediate account creation and access must be granted for all testing results.
- Organizations must reply to communication about results posed by Plaintiff about Plaintiff and/or child for life.

BROAD DEFINITION OF TESTING

The term "tests" shall include, but not be limited to, in any way, **all methodologies** such as:

- Next-Generation Sequencing (NGS).

- Parasitology.
- Blood cultures, plasma, sputum, saliva, and any other cultures.
- Advanced genetic sequencing.
- Whole Genome Sequencing.
- Any other standard or in-depth techniques, including experimental or research-based methods offered in research, clinical, or academic settings.

All tests must be interpreted, with **second opinions** as requested expeditiously, and provided to the Plaintiff and Plaintiff's child directly also without gatekeeping, delay, or cost for life.

Recent ER Incidents at Norton Women and Children's Hospital on 2024-12-02

- Investigate why IV placement was used for simple blood draws and ensure this practice aligns with legal and ethical standards.
- Plaintiff nor child were informed of need for IV and were caught off guard.
- Toradol was administered without the knowledge of what was being administered per Plaintiff and Plaintiff child statement.
- Standard add-on tests requested by Plaintiff for child were denied stated as not available at the ER or the hospital including Iron Panel, Ferritin, Copper, Ceruloplasmin, and Vitamin D levels – all ordered by other Norton physician's and Plaintiff has not bee able to get a local doctor to order for months – tests have not been completed recently. Plaintiff's child has been ill on and off since late August and missed many days of school.

- Mandate **written and verbal consent for all procedures and medications administered** in ER settings, with oversight to ensure compliance and prevent recurrence.

Protection for Physicians and Providers

- At Plaintiff's request, physicians and healthcare providers must receive **legal protection** from FDA, DEA, or any other regulatory body regarding treatment decisions for the Plaintiff and Plaintiff's child.
- Shield all providers against:
    - Loss of licensure or certifications.
    - Retaliation or lawsuits related to off-label use, experimental treatments, or high-dose prescriptions.

Pharmacies Must Be Ordered to Comply To Allow Plaintiff and Child Access To Treatments and Medications For Life at No Cost and Must Be Able To Deliver Medications To Plaintiff and Child For Life Also at No Cost

Legal Teams

- Include **Constitutional rights violations (1st, 4th, 5th, 8th, 9th, 13th, 14th Amendments)** and **Supremacy Clause** in lead counsel requirements.
- Ensure attorneys are also adept and experienced in the following, but not limited to, the
    - **Olmstead Act violations**
    - **ADA violations**
    - **FCRA violations**

- **HIPAA violations**
- **Violence Against Women Act**
- **Right to Try**
- **Color of Law**
- **All Listed and Unlisted**
- **Whistleblower Protections**
- **Obstruction of Justice**
- **Conspiracy against Civil Rights to prevent Defendant from receiving benefits of federal rights, constitutes:**
    - **Cruel and u=Unusual Punishment**
    - **Violation of Due Process**
    - **Systemic malicious intent across multiple agencies, entities, individuals, and even legal counsel.**

- This led to further **involuntary servitude of Plaintiff** in terms of needing to do any administrative work that counsel should have done, thus causing Plaintiff and Plaintiff's Child even more **harm in damage to mental health, obscuring any hope the Plaintiff or Plaintiff's Child** may have had, causing **instability for Plaintiff and Plaintiff's Child** and **undue hardship and pain and suffering.**

- In addition to this, Lisa Hinkle refused to answer questions with regard to the scope of her representation to the Plaintiff, and many other questions remain without answers, contributing to the ongoing pattern of neglect and treatment of the Plaintiff and Plaintiff's Child as if their lives and physical and

emotional health have no merit or inherent value. This repeat pattern of malevolence must be stopped immediately, and retribution must be paid.

- Lisa Hinkle also refused to answer the question if she had any conflict of interest with the Commonwealth of Kentucky.

  - Plaintiff contacted every member of the Bar Counsel in an email to report Lisa Hinkle's actions and inactions that led to harm.

  - Not one member of the Bar Counsel, nor Lisa Hinkle, has been in contact with the Plaintiff in any way.

  - It almost seems that they believe they are completely protected or shielded by an unseen force. This concerns the Plaintiff that big money or power is likely protecting these individuals, and the Plaintiff has no such shield. The Plaintiff is completely vulnerable.

  - Pairing this with the other items can lead the reasonable person to the general conclusion that the Plaintiff and Plaintiff's Child are clearly not safe from harm, and need protection urgently.

Request for Relief: Addressing Systemic Failures in Administrative Functions

- **Mandatory Oversight and Training for Front Office Staff:**

  Require front office staff at Norton Children's Medical Group and similar institutions to receive training on resource accessibility and equitable treatment for patients and families in need.

- **Accountability for Denial of Resources:**

  Establish policies requiring documentation and justification when patients are denied access to resources, ensuring transparency and accountability in such decisions, along with supervisor's direct information that makes higher level decisions overseeing the office, and an executive level contact within

the organization to contact to ensure that everything goes as it is written in the policy manual for said situation with revisions noted.

- **Educational Mandate for Providers:**

  Require healthcare providers at Norton, Baptist Health, and similar institutions to receive training on mold-related illnesses and emerging medical conditions to prevent harm caused by dismissive attitudes.

- **Establishment of a Review Board:**

  Mandate the creation of an independent review board to assess patient cases where providers dismissed evidence-based concerns, ensuring accountability and corrective action. Doctors should be required to submit correctional actions of their own behaviors, write letters of apology to patients, amend medical records to reflect appropriately accurate situations that occurred, and what they would have done differently.

- **Educational Mandate for Providers:**

  Require healthcare providers at Norton, Baptist Health, University of Louisville Hospital, University of Louisville Physicians Group, University of Kentucky and similar institutions and individual offices to receive training on mold-related illnesses and emerging medical conditions to prevent harm caused by dismissive attitudes. Long Covid is another perfect example and microclots and damages caused if left untreated. Must also be current on current literature and not refuse to read it or state that they are too busy. Complex cases deserve caring treatment providers not apathetic ones.

- **Software Development Must Be Made Available So Companies Like MyChart and Epic Do Not Have Monopolies On Software For Health Data Systems and Must Be Integrated To Reflect Accurate Records Across Systems Within 6 Months**

End users such as stakeholders including patients, nurses, parents, physician assistants, data entry technicians, check in clerks, and others should have direct input into what is built into the software being developed.

Oversight and review must occur for all of the inconsistencies that are within and throughout MyChart Epic that need to be addressed immediately.

Whistleblower Protections

- Whistleblower protections must be **legally binding and in writing effective immediately, and must be provided comprehensively and completely.**

- Address potential **qui tam (whistleblower reward)** eligibility explicitly, as it may significantly affect compensatory damages, but is separate and not counted as part of punitive and compensatory damages of full case.

Educational And Other Protections for Jackie A. Fouts (Child of Plaintiff)

1. **Recognition of Name and Identity:**

   - Jackie A. Fouts or Jaqquelyn A. Fouts (full middle name Alana) must be recognized in all records, systems, and interactions. This includes cost-free updates and reissuance of identification documents such as:

     - Social Security Administration (SSA) cards
     - Passports
     - Driver's licenses (or state IDs)
     - School records
     - Insurance forms
     - Other unlisted may be added at a future date

   - Updates must be implemented immediately, with 100% compliance legally mandated.

2. **Medical Record Software Updates:**

- Systems such as Epic and MyChart must display Jackie A. Fouts or Jaqquelyn A. Fouts as the primary name.
- A secondary field may include "Jack A. Fouts" solely for insurance purposes, ensuring dignity and respect by eliminating misgendering or improper naming.
- Preferred pronouns must be included in all such systems to protect Jackie and others who are in this category.

3. **Legally Binding Enforcement:**
   - Clear, enforceable language must ensure all systems, records, and communications adopt these aliases as authorized identifiers for Jackie without ambiguity.
   - Any failure to comply shall be rectified immediately at no cost to Jackie or the Plaintiff.

4. **Immediate Access to Services for Plaintiff's Child**

   Plaintiff respectfully requests the Court to mandate immediate access to the Michelle P. Waiver or equivalent services for Plaintiff's child, Jackie A. Fouts aka Jaqquelyn and Jack A. Fouts. This includes expediting Jackie's enrollment into the waiver program immediately and providing comprehensive services for autism spectrum disorder (level 2) and related needs with Jackie as an active participant with access directly and immediately.

   Given the current wait list in Kentucky, which spans 7 to 9 years, this request is critical to ensure Jackie receives necessary care and support during formative years, minimizing long-term harm and ensuring equitable treatment.

   Parental Authority and Access to Medical Records

   Plaintiff requests that the Court affirm Plaintiff's and Jackie's mother's authority to make medical decisions for Jackie until Jackie reaches the age of 18. This includes unrestricted access to Jackie's medical records and the ability to manage

care and advocate effectively for necessary services and access to all systems and test results among other things and is not limited to only those listed.

Comprehensive Care for Plaintiff and Plaintiff's Child

1. **Immediate and Inclusive Access to Testing:**
    - All standard and specialized tests, including but not limited to Next-Generation Sequencing (NGS), parasitology, advanced genetic sequencing, and other cutting-edge methodologies, must be immediately available.
    - This includes both clinical and research-level testing, with results provided directly to the Plaintiff and/or child without delay or provider review barriers.
2. **Testing Facilities and Research Institutions Compliance:**
    - All institutions must comply fully and without exception, providing necessary results, procedures, or services requested by the Plaintiff or child. This applies regardless of experimental or clinical designation and extends for life.
3. **Prescriptions and Medications:**
    - Brand-name medications must be used unless otherwise determined by the Plaintiff.
    - Multiple brands of the same medication must be allowed for trial to determine the most effective option for life of Plaintiff and child.
    - Any unavailable medication may be sourced from alternative providers without penalty true for life of Plaintiff and child.
    - All medications must be covered at 100%, effective immediately, and for life of Plaintiff and child.

- Also centralize and keep accurate and current results of all testing, xrays, imaging, medical records and more across all systems in one place for ease of patients (Plaintiff and Plaintiff's Child) and allow access to providers that Plaintiff and Plaintiff's Child can control access to.

- Also order cease and desist to Kentucky's many agencies and entities in violation of the Violence Against Women Act

4. **Accountability for Law Enforcement Agencies**

Investigation into Law Enforcement Failures:

Request that the Court mandate an independent investigation into why the Sheriff's Department and Police Department failed to respond to whistleblower allegations and what systemic changes are needed to prevent future inaction.

Enhanced Whistleblower Protections:

Require law enforcement agencies to implement clear protocols for handling whistleblower letters, including mandatory response timelines and documentation.

Respectfully, the Plaintiff would like to ask of the court as well please, to ask Law Enforcement to acknowledge previous receipt of the Whistleblower document sent and received as evidenced by the Delivery of Certificate documents in the Exhibits.

Legal and Procedural Safeguards

1. **Prohibition of Retaliation:**
   - Federal, state, or any other entity is prohibited from retaliating against the Plaintiff or child in any form, including indirect or covert means.

2. **Legally Binding Whistleblower Protections Immediately In Effect:**

   - Comprehensive whistleblower protections, including legally binding guarantees against retaliation, must be enforced immediately.

- Retaliation continues with the latest example being a notice I received from Station Jtown (A Vida-Management Property) stating my lease would not be renewed with no explanation given. Letter was stuck in my door jamb on 12/4/2024 along with a Grinch Who Stole Christmas Coat Drive notice.

- Oversight and real-time updates on all whistleblower cases must be provided to the Plaintiff.

3. **Hold Harmless Clause for Providers:**

   - Providers, institutions, and individuals offering care must be protected from any negative legal, financial, or reputational consequences related to treatments, medications, or procedures for the Plaintiff and child.

   - These protections must not infringe on the Plaintiff's or child's rights.

Oversight and Accountability

1. **Independent Audits:**

   - A non-Kentucky-based independent third-party auditor must conduct random reviews of case handling by all implicated entities to ensure compliance and identify systemic failures.

2. **Mandated Correction of False Narratives:**

   - False narratives in CPS, medical, and other records must be corrected due to identified misconduct and legal violations.

   - Documentation of corrections and destruction of false records must be provided in legally binding evidentiary documentation.

Maximum and fullest extent of the law, both criminally and civilly, to ensure accountability for their actions. This measure is essential not only to deliver justice for the Plaintiff and his

child but also to serve as a deterrent against future violations of federal law, constitutional protections, and civil rights. The Plaintiff also reiterates the request for maximum prosecution to the fullest extent of the law to ensure justice is served.

Reservation of Rights

The Plaintiff reserves the right to amend or supplement this filing to address additional claims, evidence, or responsible parties as new information becomes available, via discovery or other means, or circumstances evolve.

CONCLUSION

The Plaintiff seeks this relief not solely for personal redress but also to advocate for systemic accountability and to protect other vulnerable individuals who may face similar injustices. These damages are critical to restoring dignity, health, and stability to the Plaintiff's life and the life of Plaintiff's child, while ensuring that no other families endure the catastrophic harm caused by the Defendants' actions.

Respectfully submitted,

John R. Fouts, MBA
2904 Sitka Dr. Apt. L29
Louisville, KY 40299

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Email: Fouts.John@gmail.com | patientadvocacy@sfnlife.org

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Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

AMO

ORIGINAL

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

CV 24-09325

Case Title:

John R. Fouts, MBA ("Plaintiff" aka "JRF", "J.R.F."), and Jackie Fouts (a minor aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", "J.A.F.", "JAF", "Co-Plaintiff", "Child"), Plaintiffs,

v.

Commonwealth of Kentucky, Cabinet for Health and Family Services, Department of Community-Based Services, and Other Named Defendants, Defendants – Action for Emergency Injunctive Relief, Permanent Restraining Order, Permanent Protective Order, Punitive and Compensatory Damages.

FILED
DEC 18 2024
CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

Plaintiff(s):

John R. Fouts, MBA, and Jackie A. Fouts (aka Jaqquelyn A. Fouts, legal name Jack A. Fouts, "Plaintiff's Child", J.A.F., JAF)

BY FAX

STATEMENT OF VENUE

Subject: Request for Emergency Preliminary Injunction, Emergency Protective Order, and Relocation of Case to the Northern District of California

Plaintiff's Statement of Venue

Plaintiff, John R. Fouts, MBA, and co-plaintiff Jackie A. Fouts (hereafter referred to as "Plaintiff's Child", "Co-Plaintiff" , or "Jackie"), respectfully submit this urgent request for an Emergency Preliminary Inunction and Permanent Protective Order to the United States District Court, Northern District of California to ensure impartial, fair, and just adjudication of constitutional, civil, and federal violations, involving ongoing systemic retaliation and medical neglect. This case involves violations of constitutional rights, federal civil rights laws, criminal law, tort violations, and systemic neglect, with extensive irreparable harm to both myself and my child (Co-Plaintiff). The violations span multiple areas, including

housing, healthcare, food security, and procedural fairness, as outlined in the accompanying Emergency Preliminary Injunction and Protective Order. The request for change of venue is being made due to inability have an unbiased and impartial experience. The Western District Court of Kentucky is not suitable because of the following:

Plaintiff's Role as a Whistleblower and Lack of Federal Response:

- Plaintiff, a whistleblower, provided evidence of systemic discrimination and federal rights violations to numerous agencies, including federal and state entities. Despite documented receipt of these submissions, no agency, including local law enforcement, has responded or taken action.

- The lack of response exacerbates the harm to Plaintiff and Jackie, heightening the risks of retaliation, intimidation, and further discrimination

- Despite this ongoing investigation, systemic violations persist, necessitating immediate court intervention to address the urgent and emergent harm to Plaintiff and Plaintiff's Child.

Defendants' Knowing and Intentional Violations of Federal Laws:

- **Defendants have knowingly and willfully refused to comply with federal laws,** including but not limited to the **Americans with Disabilities Act (ADA), Olmstead Act, Rehabilitation Act, Fair Housing Act, and constitutional protections.**

  Kentucky's legal and administrative systems have demonstrated systemic bias, retaliation, and noncompliance with federal laws, making it impossible to achieve a fair and impartial hearing within the state. Additionally:

1. **Systemic Discrimination and Retaliation:**
   - **Plaintiff's Supplemental Nutrition Assistance Program (SNAP) benefits were wrongfully terminated without justification,** depriving Plaintiff and Plaintiff's Child of any essential food security.

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

- **Plaintiff and Plaintiff's Child** face **imminent homelessness** due to **unlawful lease termination** and the **refusal of agencies** such as **HUD and LMHA to provide assistance or answer questions.**

2. **Environmental Neglect and Health Risks:**
   - **Mold and mycotoxin exposure** in current and past housing have caused **severe health consequences**, exacerbated by negligence from property management and ownership entities.
3. **Violation of Communication Rights:**
   - Despite formal requests for written communication due to Plaintiff's PTSD and related conditions, agencies and individuals repeatedly attempt unauthorized phone communication, disregarding ADA accommodations.
   - In addition, there are violations of HIPAA, VAWA, and FCRA as outlined in the EPO and Injunction document. As an example, Commonwealth of KY checked Equifax Workforce Solutions regarding Plaintiff 19 times in 22 months, CMS checked 10 times in 22 months for a total of 29 times in 22 months compared to SSA checking 1 time in the same time-frame. Plaintiff was not notified of these checks, nor of the violation, but discovered when receiving an unexpected denial of SNAP/ESAP completely just before Thanksgiving.
4. **Ongoing Physical and Emotional Harm:**
   - **Plaintiff** suffers from **Complex Regional Pain Syndrome (CRPS),** alongside **multiple chronic health conditions. Plaintiff's Child shares overlapping health issues** and has been additionally diagnosed with **Autism Spectrum Disorder Level II and ADHD**, among other conditions. The lack of appropriate care in Kentucky has left both in a severely deteriorated state.
   - **Medical Neglect and Malpractice**:
     Plaintiff suffers from Complex Regional Pain Syndrome (CRPS/RSD), Small Fiber Neuropathy, Sjogrens Disease, other autoimmune issues, and progressive disease conditions with CRPS triggered by malpractice during a spine surgery 15 years ago. The doctor involved had no malpractice insurance, nor did the hospital, leaving Plaintiff with a small, inadequate settlement after small amount split between 33 participants in class action lawsuit.

- Defendants continue to obstruct access to essential care, worsening Plaintiff's condition including denial of care and treatment for confirmed Long Covid and Microclots and Triple Anticoagulent therapy provided by Dr. Jordan Vaughn in Alabama – the ONLY treating physician with that therapy and these conditions in the United States. Kentucky denies all treatment, all medically necessary with multiple letters from the doctor care, and even with a letter of attestation from the doctor that he is the only treating physician in the United States for that condition under violation of Federal Medicaid Law. This places both Plaintiff and Co-Plaintiff in danger and in the path of imminent harm. Plaintiff already has a higher risk than average for stroke and heart attack as can be confirmed via medical records.

5. **Failure of Federal Oversight and Protection:**
   - Whistleblower submissions to federal agencies, including the DOJ and USDA, have gone unanswered, leaving Plaintiff and Plaintiff's Child further endangered by systemic failures.
   - Involuntary Servitude and Exhaustion:
     - Plaintiff has been forced into a state of involuntary servitude by the sheer volume of administrative burdens and systemic obstacles imposed by Defendants. This has caused significant physical, mental, and emotional exhaustion, preventing Plaintiff from addressing other critical needs, and has stolen time that can never be recovered that should have been able to have been spent with Co-Plaintiff (Child).

6. **Defendants' actions under Color of Law** have included **obstructing federally entitled benefits, withdrawing hearing requests without consent, and engaging in procedural misconduct, failed to recognize medical expense deductions incurred by Plaintiff and for Plaintiff's Child by disallowing allowable medical expense deductions when calculating SNAP benefits repeatedly, and more.**

7. These **deliberate violations have caused significant, permanent, and severe irreparable harm to Plaintiff and Plaintiff's Child**.

8. **Plaintiffs**, acting as **relators** under the **False Claims Act**, assert that **Defendants knowingly engaged in fraudulent practices involving federally funded programs, including but not limited to Medicaid and SNAP.** Plaintiffs will provide material

evidence of these claims to the United States Department of Justice as required under **31 U.S.C. § 3730(b)**.

-

Professional Misconduct and Failure to Advocate

- Lisa Hinkle's Neglect of Professional Obligations
  - Plaintiff alleges that Lisa Hinkle, acting as Plaintiff's legal counsel, consistently failed to uphold her professional responsibilities, resulting in further harm to Plaintiff and Co-Plaintiff. Specific instances of misconduct include:
    1. Failure to Define Scope of Representation:
    2. Despite multiple requests, Ms. Hinkle failed to clarify the scope of her representation, leaving Plaintiff uncertain about her role and responsibilities.
- Repeated Communication Failures:
    1. Ms. Hinkle frequently ignored Plaintiff's communications for days to weeks, delaying critical progress in addressing Plaintiff's needs.
    2. She often requested documents and information Plaintiff had already provided, creating unnecessary stress and duplicative effort for a client already experiencing significant mental and physical challenges.
- Imposing Unnecessary Burdens:
    1. Ms. Hinkle required Plaintiff to file an affidavit for medical expense deductions and notified Plaintiff at a hearing to be prepared to detail and provide explanations for each item on a large medical expense spreadsheet with backup, tasks that were both unnecessary and beyond Plaintiff's capacity given his disabilities.
- Exacerbating Emotional Distress:

1. When Plaintiff expressed his inability to attend a hearing due to PTSD and anxiety, Ms. Hinkle responded by calling him a "failure," compounding Plaintiff's mental and emotional distress.

- Alignment with State Interests

1. Ms. Hinkle's conduct aligned more closely with the interests of the state than with her duties as Plaintiff's advocate.
2. Her refusal to address critical issues, such as filing an Emergency Protective Order, and her dismissive attitude toward Plaintiff's valid concerns suggest a conflict of interest or professional neglect.

- Impact on Plaintiff and Co-Plaintiff

  - Ms. Hinkle's failures directly contributed to delays in resolving critical issues, exacerbating the systemic harm and retaliation faced by Plaintiff and Co-Plaintiff.
  - Her actions undermined Plaintiff's ability to navigate a system already stacked against him, worsening the barriers to justice and access to essential resources.

- Housing and Food Insecurity:

Plaintiff and Co-Plaintiff face imminent housing termination without viable relocation options. Plaintiff received letter of lease termination without reason given on December 4, 2024, stuck in the jamb of front door when returning with Co-Plaintiff in afternoon – along with the lease non-renewal agreement was a letter about a Grinchmas event happening at Station Jtown as if some sick and twisted joke about the extreme uncertainty now associated with the Plaintiff and Co-Plaintiff in regard to housing security. **Food insecurity, worsened by Defendants' denial of federally mandated SNAP medical expense deductions, further threatens their health and stability.**

Co-Plaintiff's Safety Concerns

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Co-Plaintiff's safety must be a priority throughout the motion. Integrate statements such as:

Co-Plaintiff has endured significant endangerment due to Defendants' systemic failures, including severe bullying at school, denial of appropriate medical care, and retaliatory actions stemming from false accusations and defamation of Plaintiff. These failures have caused irreparable harm to Co-Plaintiff's mental and physical health.

- **Bullying and Education:** Co-Plaintiff was previously peed on at school with teachers and administrators doing little to address this. Also in a separate incident during COVID mask mandates, a child took of a mask and spat in Co-Plaintiff's face, and Plaintiff was made out as someone in the wrong due to trying to protect child from such abuses at school at JCPS (Jefferson County Public Schools) at Bloom Elementary in Louisville, KY where Principal is Dr. Jack Jacobs, Administrator, Jessica Whitmer, Fifth Grade Teachers, Jonathan Kempf, Crystal Walts-Paulin, and Jamie-Craven, along with the Superintendent's Office, and Dr. Marty Pollio acting in his official capacity as Superintendent of JCPS are all implicated in allowing bullying to occur and causing permanent and lasting traums for Co-Plaintiff.
- **Medical Neglect and Malpractice**: Medical neglect and malpractice have affected both Plaintiff and Co-Plaintiff at an alarmingly high rate. Complex health conditions are hard enough to contend with. Records have been falsified by physicians at Norton Healthcare, Inc., and at Baptist Health in Louisville, including a physician at Norton Children's Psychiatric ER that Co-Plaintiff never even saw, writing a RX for a medication for a condition that Co-Plaintiff was not ever diagnosed with. Depakote was the name of the medication, and it has severe health consequences for some.
    - Plaintiff refused to administer this medication to Co-Plaintiff, and later found out that this was marked as a demerit against Plaintiff after discovering there had been a 2 years long CPS investigation opened against Plaintiff without cause or substantiation.
    - The CPS report is full of false narratives, false statements, false allegations about Plaintiff making up Co-Plaintiff's medical

conditions when there is medical objective evidence and testing confirming Co-Plaintiff's diagnoses. Plaintiff has not been allowed to amend, correct, add an addendum, or in any way refute the information in the report as it was closed without substantiation, however, some authorities and other special groups remain with access to the file. Plaintiff requests immediate termination of falsified records, and false narratives. Dr. Sheridan Langford, one of Co-Plaintiff's former physicians, was one of the members who advocated for a CPS case it would appear from the documentation. Dr. Langford, because she is unfamiliar with mycotoxin illness, dismissed Co-Plaintiff and Plaintiff and Plaintiff was even listed as Munchausens by Proxy which is a very damaging statement when it is a completely false statement.

  - Dr. Melissa Knuckles in Dermatology, also accused Plaintiff of Munchausen's by stating things like Plaintiff does not have Small Fiber Neuropathy, when, again, there is objective medical test data that is gold standard showing Dr. Knuckles was wrong. Plaintiff reported to the Kentucky Medical Licensure Board, but they would take no action.

- **Personal Safety Concerns:** Plaintiff and Co-Plaintiff both have valid concerns for our immediate safety. Plaintiff has procedures such as infusions where product is not seen prior to being injected through IV into Plaintiff's body. Plaintiff is very vulnerable in terms of safety and so is Co-Plaintiff due to nature of the entire situation.
- **Advocacy Challenges:** Plaintiff has exhausted all avenues for obtaining advocacy assistance, both locally and nationally. Despite these efforts, no organization has provided the comprehensive support necessary to address the systemic abuse and neglect faced by Plaintiff and Co-Plaintiff.

Urgency of Relief

Plaintiff and Plaintiff's Child are at immediate risk of further harm due to the lack of stable housing, adequate food access, and medical care. Plaintiff respectfully requests:

Immediate Emergency Protective Order and Injunction Request

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

- Immediate issuance of an Emergency Protective Order (EPO) to halt ongoing attacks and safeguard Plaintiff and Plaintiff's Child.
    - Comprehensive protection for Plaintiff, Co-Plaintiff, Plaintiff's ex-wife, and extended family members against further retaliation, harassment, or harm.
    - Mandated protection against all Defendants and affiliates.
- Full access to medical care, laboratory testing, and treatment, both within and outside Kentucky, at no cost, and as outlined more fully in the included Injunction / Protective Order document..
- Court-authorized funding to retain qualified attorneys for representation in this case and related matters.
- Approval of emergency monetary relief to address immediate needs, including housing relocation, food, and medical expenses, legal fees, or associated fees with the case, travel compensation and more.
    - Initial compensatory relief of $10M–$50M or more if deemed appropriate by the Court to address immediate needs, with final damages estimated at $100M–$500M, or as deemed appropriate by the Court.
- Detailed information is available in the Injunction and EPO document accompanying this motion document for more complete areas of relief.

Access to Medical Care Without Restriction or Retaliation:

- Plaintiff respectfully requests that the Court ensure that all treatments, therapies, laboratory testing, and associated care for both Plaintiff and Co-Plaintiff are covered at 100%, without exception, regardless of location.
- Should current insurance providers or funding mechanisms fail to meet these requirements, as has been the case in an ongoing repetitive pattern of violation of federal law, Plaintiff requests that the Defendants or a designated entity, with court mandatory oversight, be ordered to cover all uncovered expenses promptly to prevent further severe harm and/or ANY delay in care.

The definition of promptly must be defined, and must be reasonable pertaining to the Plaintiff and Plaintiff's Child (Co-Plaintiff) needs. The Plaintiff would like to ask the court to mandate a directive stating reimbursement must occur directly within 48 hours in this case.

- Plaintiff and Co-Plaintiff must have the ability to order their own laboratory testing, as detailed in the Emergency Injunction and Protective Order document, without reliance on gatekeepers who refuse care, and as outlined and specified at a detailed level in the Injunction and Protective Order document.

- Plaintiff and Co-Plaintiff also must be able to see specialists associated with related medical conditions or new symptomology without resistance from insurance, gatekeeping physicians, or other obstacles, hurdles or restriction. Plaintiff and Co-Plaintiff must be able to access care that they need.

- Plaintiff requires access to all medically relevant treatments as noted by Plaintiff with medical literature backup even if from research or academic publications or researchers, as patient has been trapped in a vicious cycle not able to get care necessary for treatment, including Intravenous Immunoglobulin (IVIG), and which can cost $41,796 per month if needed 4 to 5 times per month per AmeriPharma Specialty Care (ameripharmaspecialtycare.com/ivig/cost-of-ivig-treatment/).

- Average cost for infusion, is noted as presently $9,720 per infusion, amounting to millions of dollars over a lifetime. As an example, if Plaintiff lives 10 more years, and commences weekly IVIG once more, the cost could be around $10k * 52 weeks = $520,000 per year or higher as costs are always rising. 10 years would result in $5,520,000.00 in this example. Plaintiff wishes to emphasize that it was not a choice to become ill and deal with complex chronic health challenges for him or for Co-Plaintiff.

- The state has provided false information on IVIG, coverage in writing, repeatedly, further obstructing access to critical care on many occasions. Obstruction to Critical Care and Obstruction of Justice has been common practice in Kentucky with regard to the Defendants' behavior and treatment of Plaintiff and Co-Plaintiff.

- Plaintiff seeks the Court's assistance because other avenues of resolution have been exhausted, and Defendants continue to engage in unlawful and harmful acts without accountability nor consequence.

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Assertion of Parental Duty To Protect Co-Plaintiff From Hostile Environment Or Unnecessary Scrutiny

- Plaintiff respectfully requests that the Court shield Co-Plaintiff, a transgender minor with autism spectrum disorder (Level II) and significant mental health challenges, from any requirement to testify or appear in court. Co-Plaintiff's well-being and safety must be prioritized to avoid undue emotional distress or further harm.
- Plaintiff asserts his duty as a parent to protect Co-Plaintiff from any exposure to hostile environments or unnecessary scrutiny.

Proximity to Danger and Insecurity:

- Plaintiff and Co-Plaintiff reside in a dangerous area where a recent murder occurred approximately a few hundred feet from their home. This highlights the ongoing risks to their safety and underscores the need for immediate relocation assistance to a secure environment.
- The Plaintiff and Co-Plaintiff both heard the shots that led to the death of the victim and injury of another, but did not see anything, but leading to lasting trauma and memory of event each time they approach their current home.

Impact of Systemic Failures and Broader Context:

- The Plaintiff resides in Louisville, Kentucky, a city with a documented history of systemic issues, including the tragic Breonna Taylor case and the recent DOJ findings of mental health discrimination within the city.
- These examples illustrate the broader context of discrimination and neglect that Plaintiff and Co-Plaintiff have experienced.

Request Respectfully the Court To Facilitate Immediate Access to Counsel

- Plaintiff respectfully requests that the Court authorize and facilitate immediate access to legal counsel with expertise in constitutional law, civil rights violations, disability rights, medical malpractice, defamation of character, Color of Law and Whistleblower claims, along with relevant criminal violations.
- Plaintiff seeks attorneys capable of managing the scope and complexity of this case to ensure fair and effective representation for both Plaintiff and Co-Plaintiff.

- Plaintiff respectfully urges this Court to recognize the urgency of this case and its profound impact on both Plaintiff and Co-Plaintiff, whose health, safety, and futures are at risk. The systemic failures outlined in this filing must not only be corrected for their sake but to set a precedent that ensures no one else endures such harm.

ADA Accommodation Request for Written Communication

Plaintiff respectfully requests that all communications from the Court and Defendants be conducted in writing to accommodate Plaintiff's disabilities. This request is made **pursuant to the Americans with Disabilities Act (ADA)** and is critical for the following reasons:

1. **Clarity and Accessibility: Written communication ensures accuracy** and **provides a reliable reference for Plaintiff**, who experiences **severe cognitive and physical fatigue from Long Covid with Microclots and Chronic Fatigue Syndrome along with Brain Atrophy Advanced for age and gender of Plaintiff and other memory related issues.**
2. **Time to Process Information**: Plaintiff requires sufficient time to review and respond to correspondence **due to disabilities, including Complex PTSD and severe chronic pain from Complex Regional Pain Syndrome (CRPS) also known as Reflex Sympathetic Dystrophy (RSD) and Small Fiber Neuropathy among many others.**
3. **Permissible Communication Methods:** Plaintiff requests all communication be conducted via the following methods due to disabilities protected under the ***ADA***:
    - Mail (Registered Certified Mail)
    - Fax (Secure Fax)
    - Secure email
    - Cloud-based services or other secure electronic means also meeting security requirements.

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Plaintiff respectfully requests the Court to mandate these accommodations with a written directive issued to all Defendants and ensure compliance from all parties to minimize additional stress and confusion.

Related Federal Actions and Investigations

Plaintiff's case is currently under formal federal investigation by the ***Office for Civil Rights (OCR) of the U.S. Department of Health and Human Services (HHS)*** for violations of the ***Olmstead Act.*** This investigation, titled:

OCR No. 24-585169

"Fouts vs. Kentucky HCBS-A&D Medicaid Waivers Program Case ",

is being conducted under the oversight of **Investigators James Toews and Amelia Colomb. Plaintiff was notified of Amelia Colomb replacing Avni Jagarlapudi this week.**

While this investigation addresses critical **violations related to community integration and disability rights,** it is **narrowly focused on the *Olmstead Act*** and does not address broader systemic issues, such as:

- **Past, and On-Going Denial of Medically Necessary Services:** Systemic failures by state agencies to provide appropriate care for Plaintiff and Plaintiff's Child, resulting in **severe and permanent irreparable harm.**
- **Past, and On-Going Housing and Food Insecurity**: Retaliatory actions, including **SNAP termination and lease terminations, exacerbated by discriminatory practices by HUD, LMHA, and state agencies, violations associated with Color of Law Doctrine, Section 1915(c) of the Social Security Act, Section 504 of the Rehabilitation Act, and others both listed and unlisted. The Plaintiff reserves the right to amend or add to the listing after receiving proper legal counsel guidance.**
- ***Constitutional Violations: Infringements of Plaintiff's and Plaintiff's Child's First, Fourth, Fifth, Eighth, Ninth, Thirteenth, and Fourteenth Amendment rights.***

The ongoing federal investigation underscores the credibility of Plaintiff's claims and highlights the necessity for comprehensive judicial intervention to address the full scope of systemic failures.

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Plaintiff **respectfully requests the Court to take judicial notice of this investigation as evidence of the underlying discrimination, neglect, and violations cited herein.**

Conspiracy and RICO Allegations

Plaintiff alleges that **Defendants, including individuals, agencies, and entities acting in their official capacities, have engaged in a coordinated conspiracy and pattern of racketeering activity in violation of federal laws, including the Racketeer Influenced and Corrupt Organizations Act (RICO).** These actions include, but are not limited to:

1. **Systemic Retaliation and Obstruction:**
    - **Termination of SNAP benefits without justification, and continuously failing willfully endangering Plaintiff and Plaintiff's Child**
    - **Unexpected Lease terminations and failure to address unsafe housing conditions repeatedly.**
    - **Repeated denial of medically necessary care and access to testing.**
2. **Falsification of Records:**
    - **Creation of false CPS reports to discredit Plaintiff and obstruct medical care for Plaintiff's Child.**
    - **Tampering with evidence and misrepresenting events to deny federally protected rights.**
3. **Fraudulent Use of Federal Funds:**
    - **Misallocation of Medicaid, SNAP, and housing assistance funds.**
    - **Obstruction of access to these benefits through discriminatory practices and systemic negligence.**
4. **Pattern of Racketeering Activity:**
    - **Multiple instances of fraud, retaliation, and obstruction conducted over several years, demonstrating a coordinated effort to harm Plaintiff and Plaintiff's Child.**

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Plaintiff respectfully requests the Court to investigate these allegations under both conspiracy statutes and RICO provisions and hold all parties accountable to the fullest extent of the law, including criminal prosecution where applicable.

- Mandate that all Defendants and affiliates cease any form of contact, harassment, or retaliation against these protected parties.
- Enforce criminal prosecution for violations of the EPO to the fullest extent of the law.

Qui Tam (Whistleblower) Allegations

Plaintiff has filed ***whistleblower claims under the False Claims Act (FCA),*** asserting ***systemic fraud and misuse of federal funds by multiple Defendants***. These claims include, but are not limited to:

- The **wrongful diversion and misuse of federal Medicaid, SNAP, and housing assistance funds.**
- **False reporting or failure to comply with federal requirements for programs intended to serve individuals with disabilities and low-income families.**

As a qui tam relator, Plaintiff brings these allegations in the public interest, seeking accountability and redress for violations that have deprived Plaintiff, Plaintiff's Child, and similarly situated individuals of their federally protected rights and benefits.

While this **motion does not encompass the full qui tam filing**, these **allegations further substantiate the need for the Court's immediate intervention. Plaintiff respectfully requests this Court to take judicial notice of the related claims and ensure any federal inquiries incorporate these findings as part of broader systemic accountability.**

Compensatory and Punitive Damages

Initial damages of $10M to $50M to help with immediate needs as outlined above or more of the Court deems appropriate.

This case seeks $100M to $500M or more, as deemed appropriate by the Court, in compensatory and punitive damages.

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

These **damages reflect the significant harm and trauma endured by Plaintiff and Plaintiff's Child, the systemic failures at play, and the need to deter similar actions in the future.**

Plaintiff would also like to express that Plaintiff wishes the court to prosecute Defendants to the fullest extent of the law for all violations.

Right to Amend or Add

Plaintiff respectfully reserves the right to amend or supplement this filing to include additional defendants, claims, or relief requests as necessary based on the ongoing discovery of information.

Conclusion

Plaintiff, John R. Fouts, MBA, and Plaintiff's child respectfully request that this case remain in the **Northern District of California** to ensure impartial adjudication of civil, criminal, tort, and constitutional rights violations, as well as systemic neglect, malicious intent, willful endangerment, and retaliation for whistleblower activities. Details of these claims are outlined in the **Emergency Preliminary Injunction and Permanent Protective Order**, submitted concurrently.

This case represents an urgent and compelling need for the Court's intervention to prevent further harm and ensure justice for both Plaintiff and Plaintiff's Child. The systemic failures and violations documented herein and in the accompanying filings warrant swift action and maximum accountability for all Defendants.

Plaintiff has dedicated his life to helping others, both professionally and personally. His early career as a Retail Store Manager at Bridgepointe, Goodwill, and Easter Seals was focused on fostering opportunities for individuals in need. Later, as Office Manager for the American Red Cross, Plaintiff oversaw Health, Volunteer, and Youth Services, managing critical programs such as first aid and CPR certification, the CNA training program, and volunteer development. At Mercer HR Consulting, Plaintiff's contributions to the Business Process Development Team included writing innovative, robust code that served the organization for over a decade—an extraordinary achievement in the technology industry.

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Driven by his entrepreneurial spirit, Plaintiff founded a vineyard and winery, creating local jobs, attracting tourism dollars, and reinvesting in global communities by purchasing livestock through WorldVision to support families in developing nations.

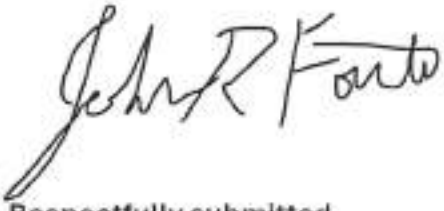
Even as illness necessitated reinvention, Plaintiff continued to focus on supporting others. He founded SFNLife.org and the associated YouTube channel, @sfn-life, to provide resources and encouragement to individuals battling similar complex health conditions. When engaging in the resale trade, Plaintiff donated 10% of eBay sales to charities like the Sjögren's Foundation and the Power of Pain Foundation, furthering his mission of making a positive impact.

Plaintiff has always sought to prevent suffering and to contribute meaningfully to his community and beyond. However, the systemic discrimination, involuntary servitude, and neglect inflicted by Defendants have left Plaintiff unable to fully carry out this purpose. This filing represents Plaintiff's continued effort to fight not just for himself and Co-Plaintiff but for all individuals facing similar injustices.

Plaintiff has endured years of systemic abuse, retaliation, and involuntary servitude, which have left him physically, mentally, and emotionally depleted. Despite these challenges, **Plaintiff continues to try to fight for the safety, health, and dignity of Co-Plaintiff**. Plaintiff respectfully requests the Court's understanding and support in addressing these urgent matters, and stands ready to provide additional information as required and as physically and mentally able.

Plaintiff is respectfully requesting, from the honorable Northern District Court of California, immediately effective (within 24 hours from time of submission),Issue and enforcement of Emergency Preliminary Injunction and Permanent Protective Order.

Date: December 12, 2024



Respectfully submitted,

John R. Fouts, MBA

Motion for Emergency Preliminary Injunction, Protective Order, and Jurisdictional Transfer

Plaintiff, Pro Se

2904 Sitka Drive, Apt. L29
Louisville, KY 40299

Fax: 502.996.8246

Phone: 502.956.0052

Email: Fouts.John@gmail.com

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Thu Jan 9 07:59:25 2025			
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Billable Pages:	18	**Cost:**	1.80

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Cover: Urgent Filing Emergency Preliminary Injunction & Protective and Restraining Orders - A2

Mr. John R. Fouts, MBA
2904 Sitka Dr. Apt. L29
Louisville, KY 40299

Email: fouts.john@gmail.com
Phone: 502.956.0052
Fax: 502.996.8246

CV 24-09325 AMO

Date: 2024-12-16

FILED
DEC 18 2024
CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

United States District Court
Clerk of Court
Northern District of California
Phillip Burton Federal Building & United States Courthouse
450 Golden Gate Avenue
San Francisco, CA 94102

Re: Urgent Filing Emergency Preliminary Injunction & Protective and Restraining Orders

Case Title: John R. Fouts, MBA, and Jackie Fouts v. Commonwealth of Kentucky, et al.

Dear Clerk of Court,

I am submitting this filing to initiate an urgent civil case in the United States District Court for the Northern District of California. This case represents not only an effort to protect my rights and those of my child but also an urgent call to address broader systemic violations that affect millions of vulnerable individuals.

There are many days when I feel like I am barely holding on to my life, yet I am driven to stand up against these injustices. I feel compelled to represent those who, like myself, have no resources or safety nets—particularly disabled individuals under the age of 65 and those suffering from misunderstood or poorly understood complex chronic illnesses. This includes my brothers and sisters facing conditions such as Long COVID with microclots, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (CFS/ME), Small Fiber Neuropathy

BY FAX

Cover: Urgent Filing Emergency Preliminary Injunction & Protective and Restraining Orders - A2

(a painfully debilitating condition often described as "burning alive"), Post-Viral Illness Syndromes, Post-Lyme Disease Syndrome, and others.

Our rights must stand, and our government must uphold them. I believe in the power of good over evil, right over wrong, and justice over injustice. Yet, my experiences with various authorities and agencies receiving federal funding to assist vulnerable populations have not reflected these ideals or the values upon which this country was built.

The urgency of this filing cannot be overstated. Without immediate court intervention through an emergency injunction, permanent protective order, and restraining order, severe and irreparable harm will continue to affect not only my family but also set a precedent for the diminishment of rights for others.

This is an opportunity for the court to uphold justice, protect the most vulnerable, and steer the course in a new direction—mitigating harm already inflicted and preventing future harm from escalating.

Nature of the Emergency

The situation I face is urgent and requires immediate attention due to:

1. **Ongoing Irreparable Harm:**
   - Severe and permanent harm has already occurred, including [briefly summarize key harms here, e.g., denial of housing stability, medical care, or violations of fundamental rights].
   - Without the court's intervention, this harm will continue and worsen.
2. **Threats to Life, Safety, and Rights:**
   - The physical, emotional, and financial toll has left me and my child in a precarious situation, with no other recourse but to seek this court's protection.
   - I am attempting to represent the countless others who face similar abuses but lack the resources or ability to advocate for themselves.
3. **Systemic Implications:**
   - This case represents a broader pattern of systemic injustice, where vulnerable populations—especially those with disabilities and complex medical conditions—are left without support or recourse.

Cover: Urgent Filing Emergency Preliminary Injunction & Protective and Restraining Orders - A2

Requested Relief

I respectfully request that the court:

1. **Grant the Motion for Emergency Preliminary Injunction:**
   - To prevent immediate and irreparable harm to myself, my child, and others similarly situated.

2. **Issue a Permanent Protective Order and Restraining Order:**
   - To uphold the laws of the land and ensure that the rights of myself and my child are protected from further violations.

3. **Expedite the Court's Review:**
   - Given the urgency and nature of this filing, I request expedited consideration and relief to address the immediate harm and prevent further damages.

Conclusion

I am standing before this court not only to protect myself and my child but to ensure that others who lack resources, safety nets, and support do not endure similar injustices. This case is an opportunity for the court to uphold justice, safeguard the rights of vulnerable individuals, and reaffirm the principles of fairness and equity upon which this nation was founded.

Thank you for your time and immediate attention to this urgent matter. I respectfully await the court's intervention and guidance.

Sincerely,

John R. Fouts, MBA
Pro Se Plaintiff
Fax: 502.996.8246
Phone: 502.956.0052
Email: fouts.john@gmail.com | patientadvocacy@stnlife.org;

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ORIGINAL

Clear Form

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DEC 18 2024

CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA

AMO

John R. Fouts, MBA, Pro Se' Litigant, and, JAF, Minor Child

Plaintiff,

vs.

Defendants: As listed in Exhibits A, B, and C.

Defendant.

CASE NO. CV24-09325

APPLICATION TO PROCEED IN FORMA PAUPERIS
(Non-prisoner cases only)

BY FAX

I, John R. Fouts, MBA, declare, under penalty of perjury that I am the plaintiff in the above entitled case and that the information I offer throughout this application is true and correct. I offer this application in support of my request to proceed without being required to prepay the full amount of fees, costs or give security. I state that because of my poverty I am unable to pay the costs of this action or give security, and that I believe that I am entitled to relief.

In support of this application, I provide the following information:

1. Are you presently employed? Yes ___ No ✓

If your answer is "yes," state both your gross and net salary or wages per month, and give the name and address of your employer:

Gross: NA Net: NA

Employer: NA

If the answer is "no," state the date of last employment and the amount of the gross and net salary

and wages per month which you received.

Last full year worked 2021 (Date of Disability Onset SSA SSDI Title II June 30, 2022)

W2-2021 Gross: $68350.10 and Net Estimated: $4,420.74 Annually after tax withholding:

So Gross: $5695 per Month / Estimated Net: $4535 after tax withholdings

2. Have you received, within the past twelve (12) months, any money from any of the following sources:

a. Business, Profession or self employment? Yes ✓ No ___

b. Income from stocks, bonds, or royalties? Yes ___ No ✓

c. Rent payments? Yes ___ No ✓

d. Pensions, annuities, or life insurance payments? Yes ___ No ✓

e. Federal or State welfare payments, Social Security or other government source? Yes ✓ No ___

If the answer is "yes" to any of the above, describe each source of money and state the amount received from each.

I receive $2014 in SSDI monthly which began in May 2024. There was a one time lump sum of aroond $22k in May as well. My child (JAF) receives $1007 per month. Amazon sales @ $20/month gross

3. Are you married? Yes ___ No ✓

Spouse's Full Name: NA

Spouse's Place of Employment: NA

Spouse's Monthly Salary, Wages or Income:

Gross $ NA Net $ NA

4. a. List amount you contribute to your spouse's support: $ NA

b. List the persons other than your spouse who are dependent upon you for support and indicate how much you contribute toward their support. (NOTE: For minor

children, list only their initials and ages. DO NOT INCLUDE THEIR NAMES.)
Initials J.A.F. 50/50 custody, but I am the primary caregiver and handle most medical, diet, and daily living expenses. and school needs, supplies, which far exceed her portion of SSD.

5. Do you own or are you buying a home? Yes ___ No ✓

Estimated Market Value: $ NA Amount of Mortgage: $ NA

6 Do you own an automobile? Yes ✓ No ___

Make Honda Year 2006 Model CR-V EX Spurt

Is it financed? Yes ___ No ✓ If so, Total due: $ NA

Monthly Payment: $ NA

7. Do you have a bank account? Yes ✓ No ___ (Do not include account numbers.)

Name(s) and address(es) of bank: Chime - As of 2024-12-17 $269-12

Headquartered Address. 77 Maiden Lane Floor 6 San Francisco, CA 94108

Present balance(s): $ $269.12

Do you own any cash? Yes ___ No ✓ Amount: $ NA

Do you have any other assets? (If "yes," provide a description of each asset and its estimated market value.) Yes ___ No ✓

Various Musical Instruments - Estimated Value $1000, Technology Est: $1500

8. What are your monthly expenses?

Rent: $ Varies but around $210 (Voucher Utilities: $218.88 (avg of 6 months) Jun-Nov

Food: $ 1200 - 1800 (Med. Gluten Free) Clothing: $50-$100

Charge Accounts:

Name of Account	Monthly Payment	Total Owed on This Account
Capital One -	$ 25 (Min) - First Pmt This Mont	$ 433
	$	$
	$	$

9. Do you have any other debts? (List current obligations, indicating amounts and to whom they are payable. Do not include account numbers.)

Have a debt - monthly bill on laptop $184 for total of $1853. Interest Rate 34.1% APR - High

10. Does the complaint which you are seeking to file raise claims that have been presented in other lawsuits? Yes ___ No ✓

Please list the case name(s) and number(s) of the prior lawsuit(s), and the name of the court in which they were filed.

NA

NA

I declare under the penalty of perjury that the foregoing is true and correct and understand that a false statement herein may result in the dismissal of my claims.

12/17/2024
DATE

John R. Ford
SIGNATURE OF APPLICANT

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Billable Pages:	4	**Cost:**	0.40

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FILED
DEC 18 2024
CLERK U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

UNITED STATES DISTRICT COURT

for the

Northern District of California

John R. Fouts, MBA
Plaintiff/Petitioner

v.

"Commonwealth of Kentucky, et al."
Defendant/Respondent

Civil Action No. **CV24-09325 AMO**

APPLICATION TO PROCEED IN DISTRICT COURT WITHOUT PREPAYING FEES OR COSTS
(Short Form)

I am a plaintiff or petitioner in this case and declare that I am unable to pay the costs of these proceedings and that I am entitled to the relief requested.

In support of this application, I answer the following questions under penalty of perjury.

1. *If incarcerated.* I am being held at: NA - Not Applicable .
If employed there, or have an account in the institution, I have attached to this document a statement certified by the appropriate institutional officer showing all receipts, expenditures, and balances during the last six months for any institutional account in my name. I am also submitting a similar statement from any other institution where I was incarcerated during the last six months.

2. *If not incarcerated.* If I am employed, my employer's name and address are:

NA - Disabled -- I urgently request a court hearing within 24–48 hours due to severe housing, healthcare, and food security challenges. My lease is not being renewed in retaliation for requesting reasonable accommodations, and Medicaid refuses to cover critical medical expenses. Immediate court intervention is need to prevent irreparable harm.

My gross pay or wages are: $ 0.00 , and my take-home pay or wages are: $ 0.00 per

(specify pay period) NA - Not Applicable .

3. *Other Income.* In the past 12 months, I have received income from the following sources *(check all that apply)*:

(a) Business, profession, or other self-employment	☐ Yes	☑ No
(b) Rent payments, interest, or dividends	☐ Yes	☑ No
(c) Pension, annuity, or life insurance payments	☐ Yes	☑ No
(d) Disability, or worker's compensation payments	☑ Yes	☐ No
(e) Gifts, or inheritances	☐ Yes	☑ No
(f) Any other sources	☑ Yes	☐ No

If you answered "Yes" to any question above, describe below or on separate pages each source of money and state the amount that you received and what you expect to receive in the future.

John R. Fouts SSDI - ($2014 began April 2024, reduced to $1,839 in November 2024 due to Medicare premium).
J.A.F. (Child) - ($1007 per month began in April 2024).
Lump Sum one time backpay payment $22,386 (rec'd May 2024 - retroactive to June 30, 2022 date of disability onset)
One time SSI payment for self $1374 April 2024
One time grant from RSDSA ($500) for support related to Complex Regional Pain Syndrome
KTAP: small monthly payments [2023' - exact amounts unavailable but can be provided if required. SSI for child $943 prior to SSDI approval and before that last year was $771. $500 in Feb and $300 in March were withdrawals from ABLE accounts. $100 in May was repayment from Ex-Wife. SNAP amounts variable but most were $13 per month for me and JAF and 2 or 3 were $41. One I believe was $125 (that was related to Summerr-EBT for my child). My dad pays for my $275/mo storage unit. My mom pays $60 - $80 variably for my monthly phone bill.

4. Amount of money that I have in cash or in a checking or savings account: $ 646.00 .

5. Any automobile, real estate, stock, bond, security, trust, jewelry, art work, or other financial instrument or thing of value that I own, including any item of value held in someone else's name *(describe the property and its approximate value)*:

I took part of lump sum from one time payment of backpay for SSDI and invested it in 2 accounts - one for me and one for J.A.F. both on Coinbase. The account I set up for me has about $10400 in it as of today (which is a gain of around 70%). The account I set up for Jackie has around $2500 in it (and has had a gain of about 50%). I have a GroundFloor investment account that has about $150 in it. My vehicle is a 2006 Honda CR-V EX Sport Model with about 226,000 miles on it and I'm afraid has little value. KBB states it may be worth about $2500 but I think I would have a very hard time getting that - the car has some major problems including an AC system that has had to be replaced 3 times in 5 years and that is a very expensive item ($1500 approximately or more - up to $2500) in quotes. So little to no value for the vehicle.

6. Any housing, transportation, utilities, or loan payments, or other regular monthly expenses *(describe and provide the amount of the monthly expense)*:

Rent and community fees range from $200 to $250 monthly with a housing choice voucher. Utilities average $100 to $275. Medical expenses, often uncovered by Medicaid, are around $1,150 monthly. Food costs range from $1,200 to $1,800 due to medically necessary gluten-free and non-toxic diets. Gas is $200 to $350, car maintenance $50 to $100, car insurance $95, and renters insurance $13 monthly. Life insurance is $14.50, vision/dental plans $94.45, and laptop payments $200 monthly. Printer ink, fax service, supplies, and administrative equipment add $200 monthly. My father helps pay for a storage unit at around $275 per month, and my mother pays for my phone bill which is around $60 to $80 per month and is somewhat variable.

7. Names (or, if under 18, initials only) of all persons who are dependent on me for support, my relationship with each person, and how much I contribute to their support:

Minor's Initials: J.A.F.
Relationship: Daughter (transgender M2F - Same Initials J.A.F.)
Contribution to Support: I contribute significantly to J.A.F.'s support, covering a majority of her medical, dietary, and daily living expenses, along with school needs, supplies, which far exceed her portion of SSDI and any other limited resources. While we have a 50/50 split custody agreement on paper, I am the primary caregiver and handle most of her needs, including her medical treatments and specialized dietary requirements by vast overwhelming majority.

8. Any debts or financial obligations *(describe the amounts owed and to whom they are payable)*:

Other Debts Owed:
Laptop financing: Approximately $200 monthly. Credit card: Approximately $500. Medical expenses: Approximately $1,150 per month (unreimbursed). Monthly rent, utilities, and other bills as detailed earlier. Urgent Request for Court Hearing: I urgently request a court hearing due to immediate and severe challenges with housing, healthcare, and food security. My current landlord has issued a non-renewal of my lease without explanation, which I believe is retaliation for requesting basic lease obligations to be met. This places me and my child, who requires specialized care, at imminent risk of losing stable housing. Combined with ongoing Medicaid refusals to cover necessary medical expenses and food insecurity due to state mismanagement of SNAP benefits, this situation requires immediate attn to prevent irrepair. harm

Declaration: I declare under penalty of perjury that the above information is true and understand that a false statement may result in a dismissal of my claims.

Date: 12/13/2024

John R. Fouts

Applicant's signature

John R. Fouts, MBA

Printed name

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Billable Pages:	2	**Cost:**	0.20

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DEC 18 2024
CLERK, U.S. DISTRICT COURT
NORTH DISTRICT OF CALIFORNIA

ORIGINAL

UNITED STATES DISTRICT COURT

NORTHERN DISTRICT OF CALIFORNIA

AMO

CV 24-09325

John R. Fouts, MBA and JAF (Minor)

Plaintiff(s),

v.

See Exhibits A, B, and C for Defendants

Defendant(s).

Case No.

CONSENT OR DECLINATION TO MAGISTRATE JUDGE JURISDICTION

INSTRUCTIONS: Please indicate below by checking **one** of the two boxes whether you (if you are the party) or the party you represent (if you are an attorney in the case) choose(s) to consent or decline to magistrate judge jurisdiction in this matter. Sign this form below your selection.

☐ **CONSENT to Magistrate Judge Jurisdiction**

In accordance with the provisions of 28 U.S.C. § 636(c), I voluntarily **consent** to have a United States magistrate judge conduct all further proceedings in this case, including trial and entry of final judgment. I understand that appeal from the judgment shall be taken directly to the United States Court of Appeals for the Ninth Circuit.

OR

☑ **DECLINE Magistrate Judge Jurisdiction**

In accordance with the provisions of 28 U.S.C. § 636(c), I **decline** to have a United States magistrate judge conduct all further proceedings in this case and I hereby request that this case be reassigned to a United States district judge.

DATE: 12.16., 2024

NAME: John R. Fouts

/s/ John R. Fouts, MBA Pro Se Litigant

Signature

COUNSEL FOR (OR "PRO SE"): PRO SE

BY FAX

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Thu Jan 9 08:08:49 2025			
Pacer Login:	jfouts1979	**Client Code:**	
Description:	Image9-0	**Case Number:**	3:24-cv-09325-AMO
Billable Pages:	1	**Cost:**	0.10

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Exhibit:
Therapy - Evidence of Efforts to Support JAF's Emotional and Mental Health Needs

---

Introduction:

This exhibit contains comprehensive documentation of therapy sessions, communications with therapists, and parental efforts to address and support Jack's emotional and mental health needs.

These documents demonstrate a proactive approach to ensuring Jack's well-being despite systemic and external obstacles, such as false CPS reports and lack of support from healthcare providers.

Right to Amend or Supplement Exhibit

The plaintiff expressly reserves the right to make amendments, add additional information, or revise this exhibit as new evidence or documentation becomes available or as discovery progresses in this matter. This exhibit is submitted in good faith and may be updated to reflect further developments or clarifications relevant to the case

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ADA Accommodations

As a plaintiff with documented disabilities, I require all communications, filings, and procedural interactions to comply with the Americans with Disabilities Act (ADA). Specifically, I request that all correspondence, updates, and interactions regarding this exhibit and the case be provided in writing via email, fax, or mail to ensure accessibility and compliance with my accommodations. The refusal to provide such accommodations may constitute further violations under color of law, compounding the harm and discrimination I have already endured.

Gmail John Fouts <fouts.john@gmail.com>

Jack Update - This time I actually am able to give you some time to read this!

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 4, 2021 at 12:20 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

I am worried about Jack - a lot. Last Friday when I picked him up - he was extremely dysregulated - more than I have ever seen him. So much that I almost took him to the crisis center over the weekend - not this weekend - when I dropped him off at his mom's - but the last one - after I picked him up after he had been with his mom for a week.

I took him camping instead - which was very challenging physically for me - but it helped him to be in nature, and I ALWAYS want what is best for Jack no matter what - and he knows that.

He was behaving in a way similar to how Anna would behave when she was having a mental BPD crisis. I had not ever seen him like that....she was my ex gf that ended up committing suicide.

Jack has also been worrying me saying things like he never feels like he does a good job, and that he doesn't care if he lives, and things along those lines. It is deeply concerning to me. When I ask him why, he says he does not know why, but I told him that he may not want to talk about it, and may not fully know why, but that only he knows his own thoughts and that I'd like it if he would share them so I could help him better.

When I asked him what was wrong, he basically said he didn't want to talk about it. I could tell he was not very well rested at all from the week - he had big purple areas from tiredness and allergies under his eyes....he does not ever get enough rest over there seemingly. I know it is because it is hard to get everything squeezed in during the night hours - but Jack's rest needs to be priority number one for more than one reason - it can make neuropathy symptoms much worse and lead to further depression and anxiety which leads to more sleep problems which leads to making pain worse vicious cycle.

When we got to the Gorge, where I took him, because it is his favorite place he has ever been, I really needed his help - but he would not listen to anything - and was screaming about taking a step - but I had to get the tent set up and stuff like that - and I got frustrated and told him I really needed his help or we might have to just drive home. I was far too tired to drive home then, but I really felt like we might have to do that if he did not stop screaming - well - of course - that just made things worse - and then I felt awful for saying that.

I wrote to 7 County Svcs over the weekend since I could not call them to schedule an appointment since it was not their normal business hours. I wrote:

"I am trying to establish therapy for my son, Jack A .Fouts - same address as my address listed above. I got Jack set up for in-school therapy last year, and his therapist is really great. The only thing is, she is very limited in ways she can help because she must only talk about school related topics with Jack. She suggested that outside of school therapy either weekly or every other week would be great to help Jack be able to hit on the rest of the areas in life in which he may need a little therapy help.

I am divorced. After 13 years of marriage (and after the latter part of many of those years - me [Jack's dad], developing chronic health problems, Jack's mother decided she wanted to divorce me). Really, all-in-all, I feel much better off not being around a woman who did not love me and did not treat me very well (for years).

Jack, I do not think, has fully processed all of that. Separation in 2017, divorce final in 2018.... Jack is also now learning that his mother does not treat him (in ways that I believe a mother should treat her son - or in ways he thinks a mother should treat her son). Around Jack, I try to remain very neutral and Switzerland-like, unless there is something major that happens - like recently I've learned she has been gaslighting him quite a bit.... I can always tell when something has happened - but cannot always get him to talk to me about it. I realize this is normal (the not always being willing to talk about it part)....but things have been escalating and I am not sure how best to help Jack outside of trying to get him into therapy STAT. I have actually been trying for months, but therapists have extensive wait lists, do not see children, do not take Caresource (our insurance), or don't return calls or emails for appointments - so it has been a challenge in and of itself just to get something scheduled.

Jack is a wonderful, caring, sensitive, kind, empathetic, energetic kid. There have been many changes in the last few years - especially since COVID.....Jack, right after mastering his multiplication tables, in 3rd grade, had to not go back to school for the rest of his 3rd grade year due to COVID, and for all of his 4th grade year he did NTI. I know teachers tried their hardest, but a solid brunt of the work for helping kids learn was placed upon parents who were trying to work full time. My ex-wife will not take Jack to doctors appointments, uses my parents as her babysitters - even for her date nights, does not listen to Jack when he talks to her even if Jack begs her - it is right back down to facebook on her phone or whatever app, she is uninvolved with his school activities in major part as well. I have taken care of Jack's 504 plan every year - she doesn't even want to look at it generally.

When Jack was a younger child, he was bullied by a teacher...yes a teacher...who told him ... in front of the class ... when he was in Kindergarten....that Jack was the reason for all the problems the class had....when I went in to meet with the Principal at his old school....they said....well....the teacher has been here for 28 years....doesn't deny she said that.....but she has tenure here....so we cannot really do anything about it....I about bit my tongue off trying to hold in words.... they told me that year....that Jack could be switched to a different classroom away from all the people he knew for the last 3 weeks of that school year if I wanted, but that was all they would offer. At that time, I thought Jack was going to still be at that school for I did not know how long, and fearing some kind of retaliation that would impact Jack, I decided to tough it out with him....unfortunately, he was also then bullied on the bus by a kid who kept damaging his property - backpack, papers, toys, and hurting Jack, and the bus monitor would not do anything about it....I again had to try to resolve the situation politically....the solution ended up being good in that case as the counselor at that school helped me find a 5th grade buddy for Jack to sit next to in Kindergarten and 1st Grade (first part of first grade year)....

Back to third grade...at the end of third grade, Jack was borderline about being in the gifted and talented program....now, however, he is really struggling - as I am sure many children are - to get back on track with learning.

So this year, Jack came out very upset from school several days in a row, and I knew something was wrong - finally I got him to tell me some of the things - and he is being bullied again - this time by one of his previous good friends who started treating him differently, and has now started recruiting other kids to bully Jack.

When Jack told me, I immediately went to the school (this is not the same school as the old school) with the concerns. I talked to his 3 teachers who have him for big parts of 5th grade. I talked to the school therapist that he sees, and the school administrators, and Jack said he would talk to them more openly if I went to a meeting with him - so this week coming up - one morning - I have a meeting with all of the afore-mentioned with Jack to be by his side and show him he has support and my solidarity. His mother won't be coming to the meeting.

In addition to the bullying, the situation Jack has going on with his mom, he also is struggling with complex medical illness. He has had Gastroparesis since birth (dx at 3 years old)....he later got an adhd diagnosis, and about 8 months ago, he started developing migraines, sudden onset fatigue, bone-breaking type pain, burning foot pain, and inability to wear shoes for long periods of time and socks due to burning pain. I understood what I was seeing because I suffer from small fiber neuropathy - thank goodness I knew though...I personally went for years before I was officially diagnosed.....the cause is still unknown for both Jack and for me.

I am sure Jack will want to talk about things regarding he and I as well as the above. The last time I picked him up from school on a Friday, not this past Friday, but the one before, he was totally dysregulated. I haven't quite seen him so far off in a bad place emotionally. I need him to be able to get the help he needs. He said he felt like he didn't matter, and that he wasn't valuable at all, and he said he felt he wasn't worth anything. I kept asking him if there was anything I could do differently that would help him feel better, and he said he didn't know....and then he talked more about the bullying and about situations with his mom. We have 50/50 custody. He is with me one week, then with her the next. I pick him up every day from school, even during her weeks, and then when she gets off work, she picks him up from my house on her weeks. So he is with me about 1.5 hours each day on her weeks due to that time overlap. I treasure all the time I get to spend with him.

How soon can we get him in to see someone to talk to? If there are any therapists on board that understand chronic pain or invisible illness that would be ideal for Jack.

Jack's date of birth is 4/26/2011. The therapy request I am putting in is for him not for me. I recently started seeing another therapist myself."

So Jack called me tonight - Sunday night - and when I answered the phone all I heard was his mom pretty loudly and frustratedly semi-yelling saying that he needs to not just grab her phone to call me. Jack was too scared to talk for fear of her yelling at him further. They had me on speaker. I asked if Jack could call me back in a minute after they talked about the phone situation, and she said no - if Jack wants to talk - he needs to talk right now. I then said can Jack take the phone in the other room to talk to me - I didn't hear an answer but then Jack said that he was in the other room and that his mom said it was okay.

I told him that he needed to listen to his mom about not grabbing the phone, I told him I know it is hard to listen when someone is yelling at you. He said that she had been yelling at him a lot this weekend, and that has been making it harder for him. He said he used his words and told her that it would be a lot easier for him to do things if she was not yelling at him as much. I told him that he did the right thing, and that it takes time for peoples' behaviors to change. I told him goodnight and to have happy dreams and that I would see him tomorrow after school.

I think the bullying compounded with the home situation is especially making it a challenge right now for Jack. I can only control what happens here - and I know that I make mistakes too with Jack - but I try to address the mistakes that I make with him. I tried to talk to his mom with him when I dropped him off about some things for him - but she would only talk about herself - she would not hear anything. You may want to ask Jack if he believes it is affecting his school performance so you can delve more into that area - if he will talk about it. Hopefully I will get something set up with 7 County Svcs tomorrow too.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail

John Fouts <fouts.john@gmail.com>

Meeting with Ms. Sanchez

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Sep 15, 2020 at 11:11 AM
To: "fouts.john@gmail.com" <fouts.john@gmail.com>

Hi there,

Here is this link to our meeting Friday:

Jamie Sanchez is inviting you to a scheduled Zoom meeting.

Topic: Meeting with Ms. Sanchez
Time: Sep 18, 2020 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
https://us04web.zoom.us/j/79886762911?pwd=TVN1dlMyc3lZNmhMR1FvRXZ5aWJLQT09.

Meeting ID: 798 8676 2911
Passcode: tBdX0W

Let me know if you have any questions!

Thanks,
Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Re: I don't know what to do - I need some help

1 message

John Fouts <fouts.john@gmail.com> Thu, Sep 17, 2020 at 4:13 PM
To: "Hamilton, Carolyn M." <carolyn.hamilton@jefferson.kyschools.us>

Thanks for alerting Ms. Sanchez. I had planned to already talk to her but you saved me a step.

I cannot get him to do anything I ask when he is like that...so his defiance at times blocks communication.

I think it has to do with grief right now, but this week has been particularly challenging in some ways.

In other ways, he has shown growth by leaps and bounds. As an example, he created his own youtube channel and is featuring some of his minecraft creations.

He also has been creating his own variations of things like olive oil and natural items to try to help my Neuropathy. So his sweetness has brought tears to my eyes this week too. I love Jack very much, and could not ask for a better kid. I just do not know how to help him as much as I feel like he needs sometimes. That is where I am thinking therapy will really help.

Thanks for helping out. I also think the nti is hard for all the kids.

John

On Thu, Sep 17, 2020, 3:06 PM Hamilton, Carolyn M. <carolyn.hamilton@jefferson.kyschools.us> wrote:

> Hello!
> I apologize for not getting back sooner. I forwarded the message to Jack's therapist here at school. This will be great information for her to have to see if she can assist him.
> My only tiny bit of advice would be to simply let Jack know that you can see he may be feeling a strong emotion in response to your request. Then simply ask him if he can use his words to express what his body is feeling when you ask him to do something that may feel overwhelming.
> He has practiced calming techniques at school with our mindfulness teacher Mrs. Plappert. This may include taking deep breathes, stretching, closing his eyes and imagining a calm space, positive self talk etc. He will know many of these techniques and probably has a favorite already. He may just need a reminder that using his mindful movement options may help him in such a situation.
> Thanks for all you do!
> Gratefully,
> Ms. Hamilton
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Thursday, September 17, 2020 8:40 AM
> **To:** Hamilton, Carolyn M. <carolyn.hamilton@jefferson.kyschools.us>
> **Subject:** I don't know what to do - I need some help
>
> I told Jack how good of a job he was doing - and he started shaking like that hurt him or something....
>
> Then I told him we needed to work some more on multiplication tables and he started shaking even more - I did not use any mean voice or anything - I do not understand - do you? I need some help here....
>
> --

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: I did not know there was no school this Friday

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Wed, Sep 30, 2020 at 4:13 PM
To: John Fouts <fouts.john@gmail.com>

Hi John,

Thank you for this info, it sure is helpful to get a back story and understand a bit about what you all are working on. It suns like it can get really tough and you also are going through your own process. I know Jack knows you are there and love him, sometimes frustrations show up the most with people who we are closest to. It sounds like honing in on noticing frustrations and finding ways to articulate or cope is a good focus tomorrow. Also, maybe you and I can talk about bit more about some strategies to help with increasing cooperative behavior. I have some ideas and can send some links to suggestions as well.
Look forward to talking tomorrow!

Take care,
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 29, 2020 9:37 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Re: I did not know there was no school this Friday

Yes that would be great. I did want to mention this....

I think I told you before that Jack (years ago)...used to start hitting his head against the wall when he would get upset....

Well...I had to get on him a number of times today and ask him not to be so disrespectful toward me. It is like he does not hear me. Two minutes after I tell him not to act in a certain way, he does the same thing. Tonight he was arguing with me about a bath mat at one point. I told him to get in the shower and I would get it after he got in. He kept telling me no that he would not get in the shower until I got the bath mat - all day long it was things like that. I do pick and choose my battles, but I have learned with Jack, that if you let an inch slip, a mile is gone....

He says he does not treat his mother in the ways he treats me. I ask him why he treats me without respect at times, and he says he does not know or just grunts. Tonight, when after the bath mat incident I told him I needed him to do what I ask when I ask instead of arguing with me, and that I am the parent and he is the child, he started hitting his head on his hand really hard. I told him it was okay to feel upset but not to try to hurt himself like that. I have not seen that behavior for a couple of years.

Earlier in the day, he asked me if I thought that he was dealing with grief still. I told him that he probably was, but that only he would know for sure if he was having feelings that were normal for him, or feelings that were different and felt like they were not his normal feelings.

Anyway - I wanted to give you some background - and this morning - he had asked he really was liking talking to you - not in those words - I cannot remember his exact words - but he was concerned that he might not get to talk to you - so Thursday at 1pm is great. That is perfect. Thanks for being accommodating.

I have not set up the outside therapy yet, but do plan to do so.

John

On Tue, Sep 29, 2020 at 4:01 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi!

Sure we can, I have time at 1 on Thursday if that works for you.

Thanks,
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 29, 2020 12:07 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: I did not know there was no school this Friday

Ms. Sanchez,

Hope you are having a good week. I did not know that there was no school this Friday until Ms. Hamilton mentioned it during one of Jack's sessions this morning.

Jack seemed concerned that he might not be able to speak with you this week. Is there any way that you could meet with him on a different day prior to Friday?

Please let me know.

He must be gaining a benefit already from talking to you because after we learned about no school on Friday - you were the first thing he mentioned (he said but what about Ms. Sanchez?).

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail

John Fouts <fouts.john@gmail.com>

Are you still able to meet with Jack now?

1 message

John Fouts <fouts.john@gmail.com> Thu, Oct 1, 2020 at 1:03 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

We are not able to join with mhpbloom yet.

Gmail John Fouts <fouts.john@gmail.com>

Re: Are you still able to meet with Jack now?

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Oct 23, 2020 at 2:27 PM
To: John Fouts <fouts.john@gmail.com>

Hi there! I am on a call and will be about 10 min late. will be there at 2:40.

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, October 1, 2020 1:03 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Are you still able to meet with Jack now?

We are not able to join with mhpbloom yet.

Gmail John Fouts <fouts.john@gmail.com>

Re: Are you still able to meet with Jack now?

1 message

John Fouts <fouts.john@gmail.com> Fri, Oct 23, 2020 at 2:34 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Sounds great thanks for being accommodating.

On Fri, Oct 23, 2020, 2:27 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi there! I am on a call and will be about 10 min late. will be there at 2:40.
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Thursday, October 1, 2020 1:03 PM
> **To:** Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
> **Subject:** Are you still able to meet with Jack now?
>
> We are not able to join with mhpbloom yet.

Gmail

John Fouts <fouts.john@gmail.com>

Meeting 10/30

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Oct 30, 2020 at 12:57 PM
To: John Fouts <fouts.john@gmail.com>

Summary of today:

1. Sleep-working on using a worry box and set a consistent wake up time
2. Add in some physical activity
3. Jack and I started with coping skills box, his homework is to find a box for this.

Take good care and I look forward to next week!
Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

today 11/6

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Nov 6, 2020 at 1:05 PM
To: John Fouts <fouts.john@gmail.com>

Hi there
We talked about:
Using hand in hand parenting to look at responses to lies
Continuing with worry box
Practice breathing with lower level feelings.
Look for a breathing app

See you next week!
Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Today

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Nov 13, 2020 at 12:56 PM
To: John Fouts <fouts.john@gmail.com>

We talked about
-Using an intentions place in place of the box if Jack is resistant
-Working on intentional boundaries
-Awareness of personalizing his response

I hope you have a great weekend!

Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

What we talked about today

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Dec 11, 2020 at 1:02 PM
To: John Fouts <fouts.john@gmail.com>

Using xyz statements
when this happens
I feel this way
So I need

Identifying ways he knows he's safe, using worry box

Letting him know that you won't allow him to harm himself when he's mad so that he can express his anger

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Hi Ms. Sanchez - Happy New Year

1 message

John Fouts <fouts.john@gmail.com> Mon, Jan 4, 2021 at 11:04 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

This is something I have hesitated to bring up in the past for Jack, but it has happened again this morning, and I need some guidance. Jack sometimes gaslights me... I have made 'enough' excuses in my mind for that behavior, and it is time for that behavior to stop. I do find that it happens more often after he has spent time with my mother - and she gaslights regularly (many times per day)...Jack is my child, and I love him whole-heartedly and then some. How can I help him stop gaslighting?

By the way, Happy New Year - hope this year is better than last year for everyone.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Hi Ms. Sanchez - Happy New Year

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Jan 5, 2021 at 12:15 PM
To: John Fouts <fouts.john@gmail.com>

Hi John,

I definitely see how this can be a learned behavior. I would like to talk more when we meet about specific examples so we can figure out how to best address, as this can look different depending on the situation. I agree that setting limits around the behavior that is not useful for you or him is a great idea. Can we talk more Friday?

Happy New Year to you too!

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, January 4, 2021 11:04 AM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Hi Ms. Sanchez - Happy New Year

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

This is something I have hesitated to bring up in the past for Jack, but it has happened again this morning, and I need some guidance. Jack sometimes gaslights me... I have made 'enough' excuses in my mind for that behavior, and it is time for that behavior to stop. I do find that it happens more often after he has spent time with my mother - and she gaslights regularly (many times per day)...Jack is my child, and I love him whole-heartedly and then some. How can I help him stop gaslighting?

By the way, Happy New Year - hope this year is better than last year for everyone.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Hi Ms. Sanchez - Happy New Year

1 message

John Fouts <fouts.john@gmail.com> Tue, Jan 5, 2021 at 10:56 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez

There are patterns of 'emotional abuse' that occurred between my mom's parents and her, and other circumstances that occurred in my mother's life, that led to her becoming the way that she is sometimes....don't worry I am going somewhere with this information....her father died in 2017....she has 2 brothers...one died a week after her father died...her other brother is much younger and has 8 children, and also his grandchildren to take care of - I think some of his grandchildren are even living with him now too - I cannot keep up....my mom is the one that takes care of her mom for whatever reason, despite my uncle living within a few miles of my grandma's house in Sellersburg, and my mom living in Shepherdsville... My mom's deceased brother, was a heavy alcoholic unfortunately, and it affected his children. I do not know directly about his situation with his parents, but I presume he was also abused a lot... My living uncle on that side seems to have come out the best (probably because his 2 older siblings protected him - again - I do not know that for sure)...Ever since my mom has been around my grandma and taking care of her a lot, you can see a lot of my mother's old patterns coming back... Looking back on my childhood, and everything endured, I understand now how much my sister (and me) were both emotionally abused (and neglected), but there were many extenuating circumstances with our family situation, and that complicates things a great deal as well...and I know my parents were trying their hardest to make right choices when there were many very difficult decisions to make...my mother was in therapy for many years, and I wish she would go back. I feel strongly like Jack has learned some things from her, and I don't like that he is around her as much as he is sometimes, but I cannot control anything that I cannot control (like my ex-wife using my parents as her babysitters for when she goes out on dates, and she has no one else that will watch Jack for free (of course) during his school weeks with her. I tried to talk to my ex about my concerns before, and all it did was start an argument (and she was arguing right in front of Jack), and said something like what do you expect me to do - pay for someone to watch him? And I was thinking well that is an option...argh...or I told her that I could have him here anytime too during her weeks. I still have a great deal of trouble accepting that my son's time with me is half of what it used to be - that hits my heart hard, so anytime that I can, I like to have him (in addition to my weeks with him - that is how I came to have him on her Fridays during the school year). Jack will often yell very angrily or say mean words or do something in anger, and then immediately deny that he said that or did that, or was angry, or lie about it. While I realize some of these, are behaviors, that are behaviors that are normal for children to go through while they are learning, I see a clear pattern here... It happened this morning....he was very mean to me - I don't remember his exact words - but he denied ever saying them like less than 2 or 3 minutes after he said them... I can give you more background when we talk later. I will try to write them down if they occur so there is something less abstract. Thanks for helping Jack, and helping me help Jack. I am trying to end any cycles or patterns of dysfunction. It is my intent for Jack to have the best life that he can have. Talk to you soon, and thank you again.

John

On Tue, Jan 5, 2021 at 12:15 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi John,
>
> I definitely see how this can be a learned behavior. I would like to talk more when we meet about specific examples so we can figure out how to best address, as this can look different depending on the situation. I agree that setting limits around the behavior that is not useful for you or him is a great idea. Can we talk more Friday?
>
> Happy New Year to you too!
>
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Monday, January 4, 2021 11:04 AM

To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Hi Ms. Sanchez - Happy New Year

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

This is something I have hesitated to bring up in the past for Jack, but it has happened again this morning, and I need some guidance. Jack sometimes gaslights me... I have made 'enough' excuses in my mind for that behavior, and it is time for that behavior to stop. I do find that it happens more often after he has spent time with my mother - and she gaslights regularly (many times per day)...Jack is my child, and I love him whole-heartedly and then some. How can I help him stop gaslighting?

By the way, Happy New Year - hope this year is better than last year for everyone.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: this week

1 message

John Fouts <fouts.john@gmail.com> Fri, Jan 8, 2021 at 1:14 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Thanks Ms. Sanchez. I always try my best to validate Jack's feelings - sometimes I fail. Sometimes he SCREAMS and I tell him I need him to not scream so loudly - if I lived in my own home, it would not be a big deal, but I have 3 other neighbors adjacent to my apartment (touching walls), and the one upstairs regularly called the police when my ex-girlfriend would become upset and cry LOUDLY.

I don't want Jack to have an experience of having the police come because my neighbor upstairs calls the police. She hasn't called them when Jack has been upset yet - but with Anna, she called pretty much every time.

I try to make nice, and I recently printed something out for her, so maybe continuing to offer kind gestures will prevent that from happening. I was thinking the only time I can think that Jack would say I don't want him to do something is when he screams or hits a wall that is a neighbor's wall that is shared.

Anyway, thank you, as always for your professional guidance.

~J

On Fri, Jan 8, 2021 at 1:02 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Feelings are feelings-they can't be disputed, they are valid.
>
> talk while doing games, art, etc.
>
> Self care ! 🙂
>
> Jamie Sanchez, LCSW
> Mental Health Practitioner
> Bloom Elementary
> Lincoln Performing Arts School
> 502-485-8211/502-485-8291
> jamie.sanchez@jefferson.kyschools.us.

--

"Shining" in Service,

John R. Fouts, MBA

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Gmail John Fouts <fouts.john@gmail.com>

this week

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Jan 8, 2021 at 1:02 PM
To: John Fouts <fouts.john@gmail.com>

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Self care ! 🙂

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

next week

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Jan 15, 2021 at 2:30 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,
I am sorry I didn't let you know today, I have a training next week Friday and am not able to see students that day. So I will see you the following Friday at our normal time. Please feel free to reach out with any questions.

Wishing you well!
Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Re: next week

1 message

John Fouts <fouts.john@gmail.com> Fri, Jan 15, 2021 at 2:40 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Okay. Have a good training session!!

John

On Fri, Jan 15, 2021 at 2:30 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

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> I am sorry I didn't let you know today, I have a training next week Friday and am not able to see students that day. So I will see you the following Friday at our normal time. Please feel free to reach out with any questions.
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"Shining" in Service,

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Fax. 502.996.8246

Gmail

John Fouts <fouts.john@gmail.com>

Please help me and Jack - this is what has transpired - with examples

1 message

John Fouts <fouts.john@gmail.com> Sat, Jan 16, 2021 at 1:07 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

Yesterday morning when Jack came to my house, his mother dropped him off late for school. I told him I was glad to see him and that I loved him and missed him when he got to my house and I tried to hug him, but he kind of pushed me out of the way and hung his head really low, and did not say anything at all to me. I took that as meaning that he was stressed out about getting to my house late, so I told him to just get ready for school, and he seemed to do a very good job of that and I praised him highly for doing such a wonderful job.

I really wish his mom would drop him off on time. It is my understanding that this also happens (she runs late), during her weeks when my parents help Jack with school because she does not have another solution, but I am not there so I do not know for sure.

Anyway, things through the therapy session appointment time went very well, and after Jack gave me privacy, after we started talking, we had our portion of his appointment together, and things were still well after that. Then I had to write an email to my boss, and he was okay with that and then we went to the grocery store, which he had suggested, so I could get gluten free bread, so we could have BLTs together for lunch, which I thought was very kind and loving.

This is when, however, I started getting an 'attitude' from Jack and I need help from you because whenever I say 'anything' to him about it, he starts crying and says he doesn't want to exist anymore, and says that everything he does makes me upset (which I told him I am sorry he feels that way, and that most of the time I am not upset with him, but I do get upset with some of his behaviors sometimes), but they do not seem to change.

Here are specifics...at the grocery store, when we got there, I had less than an hour because I have 1 hour for lunch, and I went to Valu-Market which is close to my house, but still that meant that we had to go there, get what we needed (bacon, bread, tomatoes, and we got Cheese Puffs too), and get out. Jack asked if he could push the cart which was fine with me and I am glad that he gets to do that. I like to let him have more responsibilities and is a very responsible child, but he kept lagging far behind with the cart not on purpose, so I said Jack I need you to at least keep up with me please, or I am going to need to push the cart, and when I said that he started to go faster than me (which he denies), but he was ahead of me slightly, and moving faster than me, so I said Jack, please do not have that kind of attitude with me, I need you to keep up with me and stay at the same pace because we only have a short time because I am on my lunch break and I only get 1 hour for lunch. Then he started crying, and I told him let's just get our groceries, go home and make lunch because I thought that he was hungry and that might be why. I was trying to just go on and basically do my job after lunch. He kept saying he did not speed up faster than me at lunch, but he did and he denies it.

Anyway, last night was patchy with more incidents like that, and then I thought after he went to sleep and got rest, that things would get better. He asked if he could sleep in my room because he was scared, and I said okay. Before he went to sleep, even though it was late, I had gotten out a new manual washing machine as a solution, and we both, I think, really enjoyed putting that together as a team and I felt for sure then that things would be okay in the morning, and I even told Jack that I had to work after he went to bed to get stuff listed, and that I would need a little extra rest in the morning. In the back of my mind, I am thinking that his new medicine may be causing some unwanted side effects. I also notice that he was looking a bit puffy, which I can usually see in him before he has an episode of Gastroparesis vomiting. Thankfully so far today, he has not had that.

Anyway, this morning around 6:30, keep in mind, he went to bed at 10:30, and I worked until 1:30 am, because I was not able to before that, he started moving around, which is fine - and really - I think he woke up because the neighbors above me were being loud first this morning, but I kept asking him (after maybe 20 minutes of him moving non-stop to please try to stop moving, and he said that he was trying, and I gave him many opportunities to get comfortable, and I know that sometimes he itches and I think that is potentially neuropathic so it concerns me - but that is besides the point...).. anyway, finally I said Jack please get up and go to the bathroom because I know that he does not always know when he needs to go. But he refused to go try despite me asking several times, then I asked him to stop moving again, and he couldn't, so then I said please either you go to your room to try to rest some more, or I am going to have to go to the other room to rest, but he did not stop moving and stayed on my bed for a little bit longer. By this point, I had grown frustrated, and I raised my voice because I got about 5 hours of sleep which is less than a normal night of sleep. Jack says that

when I raise my voice it scares him to death. I am reading this with him so I can make sure that I get in what he has to say too.

So....after I was frustrated, and asked him 5 or 6 times to stop moving, he went out in the hall, and laid on the floor, and kept saying how his neck was hurting. Jack said his neck felt like how it feels if you were just in a car accident...he did not say that until now though - earlier this morning he just said his neck hurt. And I don't know that he necessarily understands what that truly feels like - I had cervical root lesions from my accident, and Jack has indeed been in a car accident but even though his mother had that accident, she would not make time to take him to the doctor to be seen, so I did because he had mentioned that his neck hurt back then which was about 2 years ago. At the doctor back then Jack said his neck didn't hurt, so there wasn't anything to do since Jack denied his neck hurting then. Okay back to now...

SO this morning, Jack was upset and crying and I asked him to come into my room so I would not have to shout so I could talk to him, and he did not do anything, did not come into my room, and did not respond this was after 20 minutes of crying loudly. I am sensitive to loud cries and screams at my apartment because my neighbors called the police at least 5 times when Anna had been upset, but despite me asking Jack nicely again, first several times, and then every time I would ask, he would say 'what?" and then I would tell him again to come into my room so I could talk to him without shouting, he would say what again or talk over me and I told him this was disrespectful, and I had a mean tone of voice which I was not trying to...but I got very little rest and I was trying my best to set boundaries like we have discussed even though they were and continue to be ignored....so I told Jack to go to his room to calm down, and at first he did not want to, but then I told him he needed to, in order to calm down so we could talk...I was still trying to talk to him, but I was in a barely awake state, and very groggy, and I should have just left, but I worry him being afraid, so I tried to stay and talk to him. He screamed at me and pinched me so hard on my arm that he broke my skin, but he didn't mean to, he was just angry. And I told him that if he kept it up that I would spank him, but I have not spanked him since we lived at my parents' house in 2017, and I only did then because my ex-wife told me that I had to even if I was not there when she was having trouble with him for one reason or another...I refused to do so the times that I was not there because I did not know what had happened between them. But in the past, when he was younger, at the guidance of a Psychologist (Pediatric), sometimes there were times when they said to spank him so I had but not very often, they also suggested the 'safe-hands' hold which had to be used some but not much also in the past to help both parents and Jack not get injured from angry outbursts.

Anyway - no spanking happened - and I told Jack that I should not have said that, and Jack said that when I had spanked him in the past several years ago, that he felt like he had been run over by a bulldozer (as an expression). And he says he felt heart-broken. Obviously, neither one of us wants to feel heart-broken. I told Jack I was going back to lay down, and that I wanted him to write a letter of apology of me to me, and he did, and then things were good for a while again...until....

He asked me to cut his toenails which I was happy to do, but I needed him to sit in a way in which I could cut them...I asked him to sit in front of my lap or on my lap so I could be at the right angle to cut the toenails on his left foot. He did not comply. He moved to a different position first which was an okay thing, but it did not work at that angle, so I asked him again, and he again did not comply, but moved to another different position still not a workable one... so I asked him again, and again, and again, and again, and none of those times, did he do it. Finally the next time, he did sit in front of me, but complained that it was not possible for him to sit with his leg in front of him because his foot would touch his other leg. I told him that it had to be the way that it was at the angle it was so that I could cut his toenails without cutting his toe accidentally, so he finally let me cut them. But he started crying again. I cut his toenails, and then I told him I needed him to do what I asked him to do when I asked him to do it, or that is 'having an attitude'. He said after that, that he feels that I am upset with him all the time, and I said no...it is only at times like what just happened that I get upset....to which he said he wished he did not exist... And later said maybe I should not have had a child, and then gave me a note that says he feels heartbroken all the time but that he just tries to hide it which makes me feel very sad because I don't want him to feel heartbroken.

So you asked for some specifics of what we deal with at times, here are a few from the last 16 hours. I have little precious energy - I have begged Jack to not make me have to argue with him or fight with him because of the 'energy crisis' that I have due to small fiber neuropathy (Dr. Oaklander at Mass General puts it in a good way - that people like me feel like they have the flu all the time and extreme burning pain too), but anyway, I haven't been able to come up with a good solution.

I ask Jack if he treats his mom like that, and he says no. I told him that is because she lets him do whatever he wants and doesn't provide discipline boundaries. I really don't know what to do - I need him to not have the attitude he has at times, and I need to try to not ever be upset at all ever with him because otherwise he makes statements like he does not want to exist. What can we do - we both want to have peaceful encounters. I cannot speak for how Jack feels about me but I love Jack very much.

Please give me some ideas or something when you can. I understand you are very busy too but I don't know what I am supposed to do here and need guidance.

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Please help me and Jack - this is what has transpired - with examples

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Jan 19, 2021 at 2:29 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,

There is a lot here to unpack! I am happy to talk about it when we meet, if you would like to find a different time this week since I have my training Friday, I have time on Wednesday mid-day.

Best,
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, January 16, 2021 1:07 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Please help me and Jack - this is what has transpired - with examples

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accidentally, so he finally let me cut them. But he started crying again. I cut his toenails, and then I told him I needed him to do what I asked him to do when I asked him to do it, or that is 'having an attitude'. He said after that, that he feels that I am upset with him all the time, and I said no...it is only at times like what just happened that I get upset....to which he said he wished he did not exist... And later said maybe I should not have had a child, and then gave me a note that says he feels heartbroken all the time but that he just tries to hide it which makes me feel very sad because I don't want him to feel heartbroken.

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John R. Fouts, MBA

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Gmail John Fouts <fouts.john@gmail.com>

Re: Please help me and Jack - this is what has transpired - with examples

1 message

John Fouts <fouts.john@gmail.com> Tue, Jan 19, 2021 at 11:51 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez - I am not sure what time Jack's school day ends tomorrow - it has been ending super early (like at 11 am)...since it doesn't start until 9 am...that leaves little time for guided learning to take place, and is a whole other area of concern for me. I want to make sure Jack learns what he needs to learn to stay competitive with the other students.

I have had limited opportunity to talk with Jack about things, and he did say that he was not sure why he has been so angry with me. I told him I thought that was good that he recognized that he felt angry, and that if he wants to talk about it, I told him I would listen to him and be calm while he tells me what he needs to tell me or wants to tell me with regard to his feelings.

For my own part of the equation - I am trying very hard to survive - it is hard to live like you are burning alive - I have been like this (my physical body) for over 10 years now, and it is every second of every minute of every hour of every day - and it certainly is not easy. I refuse to go back on opiates. I have asked for anxiety medication to help but doctors are very reluctant to prescribe that for me, but very happy to prescribe opiates (which I do not want - and which are very addictive in nature - not that I ever had a problem with that though)...one of the main reasons why I stopped taking opiates was because of the way people treat you like a criminal even if you are a legitimate patient who uses them as prescribed for extremely difficult conditions. I have two of the 'most painful conditions humans can experience'. Too bad I could not win the lottery instead. Jack knows how much I suffer (as best as he can know without experiencing the pain directly).

Please let me know your availability and I will let you know as soon as I can if the time will work. I have some unscheduled work meeting tomorrow also - so that is also up in the air at the moment.

John

On Tue, Jan 19, 2021 at 2:29 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi there,
>
> There is a lot here to unpack! I am happy to talk about it when we meet, if you would like to find a different time this week since I have my training Friday, I have time on Wednesday mid-day.
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> Best,
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> **Sent:** Saturday, January 16, 2021 1:07 PM
> **To:** Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
> **Subject:** Please help me and Jack - this is what has transpired - with examples
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> Ms. Sanchez,
>
> Yesterday morning when Jack came to my house, his mother dropped him off late for school. I told him I was glad to see him and that I loved him and missed him when he got to my house and I tried to hug him, but he kind of pushed me out of the way and hung his head really low, and did not say anything at all to me. I took that as meaning that he was stressed out about getting to my house late, so I told him to just get ready for school, and he seemed to do a very good job of that and I praised him highly for doing such a wonderful job.

I really wish his mom would drop him off on time. It is my understanding that this also happens (she runs late), during her weeks when my parents help Jack with school because she does not have another solution, but I am not there so I do not know for sure.

Anyway, things through the therapy session appointment time went very well, and after Jack gave me privacy, after we started talking, we had our portion of his appointment together, and things were still well after that. Then I had to write an email to my boss, and he was okay with that and then we went to the grocery store, which he had suggested, so I could get gluten free bread, so we could have BLTs together for lunch, which I thought was very kind and loving.

This is when, however, I started getting an 'attitude' from Jack and I need help from you because whenever I say 'anything' to him about it, he starts crying and says he doesn't want to exist anymore, and says that everything he does makes me upset (which I told him I am sorry he feels that way, and that most of the time I am not upset with him, but I do get upset with some of his behaviors sometimes), but they do not seem to change.

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Anyway, last night was patchy with more incidents like that, and then I thought after he went to sleep and got rest, that things would get better. He asked if he could sleep in my room because he was scared, and I said okay. Before he went to sleep, even though it was late, I had gotten out a new manual washing machine as a solution, and we both, I think, really enjoyed putting that together as a team and I felt for sure then that things would be okay in the morning, and I even told Jack that I had to work after he went to bed to get stuff listed, and that I would need a little extra rest in the morning. In the back of my mind, I am thinking that his new medicine may be causing some unwanted side effects. I also notice that he was looking a bit puffy, which I can usually see in him before he has an episode of Gastroparesis vomiting. Thankfully so far today, he has not had that.

Anyway, this morning around 6:30, keep in mind, he went to bed at 10:30, and I worked until 1:30 am, because I was not able to before that, he started moving around, which is fine - and really - I think he woke up because the neighbors above me were being loud first this morning, but I kept asking him (after maybe 20 minutes of him moving non-stop to please try to stop moving, and he said that he was trying, and I gave him many opportunities to get comfortable, and I know that sometimes he itches and I think that is potentially neuropathic so it concerns me - but that is besides the point...).. anyway, finally I said Jack please get up and go to the bathroom because I know that he does not always know when he needs to go. But he refused to go try despite me asking several times, then I asked him to stop moving again, and he couldn't, so then I said please either you go to your room to try to rest some more, or I am going to have to go to the other room to rest, but he did not stop moving and stayed on my bed for a little bit longer. By this point, I had grown frustrated, and I raised my voice because I got about 5 hours of sleep which is less than a solid normal night of sleep. Jack says that when I raise my voice it scares him to death. I am reading this with him so I can make sure that I get in what he has to say too.

So....after I was frustrated, and asked him 5 or 6 times to stop moving, he went out in the hall, and laid on the floor, and kept saying how his neck was hurting. Jack said his neck felt like how it feels if you were just in a car accident...he did not say that until now though - earlier this morning he just said his neck hurt. And I don't know that he necessarily understands what that truly feels like - I had cervical root lesions from my accident, and Jack has indeed been in a car accident but even though his mother had that accident, she would not make time to take him to the doctor to be seen, so I did because he had mentioned that his neck hurt back then which was about 2 years ago. At the doctor back then Jack said his neck didn't hurt, so there wasn't anything to do since Jack denied his neck hurting then. Okay back to now...

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Anyway - no spanking happened - and I told Jack that I should not have said that, and Jack said that when I had spanked him in the past several years ago, that he felt like he had been run over by a bulldozer (as an expression). And he says he felt heart-broken. Obviously, neither one of us wants to feel heart-broken. I told Jack I was going back to lay down, and that I wanted him to write a letter of apology of me to me, and he did, and then things were good for a while again...until....

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So you asked for some specifics of what we deal with at times, here are a few from the last 16 hours. I have little precious energy - I have begged Jack to not make me have to argue with him or fight with him because of the 'energy crisis' that I have due to small fiber neuropathy (Dr. Oaklander at Mass General puts it in a good way - that people like me feel like they have the flu all the time and extreme burning pain too), but anyway, I haven't been able to come up with a good solution.

I ask Jack if he treats his mom like that, and he says no. I told him that is because she lets him do whatever he wants and doesn't provide discipline boundaries. I really don't know what to do - I need him to not have the attitude he has at times, and I need to try to not ever be upset at all ever with him because otherwise he makes statements like he does not want to exist. What can we do - we both want to have peaceful encounters. I cannot speak for how Jack feels about me but I love Jack very much.

Please give me some ideas or something when you can. I understand you are very busy too but I don't know what I am supposed to do here and need guidance.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

A few other quick things so I don't forget

1 message

John Fouts <fouts.john@gmail.com> Fri, Jan 22, 2021 at 4:26 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Lindsay (my ex) / Jack's mom - cusses in front of him apparently very often - but I do not. I have said a bad word twice in the last 3 years in front of him...he did hear my ex g/f that committed suicide sometimes curse when she was dysregulated, but he understood she was in a crisis. He asked me to talk to his Mom and ask her to stop so I am trying but I don't think it will go over very well. She told him he 'will' use those words when he gets older and that it doesn't matter if he hears them now (according to Jack).

I also do not like the word 'stupid', and I treat it as if it were a cuss word too because it can be used in a way that is really demeaning toward others. (My boss actually did the same thing with her kids [they are in their 20s now])...Jack said his mom says it very often, and he asked her not to say it in front of him, and apparently she told him that she will not stop using it and went as far as to tell him that he can use it too whenever he wants. I do not know first hand - but that is what Jack told me and I don't think he would make it up.

Ask me about animals too please on Friday to jog my memory - also a coparenting issue thing. I know you say that I cannot control anything outside of myself and that I cannot really help Jack when he is not with me, but I believe this area of large dissonances to be part of what is disturbing Jack at a deeper level.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Please help me and Jack - this is what has transpired - with examples

1 message

John Fouts <fouts.john@gmail.com> Fri, Jan 22, 2021 at 4:21 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jamie,

Jack won't be with me again until Friday - so let's wait until then. I hope your training was productive. Seems like training sessions are hit or miss (at least that has been my experience for sessions I have attended regarding training {I am certain on different topics than what yours covered today!}).

John

On Fri, Jan 22, 2021 at 3:14 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi John,
>
> I am sorry for the delay! We can meet on Monday if that works for you all or wait until Friday. On Monday I have between 12:30 and 2:30.
>
> Thanks
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Tuesday, January 19, 2021 11:51 PM
> **To:** Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
> **Subject:** Re: Please help me and Jack - this is what has transpired - with examples
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> Ms. Sanchez - I am not sure what time Jack's school day ends tomorrow - it has been ending super early (like at 11 am)...since it doesn't start until 9 am...that leaves little time for guided learning to take place, and is a whole other area of concern for me. I want to make sure Jack learns what he needs to learn to stay competitive with the other students.
>
> I have had limited opportunity to talk with Jack about things, and he did say that he was not sure why he has been so angry with me. I told him I thought that was good that he recognized that he felt angry, and that if he wants to talk about it, I told him I would listen to him and be calm while he tells me what he needs to tell me or wants to tell me with regard to his feelings.
>
> For my own part of the equation - I am trying very hard to survive - it is hard to live like you are burning alive - I have been like this (my physical body) for over 10 years now, and it is every second of every minute of every hour of every day - and it certainly is not easy. I refuse to go back on opiates. I have asked for anxiety medication to help but doctors are very reluctant to prescribe that for me, but very happy to prescribe opiates (which I do not want - and which are very addictive in nature - not that I ever had a problem with that though)...one of the main reasons why I stopped taking opiates was because of the way people treat you like a criminal even if you are a legitimate patient who uses them as prescribed for extremely difficult conditions. I have two of the 'most painful conditions humans can experience'. Too bad I could not win the lottery instead. Jack knows how much I suffer (as best as he can know without experiencing the pain directly).
>
> Please let me know your availability and I will let you know as soon as I can if the time will work. I have some unscheduled work meeting tomorrow also - so that is also up in the air at the moment.
>
> John

On Tue, Jan 19, 2021 at 2:29 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

Hi there,

There is a lot here to unpack! I am happy to talk about it when we meet, if you would like to find a different time this week since I have my training Friday, I have time on Wednesday mid-day.

Best,
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, January 16, 2021 1:07 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Please help me and Jack - this is what has transpired - with examples

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

Yesterday morning when Jack came to my house, his mother dropped him off late for school. I told him I was glad to see him and that I loved him and missed him when he got to my house and I tried to hug him, but he kind of pushed me out of the way and hung his head really low, and did not say anything at all to me. I took that as meaning that he was stressed out about getting to my house late, so I told him to just get ready for school, and he seemed to do a very good job of that and I praised him highly for doing such a wonderful job.

I really wish his mom would drop him off on time. It is my understanding that this also happens (she runs late), during her weeks when my parents help Jack with school because she does not have another solution, but I am not there so I do not know for sure.

Anyway, things through the therapy session appointment time went very well, and after Jack gave me privacy, after we started talking, we had our portion of his appointment together, and things were still well after that. Then I had to write an email to my boss, and he was okay with that and then we went to the grocery store, which he had suggested, so I could get gluten free bread, so we could have BLTs together for lunch, which I thought was very kind and loving.

This is when, however, I started getting an 'attitude' from Jack and I need help from you because whenever I say 'anything' to him about it, he starts crying and says he doesn't want to exist anymore, and says that everything he does makes me upset (which I told him I am sorry he feels that way, and that most of the time I am not upset with him, but I do get upset with some of his behaviors sometimes), but they do not seem to change.

Here are specifics...at the grocery store, when we got there, I had less than an hour because I have 1 hour for lunch, and I went to Valu-Market which is close to my house, but still that meant that we had to go there, get what we needed (bacon, bread, tomatoes, and we got Cheese Puffs too), and get out. Jack asked if he could push the cart which was fine with me and I am glad that he gets to do that. I like to let him have more responsibilities and is a very responsible child, but he kept lagging far behind with the cart not on purpose, so I said Jack I need you to at least keep up with me please, or I am going to need to push the cart, and when I said that he started to go faster than me (which he denies), but he was ahead of me slightly, and moving faster than me, so I said Jack, please do not have that kind of attitude with me, I need you to keep up with me and stay at the same pace because we only have a short time because I am on my lunch break and I only get 1 hour for lunch. Then he started crying, and I told him let's just get our groceries, go home and make lunch because I thought that he was hungry and that might be why. I was trying to just go on and basically do my job after lunch. He kept saying he did not speed up faster than me at lunch, but he did and he denies it.

Anyway, last night was patchy with more incidents like that, and then I thought after he went to sleep and got rest, that things would get better. He asked if he could sleep in my room because he was scared, and I said okay. Before he went to sleep, even though it was late, I had gotten out a new manual washing machine as a solution, and we both, I think, really enjoyed putting that together as a team and I felt for sure then that things would be okay in the morning, and I even told Jack that I had to work after he went to bed to get stuff listed, and that I would need a little extra rest in the morning. In the [illegible] of medical Efforts to Support JAF's Medicine may be causing some

unwanted side effects. I also notice that he was looking a bit puffy, which I can usually see in him before he has an episode of Gastroparesis vomiting. Thankfully so far today, he has not had that.

Anyway, this morning around 6:30, keep in mind, he went to bed at 10:30, and I worked until 1:30 am, because I was not able to before that, he started moving around, which is fine - and really - I think he woke up because the neighbors above me were being loud first this morning, but I kept asking him (after maybe 20 minutes of him moving non-stop to please try to stop moving, and he said that he was trying, and I gave him many opportunities to get comfortable, and I know that sometimes he itches and I think that is potentially neuropathic so it concerns me - but that is besides the point...).. anyway, finally I said Jack please get up and go to the bathroom because I know that he does not always know when he needs to go. But he refused to go try despite me asking several times, then I asked him to stop moving again, and he couldn't, so then I said please either you go to your room to try to rest some more, or I am going to have to go to the other room to rest, but he did not stop moving and stayed on my bed for a little bit longer. By this point, I had grown frustrated, and I raised my voice because I got about 5 hours of sleep which is less than a solid normal night of sleep. Jack says that when I raise my voice it scares him to death. I am reading this with him so I can make sure that I get in what he has to say too.

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Please give me some ideas or something when you can. I understand you are very busy too but I don't know what I am supposed to do here and need guidance.

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John R. Fouts, MBA

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Gmail

John Fouts <fouts.john@gmail.com>

resources for social skills

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Wed, May 12, 2021 at 12:51 PM
To: John Fouts <fouts.john@gmail.com>

https://www.iidc.indiana.edu/doc/resources/social-skills-resources-for-online-learning.pdf

> Social Skills Resources for Online Learning - IIDC
>
> Indiana Resource Center for Autism Indiana Institute on Disability and Community Indiana University, Bloomington 2810 E Discovery Parkway Bloomington, IN 47408-9801 812-855-6508 Fax 812-855-9630
>
> www.iidc.indiana.edu

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Can we have a talk together tonight with Jack?

1 message

John Fouts <fouts.john@gmail.com> Fri, May 14, 2021 at 10:30 AM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

I need to go over some things with you - some behaviors he has been having - like if I ask him to do even one thing - he acts all distraught or like it is the end of the world and starts slouching and walking away with his head down or stomping his feet.....

I asked him to put his socks in his drawer and he acted like that - because he said that there was not room and I asked him to clean out the things that did not fit anymore.

I have really needed help this week. I asked Jack for help with many things but he kept telling me no. ... and I really needed the help... we need to talk about this together with him please....

We need to go over what his neurologist said but in person when I drop him off so we can all make sure we are on the same page.

I think he has an ear infection or something because he keeps telling me he cannot hear - but only seems to not be able to hear 'me'....still - I want to maybe have him see his ENT in person because it would be a good thing to do anyway - follow-up wise

---

We need him to be in therapy outside of school therapy too - Ms. Sanchez had advised me this a long time ago but I am trying to get it scheduled before the end of school so she can communicate with whoever it is...need to know how this can work on your weeks - don't know your schedule or availability

---

I called DooWop and asked them to ask Ellie to share what Jack needs to be doing each week on violin in Email so we can help him make sure he is covering everything

---

We need to discuss summer stuff - I think supplemental learning is of critical importance at this time - not sure of your thoughts...

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

I stumbled across this while looking up stuff for my own health - but this describes Jack...

1 message

John Fouts <fouts.john@gmail.com> Sat, May 15, 2021 at 1:47 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jack has ADHD. I learned about (Rejection Sensitivity Dysphoria) = RSD today.

I found it while I was looking up stuff for Reflex Sympathetic Dystrophy (which is one of the things that I have = RSD).

Apparently, the Rejection Sensitivity Dysphoria describes Jack's behavior almost to a tee. I wanted to mention it to you while it was on my mind as I think I see a lot of this in him.

Here is one video that talks about it, but there are many out there:
https://www.youtube.com/watch?v=Nlj1G8TkJQU

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Are you still planning on meeting with Jack today?

1 message

John Fouts <fouts.john@gmail.com> Wed, May 26, 2021 at 12:18 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Please let me know.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

For therapy in school, will Jack need to sign up again, or will he still have the same time slot?

1 message

John Fouts <fouts.john@gmail.com> Wed, Aug 4, 2021 at 1:06 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

I am still trying to determine, for sure, if Jack is going to be enrolled in regular school or the NTI school. Either way, he needs therapy. Will he need to sign up again with you, or is he still on your list? Will it be at the same time or a different time?

If he does Pathfinders School - will you still be the associated therapist?

I am waiting on answers from doctors still right now...

I need more time...

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: For therapy in school, will Jack need to sign up again, or will he still have the same time slot?

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Thu, Aug 5, 2021 at 3:05 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,

I am not sure and have put the question out, am awaiting a response. I will let you know soon I hope!

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, August 4, 2021 1:06 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: For therapy in school, will Jack need to sign up again, or will he still have the same time slot?

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

I am still trying to determine, for sure, if Jack is going to be enrolled in regular school or the NTI school. Either way, he needs therapy. Will he need to sign up again with you, or is he still on your list? Will it be at the same time or a different time?

If he does Pathfinders School - will you still be the associated therapist?

I am waiting on answers from doctors still right now...

I need more time...

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

consent

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Thu, Aug 12, 2021 at 12:53 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,

It was good to see you all the other day! I hope the first few days are going well for Jack! I am attaching the consent form below. This year we need a paper copy. When you can, please print, complete and send in with Jack in and envelope with Ms. Sanchez written on it. His teacher will get it to me.

Thank you so much and look forward to working with you all this year!

Jamie

https://docs.google.com/document/d/1DR3cl4EKQVrWlCmG0FfCAej6sp8wFaziYO5k8srTNWY/edit

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Re: consent

1 message

John Fouts <fouts.john@gmail.com> Thu, Aug 12, 2021 at 3:16 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

I tried to open the form but it said I had to request permission to be able to open it - so I requested permission. It was good to see you too! You looked far less stressed than over the computer :) You always seemed happy - just looked a bit stressed out at the end of the year last year. Glad you got a nice break. Hope your family is doing well.

On Thu, Aug 12, 2021 at 12:53 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

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>
> It was good to see you all the other day! I hope the first few days are going well for Jack! I am attaching the consent form below. This year we need a paper copy. When you can, please print, complete and send in with Jack in and envelope with Ms. Sanchez written on it. His teacher will get it to me.
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> Thank you so much and look forward to working with you all this year!
>
> Jamie
>
> https://docs.google.com/document/d/1DR3cl4EKQVrWlCmG0FfCAej6sp8wFaziYO5k8srTNWY/edit
>
> Jamie Sanchez, LCSW
> Mental Health Practitioner
> Bloom Elementary
> Lincoln Performing Arts School
> 502-485-8211/502-485-8291
> jamie.sanchez@jefferson.kyschools.us.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: consent

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Aug 13, 2021 at 9:18 AM
To: John Fouts <fouts.john@gmail.com>

See if this works, I think it will.

Sorry about that!

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, August 12, 2021 3:16 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Re: consent

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

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> Jamie
>
> https://docs.google.com/document/d/1DR3cl4EKQVrWlCmG0FfCAej6sp8wFaziYO5k8srTNWY/edit
>
> Jamie Sanchez, LCSW
> Mental Health Practitioner
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> Lincoln Performing Arts School
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

PARENT INFORMED CONSENT FOR COUNSELING SERVICES 21-22 (1).docx
9K

Gmail John Fouts <fouts.john@gmail.com>

For Ms. Sanchez

1 message

John Fouts <fouts.john@gmail.com> Tue, Aug 17, 2021 at 3:05 PM
To: John Fouts <Fouts.John@gmail.com>

20210817_150443.jpg
1900K

Gmail

John Fouts <fouts.john@gmail.com>

Consent Form for Jack Therapy

1 message

John Fouts <fouts.john@gmail.com> Tue, Aug 17, 2021 at 3:08 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Please see the attached. Hope you are doing okay. Jack said he sees you pretty often at school in the hallways :)

Please confirm receipt of the form. Thank you. Also - please let me know when Jack's scheduled therapy time will be - so I do not inadvertently schedule any appointments at the same time for him.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Consent-Ms-Sanchez-Jack-Fouts-2021-JCPS.pdf
11816K

Gmail John Fouts <fouts.john@gmail.com>

Re: Consent Form for Jack Therapy

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Aug 17, 2021 at 4:01 PM
To: John Fouts <fouts.john@gmail.com>

Thank you! I am still working on schedule and hope to have it complete this week, I will let you know!

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 17, 2021 3:08 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Consent Form for Jack Therapy

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Please see the attached. Hope you are doing okay. Jack said he sees you pretty often at school in the hallways :)

Please confirm receipt of the form. Thank you. Also - please let me know when Jack's scheduled therapy time will be - so I do not inadvertently schedule any appointments at the same time for him.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

time

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Wed, Aug 18, 2021 at 3:46 PM
To: John Fouts <fouts.john@gmail.com>

Hi there!

So I have Jack scheduled for Monday's at 11:30. This, of course is subject to change depending on Jack's needs within his classroom (special events, etc). But should be close to this time.

Hope you are well! Please feel free to reach out with any questions or concerns.

Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Re: time

1 message

John Fouts <fouts.john@gmail.com> Wed, Aug 18, 2021 at 4:13 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Thanks for letting me know!

On Wed, Aug 18, 2021 at 3:46 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi there!
>
> So I have Jack scheduled for Monday's at 11:30. This, of course is subject to change depending on Jack's needs within his classroom (special events, etc). But should be close to this time.
>
> Hope you are well! Please feel free to reach out with any questions or concerns.
>
> Jamie
>
> Jamie Sanchez, LCSW
> Mental Health Practitioner
> Bloom Elementary
> Lincoln Performing Arts School
> 502-485-8211/502-485-8291
> jamie.sanchez@jefferson.kyschools.us.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Jack Updates

1 message

John Fouts <fouts.john@gmail.com> Fri, Aug 20, 2021 at 9:46 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

I am not sure where we left off or what you know of Jack's health conditions, but wanted to give you a quick update.

He does seem to have a small fiber neuropathy unfortunately. This tears me to shreds. His neurologist ordered genetic testing for me for Jack (it was luckily a saliva test kit). Jack has a genetic variant on SCN11A that is classified as a variant of unknown clinical significance by the genetics company, but Jack's doctor found a paper where a mouse model was done, and the exact same genetic variant was proven to cause a small fiber neuropathy. The variant needs to be reclassified as pathogenic but I am not worried with the reclassification - I am more worried about Jack.

So it causes his feet to burn and not to sweat right, it causes migraines, it causes (most likely) his gastroparesis, it causes fleeting vertigo and dizziness, and of course living with a painful condition causes anxiety and depression.

Jack continues to have more and more nightmares and to backslide in a lot of ways with anxiety. He now says he can no longer sit down on the toilet when he is pooping, because he is afraid. When I ask him of what, he says I would not understand - but I am trying to really non-judgmentally listen to him. Before, he would say he was afraid of the sensors only....and only on automatic toilets...now he is afraid of manual toilets...he also cannot be in the bathroom by himself any longer or he cannot go....he also told me he has trouble going to the bathroom if someone that is not family is beside him - that is probably the neuropathy.

I am very concerned that his anxiety will affect his school performance. I am also concerned that his ADHD could truly stem from the neuropathy issue as well....Adderall heps keep Norepinephrine at the presynapses longer....this is beneficial in terms of pain and also for attention but it keeps your mind also in fight or flight mode. Jack has had such a hard time paying attention and/or sitting still, that after I talked to his doctor, they suggested that he take a second med of Adderall (but immediate release) in the afternoon to help him be able to focus. I have not been able to send it in to school with him yet because I have not had his 504 plan meeting for this year yet....but I am concerned about that also....it seems to maybe be too much for him and there is no in between. That also makes me think that maybe the anxiety is just presenting as ADHD.....do you know of anyone that can help clear some of these issues up?

I am going to switch him away from his current doctor - it takes more than 10 calls and messages each month to get his Adderall refilled - one month it took 27 phone calls and one month I had to contact the Norton regional supervisor who oversees all regional primary care offices in the region - it is pretty ridiculous. The pharmacy we use also has problems and is very short staffed and mixes things up sometimes - so I hope to use a different, more organized pharmacy soon as well. I just want the best for Jack, and I don't want him to take medications he does not need. Is there any kind of testing that you can do at school, or observation? To see if he seems like he is doing okay on his current dosage of medicine? I am still at a place where I don't know if he would be better all the way off the medicine, or at a higher dosage....and I really don't have a good way to tell - especially when he is away from me for so many hours each day and all the time every other week. The anxiety bit though, is something that I know you can help with.

I am also hoping you can help Jack cope with his mother not listening. She just tunes him out even when he is directly talking to her - it breaks my heart.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Updates

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Aug 24, 2021 at 11:52 AM
To: John Fouts <fouts.john@gmail.com>

Hi there,

Thanks for the update with Jack and I am sorry there are many things he seems to be struggling with.

Regarding medication, he can add a medication without a 504 plan meeting by bringing in a Dr note with instruction and labeled bottle to the office.

Can we find a time to talk via telephone to better address the concerns? I can talk Today at 2:30 or tomorrow between 11-12.

Thank you!
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, August 20, 2021 9:46 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Jack Updates

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Ms. Sanchez,

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So it causes his feet to burn and not to sweat right, it causes migraines, it causes (most likely) his gastroparesis, it causes fleeting vertigo and dizziness, and of course living with a painful condition causes anxiety and depression.

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I am very concerned that his anxiety will affect his school performance. I am also concerned that his ADHD could truly stem from the neuropathy issue as well....Adderall heps keep Norepinephrine at the presynapses longer....this is beneficial in terms of pain and also for attention but it keeps your mind also in fight or flight mode. Jack has had such a hard time paying attention and/or sitting still, that after I talked to his doctor, they suggested that he take a second med of Adderall (but immediate release) in the afternoon to help him be able to focus. I have not been able to send it in to school with him yet because I have to have his 504 plan meeting first. I am concerned about that also....it

seems to maybe be too much for him and there is no in between. That also makes me think that maybe the anxiety is just presenting as ADHD.....do you know of anyone that can help clear some of these issues up?

I am going to switch him away from his current doctor - it takes more than 10 calls and messages each month to get his Adderall refilled - one month it took 27 phone calls and one month I had to contact the Norton regional supervisor who oversees all regional primary care offices in the region - it is pretty ridiculous. The pharmacy we use also has problems and is very short staffed and mixes things up sometimes - so I hope to use a different, more organized pharmacy soon as well. I just want the best for Jack, and I don't want him to take medications he does not need. Is there any kind of testing that you can do at school, or observation? To see if he seems like he is doing okay on his current dosage of medicine? I am still at a place where I don't know if he would be better all the way off the medicine, or at a higher dosage....and I really don't have a good way to tell - especially when he is away from me for so many hours each day and all the time every other week. The anxiety bit though, is something that I know you can help with.

I am also hoping you can help Jack cope with his mother not listening. She just tunes him out even when he is directly talking to her - it breaks my heart.

--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

He told me what was going on - it is related to his group

1 message

John Fouts <fouts.john@gmail.com> Wed, Aug 25, 2021 at 7:52 PM
To: Jonathan Kempf <jonathan.kempf@jefferson.kyschools.us>

Mr. Kempf,

Jack told me that his group was giving him trouble. I wasn't there - but this is what he told me.

He said that they wouldn't let him help with anything, and they kept telling him he needed to find something to do.

He said that he was supposed to work with the design portion of the project, but then when he tried, they wouldn't let him.

He said he was measuring - and he wasn't done measuring - and they told him they were going to tell the teacher he wasn't doing anything.

He said they told him that they had already finished the measuring - but they hadn't told him that when he was still measuring or he would have stopped.

He said he had been holding in crying since this morning.

He told me all of these things right before he left to go back home with his Mom.

We have split custody.

I am picking Jack up from school on her weeks too right now - until she can pick him up from my house - on her weeks - so I am lucky that I get to see Jack every day right now for hte most part instead of only 50% of the time.

I am trying to look up some ideas for 504 plan additions specifically - for groups - because I know that ADHD can cause more problems for some children, the further along they get in school when other kids don't understand and that kind of thing.

I did tell Jack previously, yesterday, that you said there was plenty of time to finish everything, and that if he ever felt stressed out that he should come talk to you.

Again - I don't understand all that happened - or the whole dynamic - because I of course wasn't there... I do have some insight into groups and leadership, however, as my undergraduate degree is in Organizational Leadership & Supervision. Then MBA after that - not that I use it very often these days....

Jack was very upset tonight - would it be possible for you to talk to him privately tomorrow? Or to see if he might be more comfortable talking to Ms. Sanchez or something? He saw her throughout the year all year last year. His normal days with her are going to be on Mondays for his in-school therapy session. If either, or both of you could talk to him tomorrow, that would make him feel better I think.

By the way - I hope your child that was sick is doing much better!

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Updates

1 message

John Fouts <fouts.john@gmail.com> Tue, Aug 24, 2021 at 12:24 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

I added you to my calendar from 11 - 11:15 - I just need to know the number to call (it is okay if call takes longer than that but I figured it wouldn't be longer than that - and I don't want to take up too much of your time).

On Tue, Aug 24, 2021 at 11:52 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi there,
>
> Thanks for the update with Jack and I am sorry there are many things he seems to be struggling with.
>
> Regarding medication, he can add a medication without a 504 plan meeting by bringing in a Dr note with instruction and labeled bottle to the office.
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> Can we find a time to talk via telephone to better address the concerns? I can talk Today at 2:30 or tomorrow between 11-12.
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> Thank you!
> Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, August 20, 2021 9:46 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Jack Updates

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Jack continues to have more and more nightmares and to backslide in a lot of ways with anxiety. He now says he can no longer sit down on the toilet when he is pooping, because he is afraid. When I ask him of what, he says I would not understand - but I am trying to really non-judgmentally listen to him. Before, he would say he was afraid of the sensors only....and only on automatic toilets...now he is afraid of manual toilets...he also cannot be in the bathroom by himself any longer or he cannot go....he also told me he has trouble going to the bathroom if someone that is not family is beside him - that is probably the neuropathy.

I am very concerned that his anxiety will affect his school performance. I am also concerned that his ADHD could truly stem from the neuropathy issue as I think he is [illegible] presynapses longer....this is

beneficial in terms of pain and also for attention but it keeps your mind also in fight or flight mode. Jack has had such a hard time paying attention and/or sitting still, that after I talked to his doctor, they suggested that he take a second med of Adderall (but immediate release) in the afternoon to help him be able to focus. I have not been able to send it in to school with him yet because I have not had his 504 plan meeting for this year yet....but I am concerned about that also....it seems to maybe be too much for him and there is no in between. That also makes me think that maybe the anxiety is just presenting as ADHD.....do you know of anyone that can help clear some of these issues up?

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"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Ms. Sanchez - Jack - Group Situation - Anxiety/ADHD

1 message

John Fouts <fouts.john@gmail.com> Thu, Aug 26, 2021 at 1:57 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Hi Jamie,

I hope it is okay to call you that. I call you Ms. Sanchez around Jack of course...

Yesterday after school, there was something clearly wrong - Jack was pretty mean to me - which is totally out of character for him - he even slammed a door in my face (car door)....so I knew something was wrong.....

I wrote to Mr. Kempf about it below...but he kind of ... I don't want to say brushed it off ... but kind of dismissed it as kids are learning to be in groups - which yes that is true....but it sounds like the kids were very exclusionary of Jack - and I don't feel like Jack is going to be over it anytime soon. Yesterday he kept telling me that he always failed at everything and that nobody ever likes him....I have tried to work with him and tell him to not use the words always or never...I also tried to get him to categorize and scale his feelings...he said he felt very angry and very sad - the most of each that he could.

I included what I wrote to Mr. Kempf that Jack had told me below. I am hoping that you can talk with Jack around issues like this and what he can do at school if a similar situation would develop.

I am not trying to occupy too much of anyone's time - but this issue - which some might think is little - is something that I know is very big to Jack.

....

Mr. Kempf said that Jack did not bring it to his attention or any of the other 5th grade teachers, and that Jack got full credit - which is great - but it still concerns me....

Jack was bullied a number of times in the past - including a teacher at an old school telling him that he was the cause of all of the class's problems. It wasn't right - I was put in a difficult situation at that time - it was in Bullitt County (not JCPS). That situation, along with a few others where he was bullied, have had a profound and lasting impact on his self esteem.

So when you see Jack - if you can work on anything around this - please let me know. I don't want Jack to think I am overstepping any boundaries either - I'm just concerned for his well-being and feelings of low self esteem and confidence. I want to help him build those up.

Mr. Kempf,

Jack told me that his group was giving him trouble. I wasn't there - but this is what he told me.

He said that they wouldn't let him help with anything, and they kept telling him he needed to find something to do.

He said that he was supposed to work with the design portion of the project, but then when he tried, they wouldn't let him.

He said he was measuring - and he wasn't done measuring - and they told him they were going to tell the teacher he wasn't doing anything.

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We have split custody.

I am picking Jack up from school on her weeks too right now - until she can pick him up from my house - on her weeks - so I am lucky that I get to see Jack every day right now for hte most part instead of only 50% of the time.

I am trying to look up some ideas for 504 plan additions specifically - for groups - because I know that ADHD can cause more problems for some children, the further along they get in school when other kids don't understand and that kind of thing.

I did tell Jack previously, yesterday, that you said there was plenty of time to finish everything, and that if he ever felt stressed out that he should come talk to you.

Again - I don't understand all that happened - or the whole dynamic - because I of course wasn't there... I do have some insight into groups and leadership, however, as my undergraduate degree is in Organizational Leadership & Supervision. Then MBA after that - not that I use it very often these days....

Jack was very upset tonight - would it be possible for you to talk to him privately tomorrow? Or to see if he might be more comfortable talking to Ms. Sanchez or something? He saw her throughout the year all year last year. His normal days with her are going to be on Mondays for his in-school therapy session. If either, or both of you could talk to him tomorrow, that would make him feel better I think.

By the way - I hope your child that was sick is doing much better!

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: He told me what was going on - it is related to his group

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Thu, Aug 26, 2021 at 10:18 AM
To: John Fouts <fouts.john@gmail.com>

Thank you for reaching out! He did not express anything of this to me or the other 5th grade teachers. One of the most important parts of the 5th grade experience is working with partners and/or groups. It does not always go well at the beginning of the year but will get progressively better throughout the year. Most of this grade level are not used to working with peers but we are actively using the Second Steps Program and team/class building exercises to work on social skills across the board. I assure you that Jack is not the only student struggling with not being used to any of this or working with others. It sounds like Jack's group was doing a lot of extra work like measuring that was not actually part of the PBL. Jack got full credit in my class on his project.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, August 25, 2021 7:52 PM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: He told me what was going on - it is related to his group

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Mr. Kempf,

Jack told me that his group was giving him trouble. I wasn't there - but this is what he told me.

He said that they wouldn't let him help with anything, and they kept telling him he needed to find something to do.

He said that he was supposed to work with the design portion of the project, but then when he tried, they wouldn't let him.

He said he was measuring - and he wasn't done measuring - and they told him they were going to tell the teacher he wasn't doing anything.

He said they told him that they had already finished the measuring - but they hadn't told him that when he was still measuring or he would have stopped.

He said he had been holding in crying since this morning.

He told me all of these things right before he left to go back home with his Mom.

We have split custody.

I am picking Jack up from school on her weeks too right now - until she can pick him up from my house - on her weeks - so I am lucky that I get to see Jack every day right now for hte most part instead of only 50% of the time.

I am trying to look up some ideas for 504 plan additions specifically - for groups - because I know that ADHD can cause more problems for some children, the further along they get in school when other kids don't understand and that kind of thing.

I did tell Jack previously, yesterday, that you said there was plenty of time to finish everything, and that if he ever felt stressed out that he should come talk to you.

Again - I don't understand all that happened - or the whole dynamic - because I of course wasn't there... I do have some insight into groups and leadership, however, as my undergraduate degree is in Organizational Leadership & Supervision. Then MBA after that - not that I use it very often these days....

Jack was very upset tonight - would it be possible for you to talk to him privately tomorrow? Or to see if he might be more comfortable talking to Ms. Sanchez or something? He saw her throughout the year all year last year. His normal days with her are going to be on Mondays for his in-school therapy session. If either, or both of you could talk to him tomorrow, that would make him feel better I think.

By the way - I hope your child that was sick is doing much better!

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Fear and Anxiety / Ways To Get Ready Faster

1 message

John Fouts <fouts.john@gmail.com> Mon, Aug 30, 2021 at 10:41 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Hi Jamie.

Good morning! I am so not a morning person...

I am hoping you will see this before you see Jack, but if not, that will be okay too...

Jack has such anxiety and fear...and I don't know where it is coming from...and he doesn't want to ... or won't talk to me ... about where it is coming from....

I know some things though...he told me that he was afraid that a man with no face that kidnaps children that he saw on YouTube was going to kidnap him....and that is pretty scary as a thought...and what my recommended action is to Jack...is to watch YouTube kids and not YouTube...he also saw a commercial for IT once and saw Pennywise standing in a mirror....and he said his classmates in 3rd grade told him about Pennywise and his cousins talk to him about Freddy and Jason.

I'm also sick (chronic illness) and have to have IVIG now at least 2 x per 3 weeks probably will be more frequent soon.

He has not voiced this, but I don't know if my illness is a factor in his fear and anxiety or not...I think the IVIG has him worried...I mean honestly it scares me a bit too...but it is my best hope for any kind of relief right now....

He is too afraid to be in any room by himself he says. I don't mind going to the rooms with him except for when my feet are in more pain...I just want him to be able to feel better and safe and to be able to enjoy life with less anxiety.

We also, both of us, have trouble moving quickly, and getting up in the morning. 2 guys with foot pain .. you know .... he has been having trouble getting to sleep at night too... I think it is the same kind of insomnia that most others who suffer from neuropathy have. I believe that is what is going on at night...

Thank you for helping Jack. The fear and anxiety are some big issues right now. Delta variant fears also play a role, and his feet have started to hurt him worse possibly...so that fear of things getting worse could also be impacting him. He has started having some weird body wide pains that are also likely associated with his health conditions.

Call me or email if you have any questions.

John

p.s. I told Jack I would be asking you to help come up with ideas to help with overcoming fear and strategies on how to move faster or get ready sooner in mornings. It is important to keep in Indiana, however, the neuropathy issue especially for him...that alone can make it hard to get up and get going in the morning... thanks Jamie.

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Updates

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Aug 24, 2021 at 12:41 PM
To: John Fouts <fouts.john@gmail.com>

Sounds good, I will call you due to reception in my office. I'll call from the school phone.

Talk soon,

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 24, 2021 12:24 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Re: Jack Updates

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

I added you to my calendar from 11 - 11:15 - I just need to know the number to call (it is okay if call takes longer than that but I figured it wouldn't be longer than that - and I don't want to take up too much of your time).

On Tue, Aug 24, 2021 at 11:52 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi there,
>
> Thanks for the update with Jack and I am sorry there are many things he seems to be struggling with.
>
> Regarding medication, he can add a medication without a 504 plan meeting by bringing in a Dr note with instruction and labeled bottle to the office.
>
> Can we find a time to talk via telephone to better address the concerns? I can talk Today at 2:30 or tomorrow between 11-12.
>
> Thank you!
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Friday, August 20, 2021 9:46 PM
> **To:** Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
> **Subject:** Jack Updates
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> Ms. Sanchez,
>
> I am not sure where we left off or what you know of Jack's health conditions, but wanted to give you a quick update.

He does seem to have a small fiber neuropathy unfortunately. This tears me to shreds. His neurologist ordered genetic testing for me for Jack (it was luckily a saliva test kit). Jack has a genetic variant on SCN11A that is classified as a variant of unknown clinical significance by the genetics company, but Jack's doctor found a paper where a mouse model was done, and the exact same genetic variant was proven to cause a small fiber neuropathy. The variant needs to be reclassified as pathogenic but I am not worried with the reclassification - I am more worried about Jack.

So it causes his feet to burn and not to sweat right, it causes migraines, it causes (most likely) his gastroparesis, it causes fleeting vertigo and dizziness, and of course living with a painful condition causes anxiety and depression.

Jack continues to have more and more nightmares and to backslide in a lot of ways with anxiety. He now says he can no longer sit down on the toilet when he is pooping, because he is afraid. When I ask him of what, he says I would not understand - but I am trying to really non-judgmentally listen to him. Before, he would say he was afraid of the sensors only....and only on automatic toilets...now he is afraid of manual toilets...he also cannot be in the bathroom by himself any longer or he cannot go....he also told me he has trouble going to the bathroom if someone that is not family is beside him - that is probably the neuropathy.

I am very concerned that his anxiety will affect his school performance. I am also concerned that his ADHD could truly stem from the neuropathy issue as well....Adderall heps keep Norepinephrine at the presynapses longer....this is beneficial in terms of pain and also for attention but it keeps your mind also in fight or flight mode. Jack has had such a hard time paying attention and/or sitting still, that after I talked to his doctor, they suggested that he take a second med of Adderall (but immediate release) in the afternoon to help him be able to focus. I have not been able to send it in to school with him yet because I have not had his 504 plan meeting for this year yet....but I am concerned about that also....it seems to maybe be too much for him and there is no in between. That also makes me think that maybe the anxiety is just presenting as ADHD.....do you know of anyone that can help clear some of these issues up?

I am going to switch him away from his current doctor - it takes more than 10 calls and messages each month to get his Adderall refilled - one month it took 27 phone calls and one month I had to contact the Norton regional supervisor who oversees all regional primary care offices in the region - it is pretty ridiculous. The pharmacy we use also has problems and is very short staffed and mixes things up sometimes - so I hope to use a different, more organized pharmacy soon as well. I just want the best for Jack, and I don't want him to take medications he does not need. Is there any kind of testing that you can do at school, or observation? To see if he seems like he is doing okay on his current dosage of medicine? I am still at a place where I don't know if he would be better all the way off the medicine, or at a higher dosage....and I really don't have a good way to tell - especially when he is away from me for so many hours each day and all the time every other week. The anxiety bit though, is something that I know you can help with.

I am also hoping you can help Jack cope with his mother not listening. She just tunes him out even when he is directly talking to her - it breaks my heart.

--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Jack and Being Bullied Situation

1 message

John Fouts <fouts.john@gmail.com> Mon, Sep 20, 2021 at 11:02 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

Jack has been dealing with some bullying for some time apparently now. He is pretty upset by it. I let Mr. Kempf know, but I don't know what has really been done to help Jack.

He used to be friends with Marquelle (not sure how to spell his name), but this year he said that Marquelle keeps kicking him and stuff and he doesn't know why. I am going to forward you the email I sent to Mr. Kempf that has all the detail in it. I meant to send before now.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Fear and Anxiety / Ways To Get Ready Faster

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Sep 3, 2021 at 4:33 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,

Just wanted to respond before the long weekend. I did get your email and was able to see Jack this week. He seems to be doing really well at school. We agreed to work on Anxiety and did a little scale to see where to start. For the home things, it is most helpful for Jack to see an outside therapist so you all can work together on those things.

I am so happy to be working with him!

I hope you have a great weekend,

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 30, 2021 10:41 AM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Fear and Anxiety / Ways To Get Ready Faster

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi Jamie.

Good morning! I am so not a morning person...

I am hoping you will see this before you see Jack, but if not, that will be okay too...

Jack has such anxiety and fear...and I don't know where it is coming from...and he doesn't want to ... or won't talk to me ... about where it is coming from....

I know some things though...he told me that he was afraid that a man with no face that kidnaps children that he saw on YouTube was going to kidnap him....and that is pretty scary as a thought...and what my recommended action is to Jack...is to watch YouTube kids and not YouTube...he also saw a commercial for IT once and saw Pennywise standing in a mirror....and he said his classmates in 3rd grade told him about Pennywise and his cousins talk to him about Freddy and Jason.

I'm also sick (chronic illness) and have to have IVIG now at least 2 x per 3 weeks probably will be more frequent soon.

He has not voiced this, but I don't know if my illness is a factor in his fear and anxiety or not...I think the IVIG has him worried...I mean honestly it scares me a bit too...but it is my best hope for any kind of relief right now....

He is too afraid to be in any room by himself he says. I don't mind going to the rooms with him except for when my feet are in more pain...I just want him to be able to feel better and safe and to be able to enjoy life with less anxiety.

We also, both of us, have trouble moving quickly, and getting up in the morning. 2 guys with foot pain .. you know .... he has been having trouble getting to sleep at night too... I think it is the same kind of insomnia that most others who suffer

from neuropathy have. I believe that is what is going on at night...

Thank you for helping Jack. The fear and anxiety are some big issues right now. Delta variant fears also play a role, and his feet have started to hurt him worse possibly...so that fear of things getting worse could also be impacting him. He has started having some weird body wide pains that are also likely associated with his health conditions.

Call me or email if you have any questions.

John

p.s. I told Jack I would be asking you to help come up with ideas to help with overcoming fear and strategies on how to move faster or get ready sooner in mornings. It is important to keep in Indiana, however, the neuropathy issue especially for him...that alone can make it hard to get up and get going in the morning... thanks Jamie.

Gmail John Fouts <fouts.john@gmail.com>

Fwd: Math Question & Potential Bullying Situation - Please Assist/Intervene

1 message

John Fouts <fouts.john@gmail.com> Mon, Sep 20, 2021 at 11:05 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Please see email below.

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Wed, Sep 15, 2021 at 11:53 PM
Subject: Re: Math Question & Potential Bullying Situation - Please Assist/Intervene
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>

Math Question - Yes I realize that about the rounding - but would be best for him to learn from you as kids learn better from their teachers than their parents - he always thinks I don't know anything - but I have no idea honestly where he gets that from.

At home it is a delicate situation - helping him without having him feel criticized in any way - he is so sensitive - it is hard to continue to have him learn if he feels he even made one error. I was similar when I was a child - probably where he gets it from.

Potential Bullying Situation - I only learned of all of these things today, but need you to intervene here as well. First - I am proud of Jack for 'having the balls' to tell me about this situation - I could tell it was not very easy for him. When I picked him up he told me his leg was hurting really badly. I asked him what happened - he said he hurt his leg on the stairs...then as I was driving toward O'Reilly to get a replacement Compressor for my Honda, he told me he thought he was being bullied. I asked him what he meant, and these are the things that he said:

He said that today (9/15/2021), he accidentally kicked Marquell (not sure if that is how to spell his name), while they were in Ms. Waltz-Pollen's class (I am not sure if that is how you spell her name either - I am actually incredibly tired right now - but this is very important and I need to relay the information. He said he apologized to Marquell. He said Marquell kicked him back really hard three times in the place where he had hurt his leg on the stairs. Jack said he then asked Marquell but not in any mean way if he seriously had to do that. He said Marquell said 'There is no way that could have hurt so bad'....and apparently he said Jack was lying about his leg hurting really bad and that there was no way that kicking it could have hurt him either when he kicked him really hard three times.

Jack said that he tried to move out of the way but there is nowhere for him to move his legs to get out of the way in that class setting. He said this has happened almost every day since they have been in that class.

He said Marquell kicks him in his legs each day really hard until Jack moves his legs but there is nowhere to move his legs to.

Jack said that Marquell also tries to slam Jack's computer shut in that classroom.

He also said that Marquell tries to stomp on Jack's feet when he is wearing shoes but even more when he is not wearing shoes - when he is wearing flip-flops and says that Jack is lying about his feet hurting.

Jack said that Marquell also makes fun of Jack for wearing flip flops to the other kids and tells him that his feet aren't hurting, calls him a liar and apparently tells the other kids that Jack should get in trouble for wearing flip flops because it is against the school rules.

Jack said he has tried hard not to say anything about any of these things because he was not sure if he was being bullied or not. I told him that these behaviors do represent bullying. He asked me to talk to you and to Ms. Waltz-Pollen about the situation. He asked me if there was any way that I could talk to you tonight because he is afraid of being hurt by Marquell even ore tomorrow.

He said it makes him really sad because Marquell was a good friend of his in 1st and 2nd grade. Jack said that he did honestly think that the pee incident was a pure accident in the bathroom.

I learned about all of these things tonight. Jack said he was really upset because at the end of the day Marquell received praise for having such a good day - but he had been hurting Jack during the day apparently. Jack said that it made him angry that he received praise when he had hurt him. I told him that if he did not say anything to you, that you would have no way to know that any of these things had been happening, and he said he realized that, but he was still upset. I told him that I would start by talking to you as you are his home room teacher.

I told him to do all he can to avoid Marquell until you have time to address the situation. I told Jac it sounds like he needs to be moved away from Marquell's group in Ms. Waltz-Pollen's class. He said Marquell is close to him in the line position, but Jack said he doesn't want to lose his position in line because he likes who is directly in front of and behind him.

Jack said he is afraid of getting hurt each day he goes to school because of how Marquell has been hurting him.

What do you believe to be the best way to handle all of this? Jack asked me with urgency to talk to you tonight - I told him the best I could do was send an email to outline all of this information so you would have it handy. I don't want Jack to be made fun of for wearing flip flops, I don't want him to be kicked repeatedly, I don't want him to be called a liar, I don't want his feet to get stomped on, and I don't want him to be told over and over again that his feet must really not hurt him and that he isn't telling the truth - all of those things are obviously bad for a child.

Please let me know how you intervene, and what the resulting actions are. I'm sorry for having to write this lengthy email but want you to have the facts as Jack relayed them to me.

Jack may have told me other things in addition but I think I probably covered 95% of what he said earlier today. I am very proud of Jack for standing up for himself, and I told him he was doing the right thing by telling me these things happened so I could talk to you about them. I also told him he could have gone to you directly.

John

On Wed, Sep 15, 2021 at 7:38 PM Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> wrote:

> You can keep those books! Don't return them.
> Jack could use help rounding. It seems he is doing the first steps correctly but not removing or eliminating all of the place values to the right of the rounded place value. Like 3.26 rounded to the tenths place should be 3.3 not 3.36.
> I will work with him tomorrow!
>
> Sent from my iPhone
>
> > On Sep 15, 2021, at 2:56 PM, John Fouts <fouts.john@gmail.com> wrote:
> >
> > CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
> >
> > Hi Mr. Kempf.
> >
> > Thanks for sending those workbooks home with Jack. Is it OK for me to keep them here for a bit, or do you want me to make some copies of some pages and get them back to you quickly? Lmk please. Look at that...I am up to snuff on my texting acronyms (nor really).
> >
> > I do have a question. I think Jack does know what he needs to practice more, but last night he was showing me some of his work and how you all have been learning in class. He seems to understand some things, but not others, and I am trying to help him fill in the gaps.
> >
> > See the attached photo. I did not want to be critical of him in any way because he is very srnsitive...but he said that 'the teacher said this was all right'. I told him I can see how if he was rounding that the right numbers were on the page but when we round there are additional steps. So I guess I need to understand your methodology so I can be consistent with what we practice at home. See attached image please.

Also, he said he needs help with geometry but that is a very broad topic. Cab you tell me where you all are with that?

He also said you all are working with exponents and the order of operations.

And finally, he told me that you were telling the class that 0.1 is not really said as 'zero point one', which is right, but when I said oh ok Jack well we can say that as 'one-tenth', he said no that isn't how Mr. Kempf says we are supposed to say it. Again, just for the sake of consistency, please let me know how numbers like that are being referred to please. I promise I won't bug you every day! Just need to make sure I am on the same page as you in terms of how you are teaching the kids Math, so I don't confuse Jack.

I was in Engineering school for a few years and was doing Multivariate Calculus and Differential Equations and more there for a while. I am hoping to extend some of my love of Math to Jack..especially because he is very intrigued by science and Astronomy.

File is attached.

John
<20210914_211108.jpg>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: 2021-09-20 - Have Not Heard From You - Please Respond

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Mon, Sep 20, 2021 at 11:48 AM
To: John Fouts <fouts.john@gmail.com>

I just met and spoke with Ms. Sanchez who is meeting with Jack today. I did not hear anything about any of the situation that you described in your email. Ms. Sanchez is going to speak to Jack about speaking up when an incident occurs and I will meet with her later this week (Thursday) to discuss actions moving forward.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Sent: Monday, September 20, 2021 11:30 AM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: 2021-09-20 - Have Not Heard From You - Please Respond

I must have missed this email last week. I will read it and get back today.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 20, 2021 11:07 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: 2021-09-20 - Have Not Heard From You - Please Respond

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Mr. Kempf,

Please respond to email below - sent last week.

John (Jack's dad).

On Wed, Sep 15, 2021 at 11:53 PM John Fouts <fouts.john@gmail.com> wrote:

> Math Question - Yes I realize that about the rounding - but would be best for him to learn from you as kids learn better from their teachers than their parents - he always thinks I don't know anything - but I have no idea honestly where he gets that from.
>
> At home it is a delicate situation - helping him without having him feel criticized in any way - he is so sensitive - it is hard to continue to have him learn if he feels he even made one error. I was similar when I was a child - probably where he gets it from.
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> Potential Bullying Situation - I only learned of all of these things today, but need you to intervene here as well. First - I am proud of Jack for 'having the balls' to tell me about this situation - I could tell it was not very easy for him. When I picked him up he told me his leg was hurting really badly. I asked him what happened - he said he hurt his leg on the stairs...then as I was driving toward O'Reilly to get a replacement Compressor for my Honda, he told me he thought he was being bullied. I asked him what he meant, and these are the things that he said:
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>
> Jack said that he tried to move out of the way but there is nowhere for him to move his legs to get out of the way in that class setting. He said this has happened almost every day since they have been in that class.
>
> He said Marquell kicks him in his legs each day really hard until Jack moves his legs but there is nowhere to move his legs to.
>
> Jack said that Marquell also tries to slam Jack's computer shut in that classroom.
>
> He also said that Marquell tries to stomp on Jack's feet when he is wearing shoes but even more when he is not wearing shoes - when he is wearing flip-flops and says that Jack is lying about his feet hurting.
>
> Jack said that Marquell also makes fun of Jack for wearing flip flops to the other kids and tells him that his feet aren't hurting, calls him a liar and apparently tells the other kids that Jack should get in trouble for wearing flip flops because it is against the school rules.
>
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>
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<20210914_211108.jpg>

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John R. Fouts, MBA
Fax. 502.996.8246

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"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack and Being Bullied Situation

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Mon, Sep 20, 2021 at 2:09 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,
I did get the email before I met with Jack. We talked about it, he said it has stopped now due to seats being rearranged. We talked about letting adults know when this happens. School is expected to be a safe environment, so we strongly encourage kids to be assertive and then ask for help. The goal this week is for Jack to ask for help if something becomes problem that is not resolved by direct communication.

I hope this helps-we talked about scaling problems as well to emphasize appropriate solutions to different types of situations, Jack seemed really aware of appropriate responses. We set a goal to let the teacher know when somthing is not going well.

Hope this helps!
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 20, 2021 11:02 AM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Jack and Being Bullied Situation

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

Jack has been dealing with some bullying for some time apparently now. He is pretty upset by it. I let Mr. Kempf know, but I don't know what has really been done to help Jack.

He used to be friends with Marquelle (not sure how to spell his name), but this year he said that Marquelle keeps kicking him and stuff and he doesn't know why. I am going to forward you the email I sent to Mr. Kempf that has all the detail in it. I meant to send before now.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack and Being Bullied Situation

1 message

John Fouts <fouts.john@gmail.com> Mon, Sep 20, 2021 at 2:38 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Thank you - this is really great - I talked with Jack quite a bit last week about appropriate times to go to the teacher - he seemed a little confused at first - but it is good to know that he understands better regarding scaling. Thanks for all you do.

John

On Mon, Sep 20, 2021 at 2:09 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

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> I did get the email before I met with Jack. We talked about it, he said it has stopped now due to seats being rearranged. We talked about letting adults know when this happens. School is expected to be a safe environment, so we strongly encourage kids to be assertive and then ask for help. The goal this week is for Jack to ask for help if something becomes problem that is not resolved by direct communication.
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Gmail John Fouts <fouts.john@gmail.com>

Re: 2021-09-20 - Have Not Heard From You - Please Respond

1 message

John Fouts <fouts.john@gmail.com> Mon, Sep 20, 2021 at 2:43 PM
To: "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

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Jack was legitimately worried and concerned about his safety.

It would seem that Marquelle does not believe that Jack has foot problems and so keeps trying to hurt him to 'prove' whether he does or not (at least what it seems like from how Jack described it to me). Please talk to Jack about it in private. I have been talking to Jack about speaking up also. Jack is also upset because they used to be friends and he doesn't know why he is treating him that way.

I figured when I had not heard anything, that my email must have gotten buried or something. Thank you for the practice math books - they have come in handy when I have been able to work with him in the evening.

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On Mon, Sep 20, 2021 at 11:48 AM Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> wrote:

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> Thank you for your time,
> Jonathan Kempf (he, him, his)
> Bloom Elementary
>
>
>
>
> ---
>
> **From:** Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
> **Sent:** Monday, September 20, 2021 11:30 AM
> **To:** John Fouts <fouts.john@gmail.com>
> **Subject:** Re: 2021-09-20 - Have Not Heard From You - Please Respond

I must have missed this email last week. I will read it and get back today.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 20, 2021 11:07 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: 2021-09-20 - Have Not Heard From You - Please Respond

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Mr. Kempf,

Please respond to email below - sent last week.

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> Math Question - Yes I realize that about the rounding - but would be best for him to learn from you as kids learn better from their teachers than their parents - he always thinks I don't know anything - but I have no idea honestly where he gets that from.
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> Jack said that Marquell also tries to slam Jack's computer shut in that classroom.

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Jack said he has tried hard not to say anything about any of these things because he was not sure if he was being bullied or not. I told him that these behaviors do represent bullying. He asked me to talk to you and to Ms. Waltz-Pollen about the situation. He asked me if there was any way that I could talk to you tonight because he is afraid of being hurt by Marquell even ore tomorrow.

He said it makes him really sad because Marquell was a good friend of his in 1st and 2nd grade. Jack said that he did honestly think that the pee incident was a pure accident in the bathroom.

I learned about all of these things tonight. Jack said he was really upset because at the end of the day Marquell received praise for having such a good day - but he had been hurting Jack during the day apparently. Jack said that it made him angry that he received praise when he had hurt him. I told him that if he did not say anything to you, that you would have no way to know that any of these things had been happening, and he said he realized that, but he was still upset. I told him that I would start by talking to you as you are his home room teacher.

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Re: 2021-09-20 - Have Not Heard From You - Please Respond

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Mon, Sep 20, 2021 at 3:27 PM
To: John Fouts <fouts.john@gmail.com>

Jack has not said anything to me at all nor has he seemed distressed. The other student and Jack sit very far away from each other, are far apart in line, and don't interact very often.
I will talk to Jack during wellness tomorrow but he generally does not seem to want to talk about anything. I will remind him that if something is happening in another class he needs to talk to the adult in charge right when it occurs.
Mr. Kempf

Sent from my iPhone

On Sep 20, 2021, at 2:43 PM, John Fouts <fouts.john@gmail.com> wrote:

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Mr. Kempf,

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Bloom Elementary
<Outlook-jzwnji45.png>

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<Outlook-ukor4042.png>

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Sent from my iPhone

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Hi Mr. Kempf.

Thanks for sending those workbooks home with Jack. Is it OK for me to keep them here for a bit, or do you want me to make some copies of some pages and get them back to you quickly? Lmk please. Look at that...I am up to snuff on my texting acronyms (nor really).

I do have a question. I think Jack does know what he needs to practice more, but last night he was showing me some of his work and how you all have been learning in class. He seems to understand some things, but not others, and I am trying to help him fill in the gaps.

See the attached photo. I did not want to be critical of him in any way because he is very srnsitive...but he said that 'the teacher said this was all right'. I told him I can see how if he was rounding that the right numbers were on the page but when we round there are additional steps. So I guess I need to understand your methodology so I can be consistent with what we practice at home. See attached image please.

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He also said you all are working with exponents and the order of operations.

And finally, he told me that you were telling the class that 0.1 is not really said as 'zero point one', which is right, but when I said oh ok Jack well we can say that as 'one-tenth', he said no that isn't how Mr. Kempf says we are supposed to say it. Again, just for the sake of consistency, please let me know how numbers like that are being referred to please. I promise I won't bug you every day! Just need to make sure I am on the same page as you in terms of how you are teaching the kids Math, so I don't confuse Jack.

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2 attachments

Outlook-ukor4042.png
6K

Outlook-jzwnji45.png
6K

Gmail John Fouts <fouts.john@gmail.com>

Re: 2021-09-20 - Have Not Heard From You - Please Respond

1 message

John Fouts <fouts.john@gmail.com> Mon, Sep 20, 2021 at 3:39 PM
To: "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

Thank you for agreeing to talk to him.

Please re-read the email I sent to you last week, this afternoon, after kids go home when you have more attention to devote to it. It was not about anything happening in 'your' classroom - it apparently has all taken place in Ms. W-P's class.

Still, you are his home-room teacher, and are supposed to be the initial point of contact - at least that is my understanding. Should I have started with the other teacher?

I assure you that Jack would not have brought it to my attention if he did not feel distressed.

Thank you again for agreeing to talk to him tomorrow.

On Mon, Sep 20, 2021 at 3:27 PM Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> wrote:

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> Bloom Elementary
> <Outlook-jzwnji45.png>

From: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Sent: Monday, September 20, 2021 11:30 AM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: 2021-09-20 - Have Not Heard From You - Please Respond

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To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: 2021-09-20 - Have Not Heard From You - Please Respond

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when I was a child - probably where he gets it from.

Potential Bullying Situation - I only learned of all of these things today, but need you to intervene here as well. First - I am proud of Jack for 'having the balls' to tell me about this situation - I could tell it was not very easy for him. When I picked him up he told me his leg was hurting really badly. I asked him what happened - he said he hurt his leg on the stairs...then as I was driving toward O'Reilly to get a replacement Compressor for my Honda, he told me he thought he was being bullied. I asked him what he meant, and these are the things that he said:

He said that today (9/15/2021), he accidentally kicked Marquell (not sure if that is how to spell his name), while they were in Ms. Waltz-Pollen's class (I am not sure if that is how you spell her name either - I am actually incredibly tired right now - but this is very important and I need to relay the information. He said he apologized to Marquell. He said Marquell kicked him back really hard three times in the place where he had hurt his leg on the stairs. Jack said he then asked Marquell but not in any mean way if he seriously had to do that. He said Marquell said 'There is no way that could have hurt so bad'....and apparently he said Jack was lying about his leg hurting really bad and that there was no way that kicking it could have hurt him either when he kicked him really hard three times.

Jack said that he tried to move out of the way but there is nowhere for him to move his legs to get out of the way in that class setting. He said this has happened almost every day since they have been in that class.

He said Marquell kicks him in his legs each day really hard until Jack moves his legs but there is nowhere to move his legs to.

Jack said that Marquell also tries to slam Jack's computer shut in that classroom.

He also said that Marquell tries to stomp on Jack's feet when he is wearing shoes but even more when he is not wearing shoes - when he is wearing flip-flops and says that Jack is lying about his feet hurting.

Jack said that Marquell also makes fun of Jack for wearing flip flops to the other kids and tells him that his feet aren't hurting, calls him a liar and apparently tells the other kids that Jack should get in trouble for wearing flip flops because it is against the school rules.

Jack said he has tried hard not to say anything about any of these things because he was not sure if he was being bullied or not. I told him that these behaviors do represent bullying. He asked me to talk to you and to Ms. Waltz-Pollen about the situation. He asked me if there was any way that I could talk to you tonight because he is afraid of being hurt by Marquell even ore tomorrow.

He said it makes him really sad because Marquell was a good friend of his in 1st and 2nd grade. Jack said that he did honestly think that the pee incident was a pure accident in the bathroom.

I learned about all of these things tonight. Jack said he was really upset because at the end of the day Marquell received praise for having such a good day - but he had been hurting Jack during the day apparently. Jack said that it made him angry that he received praise when he had hurt him. I told him that if he did not say anything to you, that you would have no way to know that any of these things had been happening, and he said he realized that, but he was still upset. I told him that I would start by talking to you as you are his home room teacher.

I told him to do all he can to avoid Marquell until you have time to address the situation. I told Jac it sounds like he needs to be moved away from Marquell's group in Ms. Waltz-Pollen's class. He said Marquell is close to him in the line position, but Jack said he doesn't want to lose his position in line because he likes who is directly in front of and behind him.

Jack said he is afraid of getting hurt each day he goes to school because of how Marquell has been hurting him.

What do you believe to be the best way to handle all of this? Jack asked me with urgency to talk to you tonight - I told him the best I could do was send an email to outline all of this information so you would have it handy. I don't want Jack to be made fun of for wearing flip flops, I don't want him to be kicked repeatedly, I don't want him to be called a liar, I don't want his feet to get stomped on, and I

don't want him to be told over and over again that his feet must really not hurt him and that he isn't telling the truth - all of those things are obviously bad for a child.

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1 message

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To: John Fouts <fouts.john@gmail.com>

I read it already. I was saying that Jack needs to contact the adult where and when something is occurring. I will make sure he knows to tell Mrs. Walts-Paulin immediately. Please convey to Jack that he needs to address situations immediately and with the adult in charge at the time. I will talk to the whole class again about talking to teachers right away. I speak to both 5th grade teachers every day about students.
Are you saying Jack doesn't want to talk to Ms. Sanchez?

Sent from my iPhone

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Thanks for clearing up what you meant

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Thanks for clarifying what you meant. I will tell him that he needs to talk to the teacher immediately too where things happen - it took him some time to get up his nerves is all the reason why he took so long before - plus he was hoping it would stop but it kept continuing.

He likes talking to Ms. Sanchez but does not always open up immediately - he has a good working relationship with her because he has worked with her for most of the 4th grade year too in addition to this year. She is one of his favorite people at Bloom.

John

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> I read it already. I was saying that Jack needs to contact the adult where and when something is occurring. I will make sure he knows to tell Mrs. Walts-Paulin immediately. Please convey to Jack that he needs to address situations immediately and with the adult in charge at the time. I will talk to the whole class again about talking to teachers right away. I speak to both 5th grade teachers every day about students.
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> > Thank you for agreeing to talk to him.
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> > Please re-read the email I sent to you last week, this afternoon, after kids go home when you have more attention to devote to it. It was not about anything happening in 'your' classroom - it apparently has all taken place in Ms. W-P's class.
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> > > Mr. Kempf

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Jack was legitimately worried and concerned about his safety.

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> Bloom Elementary
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> **Sent:** Monday, September 20, 2021 11:30 AM
> **To:** John Fouts <fouts.john@gmail.com>
> **Subject:** Re: 2021-09-20 - Have Not Heard From You - Please Respond

I must have missed this email last week. I will read it and get back today.

Thank you for your time,
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Bloom Elementary
<Outlook-ukor4042.png>

From: John Fouts <fouts.john@gmail.com>
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To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: 2021-09-20 - Have Not Heard From You - Please Respond

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Please respond to email below - sent last week.

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> At home it is a delicate situation - helping him without having him feel criticized in any way - he is so sensitive - it is hard to continue to have him learn if he feels he even made one error. I was similar when I was a child - probably where he gets it from.
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> Potential Bullying Situation - I only learned of all of these things today, but need you to intervene here as well. First - I am proud of Jack for 'having the balls' to tell me about this situation - I could tell it was not very easy for him. When I picked him up he told me his leg was hurting really badly. I asked him what happened - he said he hurt his leg on the stairs...then as I was driving toward O'Reilly to get a replacement Compressor for my Honda, he told me he thought he was being bullied. I asked him what he meant, and these are the things that he said:
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> He said that today (9/15/2021), he accidentally kicked Marquell (not sure if that is how to spell his name), while they were in Ms. Waltz-Pollen's class (I am not sure if that is how you spell her name either - I am actually incredibly tired right now - but this is very important and I need to relay the information. He said he apologized to Marquell. He said Marquell kicked him back really hard three times in the place where he had hurt his leg on the stairs. Jack said he then asked Marquell but not in any mean way if he seriously had to do that. He said Marquell said 'There is no way that could have hurt so bad'....and apparently he said Jack was lying about his leg hurting really bad and that there was no way that kicking it could have hurt him either when he kicked him really hard three times.
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> He said Marquell kicks him in his legs each day really hard until Jack moves his legs but there is nowhere to move his legs to.
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He also said that Marquell tries to stomp on Jack's feet when he is wearing shoes but even more when he is not wearing shoes - when he is wearing flip-flops and says that Jack is lying about his feet hurting.

Jack said that Marquell also makes fun of Jack for wearing flip flops to the other kids and tells him that his feet aren't hurting, calls him a liar and apparently tells the other kids that Jack should get in trouble for wearing flip flops because it is against the school rules.

Jack said he has tried hard not to say anything about any of these things because he was not sure if he was being bullied or not. I told him that these behaviors do represent bullying. He asked me to talk to you and to Ms. Waltz-Pollen about the situation. He asked me if there was any way that I could talk to you tonight because he is afraid of being hurt by Marquell even ore tomorrow.

He said it makes him really sad because Marquell was a good friend of his in 1st and 2nd grade. Jack said that he did honestly think that the pee incident was a pure accident in the bathroom.

I learned about all of these things tonight. Jack said he was really upset because at the end of the day Marquell received praise for having such a good day - but he had been hurting Jack during the day apparently. Jack said that it made him angry that he received praise when he had hurt him. I told him that if he did not say anything to you, that you would have no way to know that any of these things had been happening, and he said he realized that, but he was still upset. I told him that I would start by talking to you as you are his home room teacher.

I told him to do all he can to avoid Marquell until you have time to address the situation. I told Jac it sounds like he needs to be moved away from Marquell's group in Ms. Waltz-Pollen's class. He said Marquell is close to him in the line position, but Jack said he doesn't want to lose his position in line because he likes who is directly in front of and behind him.

Jack said he is afraid of getting hurt each day he goes to school because of how Marquell has been hurting him.

What do you believe to be the best way to handle all of this? Jack asked me with urgency to talk to you tonight - I told him the best I could do was send an email to outline all of this information so you would have it handy. I don't want Jack to be made fun of for wearing flip flops, I don't want him to be kicked repeatedly, I don't want him to be called a liar, I don't want his feet to get stomped on, and I don't want him to be told over and over again that his feet must really not hurt him and that he isn't telling the truth - all of those things are obviously bad for a child.

Please let me know how you intervene, and what the resulting actions are. I'm sorry for having to write this lengthy email but want you to have the facts as Jack relayed them to me.

Jack may have told me other things in addition but I think I probably covered 95% of what he said earlier today. I am very proud of Jack for standing up for himself, and I told him he was doing the right thing by telling me these things happened so I could talk to you about them. I also told him he could have gone to you directly.

John

On Wed, Sep 15, 2021 at 7:38 PM Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> wrote:

> You can keep those books! Don't return them.
> Jack could use help rounding. It seems he is doing the first steps correctly but not removing or eliminating all of the place values to the right of the rounded place value. Like 3.26 rounded to the tenths place should be 3.3 not 3.36.
> I will work with him tomorrow!
>
> Sent from my iPhone

On Sep 15, 2021, at 2:56 PM, John Fouts <fouts.john@gmail.com> wrote:

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Hi Mr. Kempf.

Thanks for sending those workbooks home with Jack. Is it OK for me to keep them here for a bit, or do you want me to make some copies of some pages and get them back to you quickly? Lmk please. Look at that...I am up to snuff on my texting acronyms (nor really).

I do have a question. I think Jack does know what he needs to practice more, but last night he was showing me some of his work and how you all have been learning in class. He seems to understand some things, but not others, and I am trying to help him fill in the gaps.

See the attached photo. I did not want to be critical of him in any way because he is very srnsitive...but he said that 'the teacher said this was all right'. I told him I can see how if he was rounding that the right numbers were on the page but when we round there are additional steps. So I guess I need to understand your methodology so I can be consistent with what we practice at home. See attached image please.

Also, he said he needs help with geometry but that is a very broad topic. Cab you tell me where you all are with that?

He also said you all are working with exponents and the order of operations.

And finally, he told me that you were telling the class that 0.1 is not really said as 'zero point one', which is right, but when I said oh ok Jack well we can say that as 'one-tenth', he said no that isn't how Mr. Kempf says we are supposed to say it. Again, just for the sake of consistency, please let me know how numbers like that are being referred to please. I promise I won't bug you every day! Just need to make sure I am on the same page as you in terms of how you are teaching the kids Math, so I don't confuse Jack.

I was in Engineering school for a few years and was doing Multivariate Calculus and Differential Equations and more there for a while. I am hoping to extend some of my love of Math to Jack..especially because he is very intrigued by science and Astronomy.

File is attached.

John
<20210914_211108.jpg>

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"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

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Gmail John Fouts <fouts.john@gmail.com>

Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

1 message

John Fouts <fouts.john@gmail.com> Mon, Sep 27, 2021 at 10:17 PM
To: Jack Jacobs <jack.jacobs2@jefferson.kyschools.us>

Dr. Jacobs,

I am Jack's dad as you know. Jack is having a tough year. He is being bullied in many places at school and in multiple ways. I've reported what I have learned previously, but as far as I know, little change has taken place, and Jack is continuing to have negative experiences.

These experiences have led to increased anxiety, depression, fearfulness, feelings of rejection - also Jack says it makes him feel so stressed out that he can barely finish work on time - he reports he feels this very often because of the bullying, but not all of the time.

I've reported this to Mr. Kempf in the past, and the email was missed by him for days, so I re-sent it. I was hopeful that things would begin to change. The JCPS bullying outline notes that the first step is to tell the home room teacher. Mr. Kempf was not under the impression that he should be the first contact if a large part of the bullying was taking place in a class other than in his classroom because Jack says the student (Marquell) is all the way on the other side of the classroom in Mr. Kempf's classroom. .

I read over the JCPS guide to bullying and process flow - and I am at the point now in that flow where I need to involve you as a school administrator. I need your help so Jack does not have a negative experience at school, please. This is what has been going on. I will also forward you the other email previously sent to Mr. Kempf.

What has been happening...these are a few of the things. These are all reported by Jack as things that have happened, and of course I fully believe him because I have witnessed changes in his emotional lability due to circumstances surrounding many of these issues. When I asked Jack why he has held it together at school, he has said because he is scared that either the teacher won't believe him, or he is afraid that the bullying will get worse if he says anything, or he just doesn't know how to express what has been going on to everyone because it has been happening in so many areas and so often. So here are some examples specifically.

* Marquell has thrown a pencil at Jack's eye or toward his face

* When Jack tries to drum to a beat in music class, Marquell purposefully and with intent, drums really loudly to drown out Jack and tries to make it seem like Jack is the one who is doing the loud drumming, and Marquell quickly hides his hands behind his back. Jack says if he does tell the teacher (Mx Lewis), that Marquell quickly makes up a lie or excuse like 'I wasn't even drumming at all'. Jack says he felt like the music teacher did not know who to believe, so he felt it wasn't pertinent or helpful to say anything else about what was happening
.
* Jack says that Marquell in Art class - has for example - purposefully spilled water on his own project and then tried to tell the teacher that Jack did it - but when Jack tried to tell Ms Sexton what happened - he felt like she did not know who to believe - so again - he felt like if he brought the bullying behavior of Marquell toward Jack to the attention of the teacher, that there was no point.

* Jack, in Ms. WP's class, was experiencing Marquell kicking him repeatedly in the shin, and saying that he (Marquell) needed more leg room when Jack had nowhere to put his feet. Jack says he accidentally kicked him one time - and apologized to him for the accident, and then Marquell kicked him really hard on purpose. Jack also reports that Marquell stomped on his feet a bunch because he did not believe that Jack was hurting. Jack also says that Marquell tries to get him in trouble for wearing flip-flops because he does not believe that Jack is allowed to wear flip flops - or that Jack has foot pain bad enough to wear flip flops - so it is as if he stomps on Jack's feet to try to see how badly Jack reacts to the pain - which is also physically bullying. Jack has said that after bringing this to the attention of Ms. WP - that the stomping has stopped at least - because they moved him to the other side of the table.

* Jack says that when Jack is trying to talk, Marquell keeps saying "I don't care" over and over again until Jack stops and then looks away from him to pretend like he never acted like that. Then if Jack tries to talk to others, Marquell somewhere between sometimes and often according Jack, does the same thing to get others to not hear anything that Jack says.

* Jack says if Marquell 'wants' to do something, then he will act normally.

* Jack has said that Elliot Homm has also now joined the bullying team. He says Marquell and Elliot Homm call him an idiot, call people in his family an idiot, and call Jack an idiot because of how big his letters are when he is trying to spell words. Jack says that this is something that continues to happen in Ms. WP's class.

* Jack says in the lunchroom, Marquell is the one that that basically exhibits many of the above behaviors and tries to get other people not to listen to him talk at all at lunch. Jack says this happens sometime. I have told Jack that it is not ok for this to ever happen and to tell an adult.

Jack says he is always afraid of what is going to happen on Tuesdays because he has Music and Art on Tuesdays - and it makes him feel sad because these are normally two of his favorite subjects - but instead he feels sad and anxious now because the bullying behaviors continue and now Elliott Homm started bullying Jack says shortly a few weeks after school started.

The JCPS website says some signs of being bullied include:

- Withdrawal or loss of interest in hobbies or friends (Jack says he has lost interest in art and music (a lot but not all) because of his fearfulness of what is going to happen to him next - and whether or not the teacher will believe him.
- Exhibiting nervous or fearful behavior about attending school (kind of the same as above. I cannot 'always' get Jack to talk to me to let me know what is going on...but he opens up to me quite a bit because he knows I will always try my best to make him feel safe and protected wherever he is.)
- Sleeplessness and Nightmares
- Jack feels his grades are slipping because of some of the bullying situation

I am sure there is more to all of this that Jack cannot remember, but I want to have the situation properly addressed, and it is not being addressed in a way in which the bullying behaviors have stopped - which is what I need to happen so Jack can feel safe and return to a feeling of normalcy at Bloom. Jack says that he does not often tell the teachers everything because they either don't know who to believe, because he is afraid they won't believe him, or because he just has anxiety talking to authority figures a lot of the time. I've spoken to Ms. Sanchez about this too.

I told Jack that I would see if a meeting could be arranged in which Ms. WP, Ms. Craven, and Mr. Kempf would attend, with Jack and me so Jack would be more comfortable telling everyone what is going on - but then I learned that there were also issues in Ms. Sexton and Mx Lewis's class. Now Jack is telling me that other things also happen in the lunchroom - but he said he is too upset to talk about it right now - and he will have to wait to tell me until he is ready....so I don't even know what to put about that.

Today I spoke with Ms. Sanchez and asked if she could sit in on a meeting like that too - and she said she could as long as it was a day she was there which is typically Monday or Thursday - or I think she said or every other Wednesday.

Here is the JCPS protocol:

Protocol for Reporting

We encourage all reporters to:

- Communicate your concern with the classroom teacher. [We have done this]
- Communicate your concern with a school administrator. [We are doing this with this email]
- Request a face-to-face meeting with the school to discuss concerns/events/allegations. [We are doing this via this email]
- Submit a Tipline report via phone or online.

- This report will give notice to the assistant superintendent's office [We are doing this to ensure that actions are taken that will protect Jack from further harm from the bullying].
- The report is still investigated at the school level.

If the school needs assistance or resources, then we support. We speak with students, school staff, and families to get concerns addressed and handled.

Thank you for your time listening to these very serious concerns that are affecting Jack in numerous ways adversely. I would most definitely appreciate your help in coordinating a meeting with the main 3 teachers, and also providing some kind of communication to the other teachers in special areas and in the lunchroom so Jack does not experience ongoing negative situations this year. It makes Jack sad that Marquell is treating him in these ways because Jack used to be good friends with him.

I will forward you the other email sent previously so you have a full picture.

John and Jack Fouts (Jack was here tonight helping me write this email and telling me about things that are going on in more detail).

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Fwd: 2021-09-20 - Have Not Heard From You - Please Respond

1 message

John Fouts <fouts.john@gmail.com> Tue, Sep 28, 2021 at 1:53 AM
To: Jack Jacobs <jack.jacobs2@jefferson.kyschools.us>

Dr. Jacobs,

Here is the email history of the bullying stuff prior to the other email I sent to you today. Bullying needs to be taken seriously please and addressed promptly. Jack said that Elliott Homm is now bullying him with Marquell and trying to recruit others to join in the bullying efforts.

John

---------- Forwarded message ---------
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Date: Mon, Sep 20, 2021 at 4:13 PM
Subject: Re: 2021-09-20 - Have Not Heard From You - Please Respond
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He also said that Marquell tries to stomp on Jack's feet when he is wearing shoes but even more when he is not wearing shoes - when he is wearing flip-flops and says that Jack is lying about his feet hurting.

Jack said that Marquell also makes fun of Jack for wearing flip flops to the other kids and tells him that his feet aren't hurting, calls him a liar and apparently tells the other kids that Jack should get in trouble for wearing flip flops because it is against the school rules.

Jack said he has tried hard not to say anything about any of these things because he was not sure if he was being bullied or not. I told him that these behaviors do represent bullying. He asked me to talk to you and to Ms. Waltz-Pollen about the situation. He asked me if there was any way that I could talk to you tonight because he is afraid of being hurt by Marquell even ore tomorrow.

He said it makes him really sad because Marquell was a good friend of his in 1st and 2nd grade. Jack said that he did honestly think that the pee incident was a pure accident in the bathroom.

I learned about all of these things tonight. Jack said he was really upset because at the end of the day Marquell received praise for having such a good day - but he had been hurting Jack during the day apparently. Jack said that it made him angry that he received praise when he had hurt him. I told him that if he did not say anything to you, that you would have no way to know that any of these things had been happening, and he said he realized that, but he was still upset. I told him that I would start by talking to you as you are his home room teacher.

I told him to do all he can to avoid Marquell until you have time to address the situation. I told Jac it sounds like he needs to be moved away from Marquell's group in Ms. Waltz-Pollen's class. He said Marquell is close to him in the line position, but Jack said he doesn't want to lose his position in line because he likes who is directly in front of and behind him.

Jack said he is afraid of getting hurt each day he goes to school because of how Marquell has been hurting him.

What do you believe to be the best way to handle all of this? Jack asked me with urgency to talk to you tonight - I told him the best I could do was send an email to outline all of this information so you would have it handy. I don't want Jack to be made fun of for wearing flip flops, I don't want him to be kicked repeatedly, I don't want him to be called a liar, I don't want his feet to get stomped on, and I don't want him to be told over and over again that his feet must really not hurt him and that he isn't telling the truth - all of those things are obviously bad for a child.

Please let me know how you intervene, and what the resulting actions are. I'm sorry for having to write this lengthy email but want you to have the facts as Jack relayed them to me.

Jack may have told me other things in addition but I think I probably covered 95% of what he said earlier today. I am very proud of Jack for standing up for himself, and I told him he was doing the right thing by telling me these things happened so I could talk to you about them. I also told him he could have gone to you directly.

John

On Wed, Sep 15, 2021 at 7:38 PM Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> wrote:

> You can keep those books! Don't return them.
> Jack could use help rounding. It seems he is doing the first steps correctly but not removing or eliminating all of the place values to the right of the rounded place value.

Like 3.26 rounded to the tenths place should be 3.3 not 3.36.
I will work with him tomorrow!

Sent from my iPhone

> On Sep 15, 2021, at 2:56 PM, John Fouts <fouts.john@gmail.com> wrote:
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> Hi Mr. Kempf.
>
> Thanks for sending those workbooks home with Jack. Is it OK for me to keep them here for a bit, or do you want me to make some copies of some pages and get them back to you quickly? Lmk please. Look at that...I am up to snuff on my texting acronyms (nor really).
>
> I do have a question. I think Jack does know what he needs to practice more, but last night he was showing me some of his work and how you all have been learning in class. He seems to understand some things, but not others, and I am trying to help him fill in the gaps.
>
> See the attached photo. I did not want to be critical of him in any way because he is very srnsitive...but he said that 'the teacher said this was all right'. I told him I can see how if he was rounding that the right numbers were on the page but when we round there are additional steps. So I guess I need to understand your methodology so I can be consistent with what we practice at home. See attached image please.
>
> Also, he said he needs help with geometry but that is a very broad topic. Cab you tell me where you all are with that?
>
> He also said you all are working with exponents and the order of operations.
>
> And finally, he told me that you were telling the class that 0.1 is not really said as 'zero point one', which is right, but when I said oh ok Jack well we can say that as 'one-tenth', he said no that isn't how Mr. Kempf says we are supposed to say it. Again, just for the sake of consistency, please let me know how numbers like that are being referred to please. I promise I won't bug you every day! Just need to make sure I am on the same page as you in terms of how you are teaching the kids Math, so I don't confuse Jack.
>
> I was in Engineering school for a few years and was doing Multivariate Calculus and Differential Equations and more there for a while. I am hoping to extend some of my love of Math to Jack..especially because he is very intrigued by science and Astronomy.
>
> File is attached.
>
> John
> <20210914_211108.jpg>

--
"Shining" in Service,
John R. Fouts, MBA

> > > > **Fax. 502.996.8246**
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> > > > **--**
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

1 message

Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us> Tue, Sep 28, 2021 at 11:08 AM
To: John Fouts <fouts.john@gmail.com>
Cc: "Wright, Amy M." <amy.wright2@jefferson.kyschools.us>, "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>, "Craven, Jamie K." <jamie.craven@jefferson.kyschools.us>, "Walts-Paulin, Crystal L" <crystal.walts-paulin@jefferson.kyschools.us>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

Hi there,

I have received your emails. Myself, the admin team, the teachers, and our MHP are here to help J out.

For now, I've asked the 5th grade team to keep the other boys away from J and keep a close eye on this.

Ms. Whitmer, Ms. Wright, and I have meetings and trainings for 5th graders regarding bullying every year...and we will continue with this support this year for both students who are or might one day be either victim or bully.

The team will also continue to support J in different ways.

5th grade teachers and Ms. Sanchez, please separately discuss a date and time that works for you all and then one of you can share with John (Cc Ms. Whitmer, Ms. Wright, and myself).

Cheers,
Jack

Jack F. Jacobs, Ph.D., (he, him, his)
Principal | Bloom Elementary
502-485-8211 | jack.jacobs2@jefferson.kyschools.us
Fax: 313-3417
Twitter: https://twitter.com/BloomBulldogs
Dissertation: https://scholarworks.bellarmine.edu/cgi/viewcontent.cgi?article=1056&context=tdc

ISTE CERTIFIED EDUCATOR

Our Impact | **Vision**
To become a world leader in individualized student growth.

Our Work | **WHY Statement**
At Bloom Elementary, we provide life-enriching opportunities so that students are empowered to become the best version of themselves and are celebrated.

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 27, 2021 10:17 PM
To: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
Subject: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Dr. Jacobs,

I am Jack's dad as you know. Jack is having a tough year. He is being bullied in many places at school and in multiple ways. I've reported what I have learned previously, but as far as I know, little change has taken place, and Jack is continuing to have negative experiences.

These experiences have led to increased anxiety, depression, fearfulness, feelings of rejection - also Jack says it makes him feel so stressed out that he can barely finish work on time - he reports he feels this very often because of the bullying, but not all of the time.

I've reported this to Mr. Kempf in the past, and the email was missed by him for days, so I re-sent it. I was hopeful that things would begin to change. The JCPS bullying outline notes that the first step is to tell the home room teacher. Mr. Kempf was not under the impression that he should be the first contact if a large part of the bullying was taking place in a class other than in his classroom because Jack says the student (Marquell) is all the way on the other side of the classroom in Mr. Kempf's classroom. .

I read over the JCPS guide to bullying and process flow - and I am at the point now in that flow where I need to involve you as a school administrator. I need your help so Jack does not have a negative experience at school, please. This is what has been going on. I will also forward you the other email previously sent to Mr. Kempf.

What has been happening...these are a few of the things. These are all reported by Jack as things that have happened, and of course I fully believe him because I have witnessed changes in his emotional lability due to circumstances surrounding many of these issues. When I asked Jack why he has held it together at school, he has said because he is scared that either the teacher won't believe him, or he is afraid that the bullying will get worse if he says anything, or he just doesn't know how to express what has been going on to everyone because it has been happening in so many areas and so often. So here are some examples specifically.

* Marquell has thrown a pencil at Jack's eye or toward his face

* When Jack tries to drum to a beat in music class, Marquell purposefully and with intent, drums really loudly to drown out Jack and tries to make it seem like Jack is the one who is doing the loud drumming, and Marquell quickly hides his hands behind his back. Jack says if he does tell the teacher (Mx Lewis), that Marquell quickly makes up a lie or excuse like 'I wasn't even drumming at all'. Jack says he felt like the music teacher did not know who to believe, so he felt it wasn't pertinent or helpful to say anything else about what was happening
.
* Jack says that Marquell in Art class - has for example - purposefully spilled water on his own project and then tried to tell the teacher that Jack did it - but when Jack tried to tell Ms Sexton what happened - he felt like she did not know who to believe - so again - he felt like if he brought the bullying behavior of Marquell toward Jack to the attention of the teacher, that there was no point.

* Jack, in Ms. WP's class, was experiencing Marquell kicking him repeatedly in the shin, and saying that he (Marquell) needed more leg room when Jack had nowhere to put his feet. Jack says he accidentally kicked him one time - and apologized to him for the accident, and then Marquell kicked him really hard on purpose. Jack also reports that Marquell stomped on his feet a bunch because he did not believe that Jack was hurting. Jack also says that Marquell tries to get him in trouble for wearing flip-flops because he does not believe that Jack is allowed to wear flip flops - or that Jack has foot pain bad enough to wear flip flops - so it is as if he stomps on Jack's feet to try to see how badly Jack reacts to the

pain - which is also physically bullying. Jack has said that after bringing this to the attention of Ms. WP - that the stomping has stopped at least - because they moved him to the other side of the table.

* Jack says that when Jack is trying to talk, Marquell keeps saying "I don't care" over and over again until Jack stops and then looks away from him to pretend like he never acted like that. Then if Jack tries to talk to others, Marquell somewhere between sometimes and often according Jack, does the same thing to get others to not hear anything that Jack says.

* Jack says if Marquell 'wants' to do something, then he will act normally.

* Jack has said that Elliot Homm has also now joined the bullying team. He says Marquell and Elliot Homm call him an idiot, call people in his family an idiot, and call Jack an idiot because of how big his letters are when he is trying to spell words. Jack says that this is something that continues to happen in Ms. WP's class.

* Jack says in the lunchroom, Marquell is the one that that basically exhibits many of the above behaviors and tries to get other people not to listen to him talk at all at lunch. Jack says this happens sometime. I have told Jack that it is not ok for this to ever happen and to tell an adult.

Jack says he is always afraid of what is going to happen on Tuesdays because he has Music and Art on Tuesdays - and it makes him feel sad because these are normally two of his favorite subjects - but instead he feels sad and anxious now because the bullying behaviors continue and now Elliott Homm started bullying Jack says shortly a few weeks after school started.

The JCPS website says some signs of being bullied include:

- Withdrawal or loss of interest in hobbies or friends (Jack says he has lost interest in art and music (a lot but not all) because of his fearfulness of what is going to happen to him next - and whether or not the teacher will believe him.
- Exhibiting nervous or fearful behavior about attending school (kind of the same as above. I cannot 'always' get Jack to talk to me to let me know what is going on...but he opens up to me quite a bit because he knows I will always try my best to make him feel safe and protected wherever he is.)
- Sleeplessness and Nightmares
- Jack feels his grades are slipping because of some of the bullying situation

I am sure there is more to all of this that Jack cannot remember, but I want to have the situation properly addressed, and it is not being addressed in a way in which the bullying behaviors have stopped - which is what I need to happen so Jack can feel safe and return to a feeling of normalcy at Bloom. Jack says that he does not often tell the teachers everything because they either don't know who to believe, because he is afraid they won't believe him, or because he just has anxiety talking to authority figures a lot of the time. I've spoken to Ms. Sanchez about this too.

I told Jack that I would see if a meeting could be arranged in which Ms. WP, Ms. Craven, and Mr. Kempf would attend, with Jack and me so Jack would be more comfortable telling everyone what is going on - but then I learned that there were also issues in Ms. Sexton and Mx Lewis's class. Now Jack is telling me that other things also happen in the lunchroom - but he said he is too upset to talk about it right now - and he will have to wait to tell me until he is ready....so I don't even know what to put about that.

Today I spoke with Ms. Sanchez and asked if she could sit in on a meeting like that too - and she said she could as long as it was a day she was there which is typically Monday or Thursday - or I think she said or every other Wednesday.

Here is the JCPS protocol:

Protocol for Reporting

We encourage all reporters to:

- Communicate your concern with the classroom teacher. [We have done this]
- Communicate your concern with a school administrator. [We are doing this with this email]
- Request a face-to-face meeting with the school to discuss concerns/events/allegations. [We are doing this via this email]

- Submit a Tipline report via phone or online.
  - This report will give notice to the assistant superintendent's office [We are doing this to ensure that actions are taken that will protect Jack from further harm from the bullying].
  - The report is still investigated at the school level.

If the school needs assistance or resources, then we support. We speak with students, school staff, and families to get concerns addressed and handled.

Thank you for your time listening to these very serious concerns that are affecting Jack in numerous ways adversely. I would most definitely appreciate your help in coordinating a meeting with the main 3 teachers, and also providing some kind of communication to the other teachers in special areas and in the lunchroom so Jack does not experience ongoing negative situations this year. It makes Jack sad that Marquell is treating him in these ways because Jack used to be good friends with him.

I will forward you the other email sent previously so you have a full picture.

John and Jack Fouts (Jack was here tonight helping me write this email and telling me about things that are going on in more detail).

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

1 message

John Fouts <fouts.john@gmail.com> Tue, Sep 28, 2021 at 3:22 PM
To: "Walts-Paulin, Crystal L" <crystal.walts-paulin@jefferson.kyschools.us>
Cc: "Wright, Amy M." <amy.wright2@jefferson.kyschools.us>, "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>, "Craven, Jamie K." <jamie.craven@jefferson.kyschools.us>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>, "Jacobs, Jack F" <jack.jacobs2@jefferson.kyschools.us>

Thank you for helping to address the issues Jack has experienced, cohesively, as a team. Is there any way that you all can communicate with Mx Lewis and Ms. Sexton to see if arrangements can be made so Jack does not end up next to the other students in those 2 classes?

I would prefer for all of you to be there, so Thursday Oct. 7 would be the best in that case - but I don't know if Ms. Sanchez is available then. Are you available on the 7th at 8:30 a.m. Ms. Sanchez? I want you to be there so that Jack can feel comfortable and at ease as well - and I know he trusts you too.

John

On Tue, Sep 28, 2021 at 2:05 PM Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us> wrote:

> Mr. Fouts,
> After reading through this email, Mr. Kempf, Mrs. Craven and I have come together to discuss steps to help with this situation.
>
> Mr. Kempf has already changed the seating arrangement. He moved students to accomodate Jack not being near any of the students mentioned in your email. Mr. Kempf also looked at all 3 fifth grade classrooms to ensure that this seating arrangement would work in each of our classrooms.
>
> We would like to set the meeting for the week immediately following Fall Break. Mrs. Craven will be out until Oct. 7th. We could schedule a meeting for 8:30am either Monday (Oct. 4th), without Mrs. Craven, or Thursday (Oct. 7th), with Mrs. Craven.
>
> Just let us know which date works best for you!
>
> Crystal Walts-Paulin
> She/her
> 5th Grade Deeper Learning Enthusiast
> Bloom Elementary
> BUILDING AMBASSADOR / @jcpsforward

From: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
Sent: Tuesday, September 28, 2021 11:08 AM
To: John Fouts <fouts.john@gmail.com>
Cc: Wright, Amy M. <amy.wright2@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

Hi there,

I have received your emails. Myself, the admin team, the teachers, and our MHP are here to help J out.

For now, I've asked the 5th grade team to keep the other boys away from J and keep a close eye on this.

Ms. Whitmer, Ms. Wright, and I have meetings and trainings for 5th graders regarding bullying every year...and we will continue with this support this year for both students who are or might one day be either victim or bully.

The team will also continue to support J in different ways.

5th grade teachers and Ms. Sanchez, please separately discuss a date and time that works for you all and then one of you can share with John (Cc Ms. Whitmer, Ms. Wright, and myself).

Cheers,
Jack

Jack F. Jacobs, Ph.D., (he, him, his)
Principal | Bloom Elementary
502-485-8211 | jack.jacobs2@jefferson.kyschools.us
Fax: 313-3417
Twitter: https://twitter.com/BloomBulldogs
Dissertation: https://scholarworks.bellarmine.edu/cgi/viewcontent.cgi?article=1056&context=tdc

Our Impact | **Vision**
To become a world leader in individualized student growth.

Our Work | **WHY Statement**
At Bloom Elementary, we provide life-enriching opportunities so that students are empowered to become the best version of themselves and are celebrated.

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 27, 2021 10:17 PM

To: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
Subject: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

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These experiences have led to increased anxiety, depression, fearfulness, feelings of rejection - also Jack says it makes him feel so stressed out that he can barely finish work on time - he reports he feels this very often because of the bullying, but not all of the time.

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  - This report will give notice to the assistant superintendent's office [We are doing this to ensure that actions are taken that will protect Jack from further harm from the bullying].
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John and Jack Fouts (Jack was here tonight helping me write this email and telling me about things that are going on in more detail).

--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Update - This time I actually am able to give you some time to read this!

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Mon, Oct 4, 2021 at 10:56 AM
To: John Fouts <fouts.john@gmail.com>

Hi John,

I read your email and hear your concern. I am happy to hear you reached out to 7 CO, calling them may be more efficient, I am not sure how quickly they respond to email, but if they do that's great too!

If you are ever concerned about Jack being dysregulated to an extreme (appears he may hurt himself or others, says things about hurting himself or others, or saying things like he doesn't want to live), It is very important that you get more support with that immediately. Peace Hospital or The Brook-both are open 24 hours a day and you can take him at any time.

When we meet at school, We do mindfulness, we do a check in about the highs and lows of the past week. Sometimes we use a timeline activity to identify those if they are hard to notice. Then we work on our "focus" of the day. Most of the time it is emotion regulation, emotional awareness, problem solving, peer relationships, etc. We definitely address any worries or situations at school or even at home as Jack identifies issues. I am always a part of team and will advocate for Jack as long as he is ok with me sharing anything he shares with me.

I will meet with him today and look forward to supporting on Thursday in our larger meeting.

Take care and talk soon!

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 4, 2021 12:20 AM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Jack Update - This time I actually am able to give you some time to read this!

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

I am worried about Jack - a lot. Last Friday when I picked him up - he was extremely dysregulated - more than I have ever seen him. So much that I almost took him to the crisis center over the weekend - not this weekend - when I dropped him off at his mom's - but the last one - after I picked him up after he had been with his mom for a week.

I took him camping instead - which was very challenging physically for me - but it helped him to be in nature, and I ALWAYS want what is best for Jack no matter what - and he knows that.

He was behaving in a way similar to how Anna would behave when she was having a mental BPD crisis. I had not ever seen him like that....she was my ex gf that ended up committing suicide.

Jack has also been worrying me saying things like he never feels like he does a good job, and that he doesn't care if he lives, and things along those lines. It is deeply concerning to me. When I ask him why, he says he does not know why, but I told him that he may not want to talk about it, and may not fully know why, but that only he knows his own thoughts and that I'd like it if he would share them so I could help him better.

When I asked him what was wrong, he basically said he didn't want to talk about it. I could tell he was not very well rested at all from the week - he had big purple areas from tiredness and allergies under his eyes....he does not ever get enough rest over there seemingly. I know it is because it is hard to get everything squeezed in during the night hours - but Jack's rest needs to be priority number one for more than one reason - it can make neuropathy symptoms much worse and lead to further depression and anxiety which leads to more sleep problems which leads to making pain worse vicious cycle.

When we got to the Gorge, where I took him, because it is his favorite place he has ever been, I really needed his help - but he would not listen to anything - and was screaming about taking a step - but I had to get the tent set up and stuff like that - and I got frustrated and told him I really needed his help or we might have to just drive home. I was far too tired to drive home then, but I really felt like we might have to do that if he did not stop screaming - well - of course - that just made things worse - and then I felt awful for saying that.

I wrote to 7 County Svcs over the weekend since I could not call them to schedule an appointment since it was not their normal business hours. I wrote:

"I am trying to establish therapy for my son, Jack A .Fouts - same address as my address listed above. I got Jack set up for in-school therapy last year, and his therapist is really great. The only thing is, she is very limited in ways she can help because she must only talk about school related topics with Jack. She suggested that outside of school therapy either weekly or every other week would be great to help Jack be able to hit on the rest of the areas in life in which he may need a little therapy help.

I am divorced. After 13 years of marriage (and after the latter part of many of those years - me [Jack's dad], developing chronic health problems, Jack's mother decided she wanted to divorce me). Really, all-in-all, I feel much better off not being around a woman who did not love me and did not treat me very well (for years).

Jack, I do not think, has fully processed all of that. Separation in 2017, divorce final in 2018.... Jack is also now learning that his mother does not treat him (in ways that I believe a mother should treat her son - or in ways he thinks a mother should treat her son). Around Jack, I try to remain very neutral and Switzerland-like, unless there is something major that happens - like recently I've learned she has been gaslighting him quite a bit.... I can always tell when something has happened - but cannot always get him to talk to me about it. I realize this is normal (the not always being willing to talk about it part)....but things have been escalating and I am not sure how best to help Jack outside of trying to get him into therapy STAT. I have actually been trying for months, but therapists have extensive wait lists, do not see children, do not take Caresource (our insurance), or don't return calls or emails for appointments - so it has been a challenge in and of itself just to get something scheduled.

Jack is a wonderful, caring, sensitive, kind, empathetic, energetic kid. There have been many changes in the last few years - especially since COVID.....Jack, right after mastering his multiplication tables, in 3rd grade, had to not go back to school for the rest of his 3rd grade year due to COVID, and for all of his 4th grade year he did NTI. I know teachers tried their hardest, but a solid brunt of the work for helping kids learn was placed upon parents who were trying to work full time. My ex-wife will not take Jack to doctors appointments, uses my parents as her babysitters - even for her date nights, does not listen to Jack when he talks to her even if Jack begs her - it is right back down to facebook on her phone or whatever app, she is uninvolved with his school activities in major part as well. I have taken care of Jack's 504 plan every year - she doesn't even want to look at it generally.

When Jack was a younger child, he was bullied by a teacher...yes a teacher...who told him ... in front of the class ... when he was in Kindergarten....that Jack was the reason for all the problems the class had....when I went in to meet with the Principal at his old school....they said....well....the teacher has been here for 28 years....doesn't deny she said that.....but she has tenure here....so we cannot really do anything about it....I about bit my tongue off trying to hold in words.... they told me that year....that Jack could be switched to a different classroom away from all the people he knew for the last 3 weeks of that school year if I wanted, but that was all they would offer. At that time, I thought Jack was going to still be at that school for I did not know how long, and fearing some kind of retaliation that would impact Jack, I decided to tough it out with him....unfortunately, he was also then bullied on the bus by a kid who kept damaging his property - backpack, papers, toys, and hurting Jack, and the bus monitor would not do anything about it....I again had to try to resolve the situation politically....the solution ended up being good in that case as the counselor at that school helped me find a 5th grade buddy for Jack to sit next to in Kindergarten and 1st Grade (first part of first grade year)....

Back to third grade...at the end of third grade, Jack was borderline about being in the gifted and talented program....now, however, he is really struggling - as I am sure many children are - to get back on track with learning.

So this year, Jack came out very upset from school several days in a row, and I knew something was wrong - finally I got him to tell me some of the things - and he is being bullied again - this time by one of his previous good friends who started treating him differently, and has now started recruiting other kids to bully Jack.

When Jack told me, I immediately went to the school (this is not the same school as the old school) with the concerns. I talked to his 3 teachers who have him for big parts of 5th grade. I talked to the school therapist that he sees, and the school administrators, and Jack said he would talk to them more openly if I went to a meeting with him - so this week coming up - one morning - I have a meeting with all of the afore-mentioned with Jack to be by his side and show him he has support and my solidarity. His mother won't be coming to the meeting.

In addition to the bullying, the situation Jack has going on with his mom, he also is struggling with complex medical illness. He has had Gastroparesis since birth (dx at 3 years old)....he later got an adhd diagnosis, and about 8 months ago, he started developing migraines, sudden onset fatigue, bone-breaking type pain, burning foot pain, and inability to wear shoes for long periods of time and socks due to burning pain. I understood what I was seeing because I suffer from small fiber neuropathy - thank goodness I knew though...I personally went for years before I was officially diagnosed.....the cause is still unknown for both Jack and for me.

I am sure Jack will want to talk about things regarding he and I as well as the above. The last time I picked him up from school on a Friday, not this past Friday, but the one before, he was totally dysregulated. I haven't quite seen him so far off in a bad place emotionally. I need him to be able to get the help he needs. He said he felt like he didn't matter, and that he wasn't valuable at all, and he said he felt he wasn't worth anything. I kept asking him if there was anything I could do differently that would help him feel better, and he said he didn't know....and then he talked more about the bullying and about situations with his mom. We have 50/50 custody. He is with me one week, then with her the next. I pick him up every day from school, even during her weeks, and then when she gets off work, she picks him up from my house on her weeks. So he is with me about 1.5 hours each day on her weeks due to that time overlap. I treasure all the time I get to spend with him.

How soon can we get him in to see someone to talk to? If there are any therapists on board that understand chronic pain or invisible illness that would be ideal for Jack.

Jack's date of birth is 4/26/2011. The therapy request I am putting in is for him not for me. I recently started seeing another therapist myself."

So Jack called me tonight - Sunday night - and when I answered the phone all I heard was his mom pretty loudly and frustratedly semi-yelling saying that he needs to not just grab her phone to call me. Jack was too scared to talk for fear of her yelling at him further. They had me on speaker. I asked if Jack could call me back in a minute after they talked about the phone situation, and she said no - if Jack wants to talk - he needs to talk right now. I then said can Jack take the phone in the other room to talk to me - I didn't hear an answer but then Jack said that he was in the other room and that his mom said it was okay.

I told him that he needed to listen to his mom about not grabbing the phone, I told him I know it is hard to listen when someone is yelling at you. He said that she had been yelling at him a lot this weekend, and that has been making it harder for him. He said he used his words and told her that it would be a lot easier for him to do things if she was not yelling at him as much. I told him that he did the right thing, and that it takes time for peoples' behaviors to change. I told him goodnight and to have happy dreams and that I would see him tomorrow after school.

I think the bullying compounded with the home situation is especially making it a challenge right now for Jack. I can only control what happens here - and I know that I make mistakes too with Jack - but I try to address the mistakes that I make with him. I tried to talk to his mom with him when I dropped him off about some things for him - but she would only talk about herself - she would not hear anything. You may want to ask Jack if he believes it is affecting his school performance so you can delve more into that area - if he will talk about it. Hopefully I will get something set up with 7 County Svcs tomorrow too.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

See You On Thursday

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 4, 2021 at 2:15 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

No one has confirmed the meeting on Thursday at 8:30 a.m. with me, so I guess I will write to Ms. Whitmer to confirm that time?

Anyway - I was able to get Jack's initial evaluation set up at 7 County Services. They said he has to be evaluated again for services because he was last evaluated in 2018.

His appointment is on Oct. 25 via Zoom - that is the only way they are doing things - and I need to be there with him they said - which I figured of course - and is no big deal. I try to always be there for him. His appointment is at 10 a.m. that day.

I wanted to let you know that I got him scheduled finally. Not for lack of trying certainly for an earlier date and time.

John

On Mon, Oct 4, 2021 at 8:59 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Yes, I am able to be there on Thursday, October 7th at 8:30.
>
> Thank you,
>
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Tuesday, September 28, 2021 3:22 PM
> **To:** Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>
> **Cc:** Wright, Amy M. <amy.wright2@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
> **Subject:** Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> Thank you for helping to address the issues Jack has experienced, cohesively, as a team. Is there any way that you all can communicate with Mx Lewis and Ms. Sexton to see if arrangements can be made so Jack does not end up next to the other students in those 2 classes?
>
> I would prefer for all of you to be there, so Thursday Oct. 7 would be the best in that case - but I don't know if Ms. Sanchez is available then. Are you available on the 7th at 8:30 a.m. Ms. Sanchez? I want you to be there so that Jack can feel comfortable and at ease as well - and I know he trusts you too.
>
> John
>
> On Tue, Sep 28, 2021 at 2:05 PM Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us> wrote:

Mr. Fouts,
After reading through this email, Mr. Kempf, Mrs. Craven and I have come together to discuss steps to help with this situation.

Mr. Kempf has already changed the seating arrangement. He moved students to accomodate Jack not being near any of the students mentioned in your email. Mr. Kempf also looked at all 3 fifth grade classrooms to ensure that this seating arrangement would work in each of our classrooms.

We would like to set the meeting for the week immediately following Fall Break. Mrs. Craven will be out until Oct. 7th. We could schedule a meeting for 8:30am either Monday (Oct. 4th), without Mrs. Craven, or Thursday (Oct. 7th), with Mrs. Craven.

Just let us know which date works best for you!

Crystal Walts-Paulin
She/her
5th Grade Deeper Learning Enthusiast
Bloom Elementary
BUILDING AMBASSADOR / @jcpsforward

From: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
Sent: Tuesday, September 28, 2021 11:08 AM
To: John Fouts <fouts.john@gmail.com>
Cc: Wright, Amy M. <amy.wright2@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

Hi there,

I have received your emails. Myself, the admin team, the teachers, and our MHP are here to help J out.

For now, I've asked the 5th grade team to keep the other boys away from J and keep a close eye on this.

Ms. Whitmer, Ms. Wright, and I have meetings and trainings for 5th graders regarding bullying every year...and we will continue with this support this year for both students who are or might one day be either victim or bully.

The team will also continue to support J in different ways.

5th grade teachers and Ms. Sanchez, please separately discuss a date and time that works for you all and then one of you can share with John (Cc Ms. Whitmer, Ms. Wright, and myself).

Cheers,
Jack

Jack F. Jacobs, Ph.D., (he, him, his)
Principal | Bloom Elementary
502-485-8211 | jack.jacobs2@jefferson.kyschools.us
Fax: 313-3417
Twitter: https://twitter.com/BloomBulldogs
Dissertation: https://scholarworks.bellarmine.edu/cgi/viewcontent.cgi?article=1056&context=tdc

Our Impact | **Vision**
To become a world leader in individualized student growth.

Our Work | **WHY Statement**
At Bloom Elementary, we provide life-enriching opportunities so that students are empowered to become the best version of themselves and are celebrated.

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 27, 2021 10:17 PM
To: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
Subject: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Dr. Jacobs,

I am Jack's dad as you know. Jack is having a tough year. He is being bullied in many places at school and in multiple ways. I've reported what I have learned previously, but as far as I know, little change has taken place, and Jack is continuing to have negative experiences.

These experiences have led to increased anxiety, depression, fearfulness, feelings of rejection - also Jack says it makes him feel so stressed out that he can barely finish work on time - he reports he feels this very often because of the bullying, but not all of the time.

I've reported this to Mr. Kempf in the past, and the email was missed by him for days, so I re-sent it. I was hopeful that things would begin to change. The JCPS bullying outline notes that the first step is to tell the home room teacher. Mr. Kempf was not under the impression that he should be the first contact if a large part of the bullying was taking place in a class other than in his classroom because Jack says the student (Marquell) is all the way on the other side of the classroom in Mr. Kempf's classroom. .

I read over the JCPS guide to bullying and process flow - and I am at the point now in that flow where I need to involve you as a school administrator. I need your help so Jack does not have a negative experience at school,

please. This is what has been going on. I will also forward you the other email previously sent to Mr. Kempf.

What has been happening...these are a few of the things. These are all reported by Jack as things that have happened, and of course I fully believe him because I have witnessed changes in his emotional lability due to circumstances surrounding many of these issues. When I asked Jack why he has held it together at school, he has said because he is scared that either the teacher won't believe him, or he is afraid that the bullying will get worse if he says anything, or he just doesn't know how to express what has been going on to everyone because it has been happening in so many areas and so often. So here are some examples specifically.

* Marquell has thrown a pencil at Jack's eye or toward his face

* When Jack tries to drum to a beat in music class, Marquell purposefully and with intent, drums really loudly to drown out Jack and tries to make it seem like Jack is the one who is doing the loud drumming, and Marquell quickly hides his hands behind his back. Jack says if he does tell the teacher (Mx Lewis), that Marquell quickly makes up a lie or excuse like 'I wasn't even drumming at all'. Jack says he felt like the music teacher did not know who to believe, so he felt it wasn't pertinent or helpful to say anything else about what was happening
.
* Jack says that Marquell in Art class - has for example - purposefully spilled water on his own project and then tried to tell the teacher that Jack did it - but when Jack tried to tell Ms Sexton what happened - he felt like she did not know who to believe - so again - he felt like if he brought the bullying behavior of Marquell toward Jack to the attention of the teacher, that there was no point.

* Jack, in Ms. WP's class, was experiencing Marquell kicking him repeatedly in the shin, and saying that he (Marquell) needed more leg room when Jack had nowhere to put his feet. Jack says he accidentally kicked him one time - and apologized to him for the accident, and then Marquell kicked him really hard on purpose. Jack also reports that Marquell stomped on his feet a bunch because he did not believe that Jack was hurting. Jack also says that Marquell tries to get him in trouble for wearing flip-flops because he does not believe that Jack is allowed to wear flip flops - or that Jack has foot pain bad enough to wear flip flops - so it is as if he stomps on Jack's feet to try to see how badly Jack reacts to the pain - which is also physically bullying. Jack has said that after bringing this to the attention of Ms. WP - that the stomping has stopped at least - because they moved him to the other side of the table.

* Jack says that when Jack is trying to talk, Marquell keeps saying "I don't care" over and over again until Jack stops and then looks away from him to pretend like he never acted like that. Then if Jack tries to talk to others, Marquell somewhere between sometimes and often according Jack, does the same thing to get others to not hear anything that Jack says.

* Jack says if Marquell 'wants' to do something, then he will act normally.

* Jack has said that Elliot Homm has also now joined the bullying team. He says Marquell and Elliot Homm call him an idiot, call people in his family an idiot, and call Jack an idiot because of how big his letters are when he is trying to spell words. Jack says that this is something that continues to happen in Ms. WP's class.

* Jack says in the lunchroom, Marquell is the one that that basically exhibits many of the above behaviors and tries to get other people not to listen to him talk at all at lunch. Jack says this happens sometime. I have told Jack that it is not ok for this to ever happen and to tell an adult.

Jack says he is always afraid of what is going to happen on Tuesdays because he has Music and Art on Tuesdays - and it makes him feel sad because these are normally two of his favorite subjects - but instead he feels sad and anxious now because the bullying behaviors continue and now Elliott Homm started bullying Jack says shortly a few weeks after school started.

The JCPS website says some signs of being bullied include:

- Withdrawal or loss of interest in hobbies or friends (Jack says he has lost interest in art and music (a lot but not all) because of his fearfulness of what is going to happen to him next - and whether or not the teacher will believe him.
- Exhibiting nervous or fearful behavior about attending school (kind of the same as above. I cannot 'always' get Jack to talk to me to let me know what is going on...but he opens up to me quite a bit because he knows I will always try my best to make him feel safe and protected wherever he is.)
- Sleeplessness and Nightmares

- Jack feels his grades are slipping because of some of the bullying situation

I am sure there is more to all of this that Jack cannot remember, but I want to have the situation properly addressed, and it is not being addressed in a way in which the bullying behaviors have stopped - which is what I need to happen so Jack can feel safe and return to a feeling of normalcy at Bloom. Jack says that he does not often tell the teachers everything because they either don't know who to believe, because he is afraid they won't believe him, or because he just has anxiety talking to authority figures a lot of the time. I've spoken to Ms. Sanchez about this too.

I told Jack that I would see if a meeting could be arranged in which Ms. WP, Ms. Craven, and Mr. Kempf would attend, with Jack and me so Jack would be more comfortable telling everyone what is going on - but then I learned that there were also issues in Ms. Sexton and Mx Lewis's class. Now Jack is telling me that other things also happen in the lunchroom - but he said he is too upset to talk about it right now - and he will have to wait to tell me until he is ready....so I don't even know what to put about that.

Today I spoke with Ms. Sanchez and asked if she could sit in on a meeting like that too - and she said she could as long as it was a day she was there which is typically Monday or Thursday - or I think she said or every other Wednesday.

Here is the JCPS protocol:

Protocol for Reporting

We encourage all reporters to:

- Communicate your concern with the classroom teacher. [We have done this]
- Communicate your concern with a school administrator. [We are doing this with this email]
- Request a face-to-face meeting with the school to discuss concerns/events/allegations. [We are doing this via this email]
- Submit a Tipline report via phone or online.
  - This report will give notice to the assistant superintendent's office [We are doing this to ensure that actions are taken that will protect Jack from further harm from the bullying].
  - The report is still investigated at the school level.

If the school needs assistance or resources, then we support. We speak with students, school staff, and families to get concerns addressed and handled.

Thank you for your time listening to these very serious concerns that are affecting Jack in numerous ways adversely. I would most definitely appreciate your help in coordinating a meeting with the main 3 teachers, and also providing some kind of communication to the other teachers in special areas and in the lunchroom so Jack does not experience ongoing negative situations this year. It makes Jack sad that Marquell is treating him in these ways because Jack used to be good friends with him.

I will forward you the other email sent previously so you have a full picture.

John and Jack Fouts (Jack was here tonight helping me write this email and telling me about things that are going on in more detail).

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"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Is it possible for you to check on Jack today? Good News and Bad News - 2021-10-05

1 message

John Fouts <fouts.john@gmail.com> Tue, Oct 5, 2021 at 10:15 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jamie,

First, there is good news and bad news. Also, by the way, I know you are busy, and will try not to bother you too much. I am just concerned about Jack and I know you know more than probably anyone else about Jack at school at this point.

Good news, Jack said that he did not experience any type of bullying behavior being directed at him yesterday! I am hoping he has another good school day today.

He said though that someone else in his class is being bullied now. I told him that if he sees or observes someone being bullied, that he should still tell an adult at that time. I was happy to hear he had a day free of bullying though. I could tell it made a very positive difference for the day!

Now the bad news...I need some advice please. Jack said he enjoyed talking with you at your meeting with him. He said you had asked him if everything was OK at home, and he said he told you he did not feel like talking about it.

When his mom came, Jack showed us his work on the political project he was doing. He also wanted to show her a marble run that he worked for over an hour building, but she just said 'we need to go'...when he told her that.

I convinced her to look at his marble run eventually.

So she stayed a few more minutes to look at it, but Jack was already upset because of her disinterest.

Then we went outside to go to her car and Jack was angry mainly because he was upset she was not interested in what he had worked so hard on.

She got there around 6, by this time it was like 6:45. She was complaining about how late it was (I am doing her a favor by picking Jack up from school each day on her days. I love getting to see Jack...it would be nice to get a thank you rather than a complaint from her...you know?...anyway...this upset Jack because he said everything was always his fault and that it was his fault they were late)

She sounded really frustrated and said 'we need to go' again to Jack. Jack got angry and threw his stuff in her car and then started banging his head hard on her car.

I asked him what was wrong, and what he needed to calm down.

He said he was upset because his mom was yelling at him. I told him self harming behavior is never ok and it is my job to keep him safe.

His mom said, 'you need to respect me and we need to go'. Jack said he was afraid of her yelling, and said she yells at him often.

I told his mom that we needed to talk because Jack is having a hard time.

She said, in response, 'tomorrow, I just want Jack to come outside to my car when I get here'.

Jack told her he feels like she doesn't love him because of the way that she talks to him and that he feels like she hates him.

Her response? 'Jack, you cannot just grab my phone when you want to call daddy'.

It is like she cannot hear his desperate attempts to connect with her.

It is my belief, that this in part, is what is leading to some of the self harming behavior we are seeing.

I have him set up for therapy. I asked her to go. She said she could not go.

I told her you thought it would be a good idea for us to be there for Jack. She said she would not go because of her job and because she felt attacked by what Jack said to her about how he felt.

I am afraid his emotions are going to be shut down completely if I cannot get her to listen to what he is saying.

I don't know what I can do, because I can only control my own thoughts and actions.

Do you have any ideas for how Jack might be able to get her to 'hear' him? I don't know what else I can do, but my attempts to talk to her for Jack on his behalf have also failed.

Any advice is appreciated.

John

Gmail John Fouts <fouts.john@gmail.com>

Re: See You On Thursday

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Oct 5, 2021 at 10:18 AM
To: John Fouts <fouts.john@gmail.com>

I am so glad you were able to get an appointment. Yes, I believe there is a meeting at 8:30 on Thursday and would plan to be here then unless you hear differently.

Thanks!
Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 4, 2021 2:15 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: See You On Thursday

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

No one has confirmed the meeting on Thursday at 8:30 a.m. with me, so I guess I will write to Ms. Whitmer to confirm that time?

Anyway - I was able to get Jack's initial evaluation set up at 7 County Services. They said he has to be evaluated again for services because he was last evaluated in 2018.

His appointment is on Oct. 25 via Zoom - that is the only way they are doing things - and I need to be there with him they said - which I figured of course - and is no big deal. I try to always be there for him. His appointment is at 10 a.m. that day.

I wanted to let you know that I got him scheduled finally. Not for lack of trying certainly for an earlier date and time.

John

On Mon, Oct 4, 2021 at 8:59 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Yes, I am able to be there on Thursday, October 7th at 8:30.
>
> Thank you,
>
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Tuesday, September 28, 2021 3:22 PM
> **To:** Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>
> **Cc:** Wright, Amy M. <amy.wright2@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>

Subject: Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Thank you for helping to address the issues Jack has experienced, cohesively, as a team. Is there any way that you all can communicate with Mx Lewis and Ms. Sexton to see if arrangements can be made so Jack does not end up next to the other students in those 2 classes?

I would prefer for all of you to be there, so Thursday Oct. 7 would be the best in that case - but I don't know if Ms. Sanchez is available then. Are you available on the 7th at 8:30 a.m. Ms. Sanchez? I want you to be there so that Jack can feel comfortable and at ease as well - and I know he trusts you too.

John

On Tue, Sep 28, 2021 at 2:05 PM Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us> wrote:

> Mr. Fouts,
> After reading through this email, Mr. Kempf, Mrs. Craven and I have come together to discuss steps to help with this situation.
>
> Mr. Kempf has already changed the seating arrangement. He moved students to accomodate Jack not being near any of the students mentioned in your email. Mr. Kempf also looked at all 3 fifth grade classrooms to ensure that this seating arrangement would work in each of our classrooms.
>
> We would like to set the meeting for the week immediately following Fall Break. Mrs. Craven will be out until Oct. 7th. We could schedule a meeting for 8:30am either Monday (Oct. 4th), without Mrs. Craven, or Thursday (Oct. 7th), with Mrs. Craven.
>
> Just let us know which date works best for you!
>
> Crystal Walts-Paulin
> She/her
> 5th Grade Deeper Learning Enthusiast
> Bloom Elementary
> BUILDING AMBASSADOR / @jcpsforward
> JCPS FORWARD
>
> ---
>
> **From:** Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
> **Sent:** Tuesday, September 28, 2021 11:08 AM
> **To:** John Fouts <fouts.john@gmail.com>
> **Cc:** Wright, Amy M. <amy.wright2@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>

Subject: Re: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

Hi there,

I have received your emails. Myself, the admin team, the teachers, and our MHP are here to help J out.

For now, I've asked the 5th grade team to keep the other boys away from J and keep a close eye on this.

Ms. Whitmer, Ms. Wright, and I have meetings and trainings for 5th graders regarding bullying every year...and we will continue with this support this year for both students who are or might one day be either victim or bully.

The team will also continue to support J in different ways.

5th grade teachers and Ms. Sanchez, please separately discuss a date and time that works for you all and then one of you can share with John (Cc Ms. Whitmer, Ms. Wright, and myself).

Cheers,
Jack

Jack F. Jacobs, Ph.D., (he, him, his)
Principal | Bloom Elementary
502-485-8211 | jack.jacobs2@jefferson.kyschools.us
Fax: 313-3417
Twitter: https://twitter.com/BloomBulldogs
Dissertation: https://scholarworks.bellarmine.edu/cgi/viewcontent.cgi?article=1056&context=tdc

ISTE CERTIFIED EDUCATOR

Our Impact | **Vision**
To become a world leader in individualized student growth.

Our Work | **WHY Statement**
At Bloom Elementary, we provide life-enriching opportunities so that students are empowered to become the best version of themselves and are celebrated.

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 27, 2021 10:17 PM
To: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>
Subject: Jack Is Being Bullied In Multiple Areas - I need help to make sure he has a positive experience at Bloom - 2021-09-27

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Dr. Jacobs,

I am Jack's dad as you know. Jack is having a tough year. He is being bullied in many places at school and in multiple ways. I've reported what I have learned previously, but as far as I know, little change has taken place, and Jack is continuing to have negative experiences.

These experiences have led to increased anxiety, depression, fearfulness, feelings of rejection - also Jack says it makes him feel so stressed out that he can barely finish work on time - he reports he feels this very often because of the bullying, but not all of the time.

I've reported this to Mr. Kempf in the past, and the email was missed by him for days, so I re-sent it. I was hopeful that things would begin to change. The JCPS bullying outline notes that the first step is to tell the home room teacher. Mr. Kempf was not under the impression that he should be the first contact if a large part of the bullying was taking place in a class other than in his classroom because Jack says the student (Marquell) is all the way on the other side of the classroom in Mr. Kempf's classroom. .

I read over the JCPS guide to bullying and process flow - and I am at the point now in that flow where I need to involve you as a school administrator. I need your help so Jack does not have a negative experience at school, please. This is what has been going on. I will also forward you the other email previously sent to Mr. Kempf.

What has been happening...these are a few of the things. These are all reported by Jack as things that have happened, and of course I fully believe him because I have witnessed changes in his emotional lability due to circumstances surrounding many of these issues. When I asked Jack why he has held it together at school, he has said because he is scared that either the teacher won't believe him, or he is afraid that the bullying will get worse if he says anything, or he just doesn't know how to express what has been going on to everyone because it has been happening in so many areas and so often. So here are some examples specifically.

* Marquell has thrown a pencil at Jack's eye or toward his face

* When Jack tries to drum to a beat in music class, Marquell purposefully and with intent, drums really loudly to drown out Jack and tries to make it seem like Jack is the one who is doing the loud drumming, and Marquell quickly hides his hands behind his back. Jack says if he does tell the teacher (Mx Lewis), that Marquell quickly makes up a lie or excuse like 'I wasn't even drumming at all'. Jack says he felt like the music teacher did not know who to believe, so he felt it wasn't pertinent or helpful to say anything else about what was happening
.
* Jack says that Marquell in Art class - has for example - purposefully spilled water on his own project and then tried to tell the teacher that Jack did it - but when Jack tried to tell Ms Sexton what happened - he felt like she did not know who to believe - so again - he felt like if he brought the bullying behavior of Marquell toward Jack to the attention of the teacher, that there was no point.

* Jack, in Ms. WP's class, was experiencing Marquell kicking him repeatedly in the shin, and saying that he (Marquell) needed more leg room when Jack had nowhere to put his feet. Jack says he accidentally kicked him one time - and apologized to him for the accident, and then Marquell kicked him really hard on purpose. Jack also reports that Marquell stomped on his feet a bunch because he did not believe that Jack was hurting. Jack also says that Marquell tries to get him in trouble for wearing flip-flops because he does not believe that Jack is allowed to wear flip flops - or that Jack has foot pain bad enough to wear flip flops - so it is as if he stomps on Jack's feet to try to see how badly Jack reacts to the pain - which is also physically bullying. Jack has said that after bringing this to the attention of Ms. WP - that the stomping has stopped at least - because they moved him to the other side of the table.

* Jack says that when Jack is trying to talk, Marquell keeps saying "I don't care" over and over again until Jack stops and then looks away from him to pretend like he never acted like that. Then if Jack tries to talk to others, Marquell somewhere between sometimes and often according Jack, does the same thing to get others to not hear anything that Jack says.

* Jack says if Marquell 'wants' to do something, then he will act normally.

* Jack has said that Elliot Homm has also now joined the bullying team. He says Marquell and Elliot Homm call him an idiot, call people in his family an idiot, and call Jack an idiot because of how big his letters are when he is trying to spell words. Jack says that this is something that continues to happen in Ms. WP's class.

* Jack says in the lunchroom, Marquell is the one that that basically exhibits many of the above behaviors and tries to get other people not to listen to him talk at all at lunch - Jack says this happens sometime. I have told Jack that it

is not ok for this to ever happen and to tell an adult.

Jack says he is always afraid of what is going to happen on Tuesdays because he has Music and Art on Tuesdays - and it makes him feel sad because these are normally two of his favorite subjects - but instead he feels sad and anxious now because the bullying behaviors continue and now Elliott Homm started bullying Jack says shortly a few weeks after school started.

The JCPS website says some signs of being bullied include:

- Withdrawal or loss of interest in hobbies or friends (Jack says he has lost interest in art and music (a lot but not all) because of his fearfulness of what is going to happen to him next - and whether or not the teacher will believe him.
- Exhibiting nervous or fearful behavior about attending school (kind of the same as above. I cannot 'always' get Jack to talk to me to let me know what is going on...but he opens up to me quite a bit because he knows I will always try my best to make him feel safe and protected wherever he is.)
- Sleeplessness and Nightmares
- Jack feels his grades are slipping because of some of the bullying situation

I am sure there is more to all of this that Jack cannot remember, but I want to have the situation properly addressed, and it is not being addressed in a way in which the bullying behaviors have stopped - which is what I need to happen so Jack can feel safe and return to a feeling of normalcy at Bloom. Jack says that he does not often tell the teachers everything because they either don't know who to believe, because he is afraid they won't believe him, or because he just has anxiety talking to authority figures a lot of the time. I've spoken to Ms. Sanchez about this too.

I told Jack that I would see if a meeting could be arranged in which Ms. WP, Ms. Craven, and Mr. Kempf would attend, with Jack and me so Jack would be more comfortable telling everyone what is going on - but then I learned that there were also issues in Ms. Sexton and Mx Lewis's class. Now Jack is telling me that other things also happen in the lunchroom - but he said he is too upset to talk about it right now - and he will have to wait to tell me until he is ready....so I don't even know what to put about that.

Today I spoke with Ms. Sanchez and asked if she could sit in on a meeting like that too - and she said she could as long as it was a day she was there which is typically Monday or Thursday - or I think she said or every other Wednesday.

Here is the JCPS protocol:

Protocol for Reporting

We encourage all reporters to:

- Communicate your concern with the classroom teacher. [We have done this]
- Communicate your concern with a school administrator. [We are doing this with this email]
- Request a face-to-face meeting with the school to discuss concerns/events/allegations. [We are doing this via this email]
- Submit a Tipline report via phone or online.
  - This report will give notice to the assistant superintendent's office [We are doing this to ensure that actions are taken that will protect Jack from further harm from the bullying].
  - The report is still investigated at the school level.

If the school needs assistance or resources, then we support. We speak with students, school staff, and families to get concerns addressed and handled.

Thank you for your time listening to these very serious concerns that are affecting Jack in numerous ways adversely. I would most definitely appreciate your help in coordinating a meeting with the main 3 teachers, and also providing some kind of communication to the other teachers in special areas and in the lunchroom so Jack does not

> experience ongoing negative situations this year. It makes Jack sad that Marquell is treating him in these ways because Jack used to be good friends with him.
>
> I will forward you the other email sent previously so you have a full picture.
>
> John and Jack Fouts (Jack was here tonight helping me write this email and telling me about things that are going on in more detail).
>
> --
> **"Shining" in Service,**
> **John R. Fouts, MBA**
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

John Fouts <fouts.john@gmail.com> Fri, Oct 15, 2021 at 12:47 AM
To: Jonathan Kempf <jonathan.kempf@jefferson.kyschools.us>, "Walts-Paulin, Crystal L" <crystal.walts-paulin@jefferson.kyschools.us>, "Craven, Jamie K." <jamie.craven@jefferson.kyschools.us>, "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>

Hello everyone. Last week I thought we were making good progress. I know up until the meeting last week, during last week only, that Jack was not bullied after the changes had been made, and I felt pretty good about the situation and the concerns discussed at the meeting we all attended (Ms. Whitmer - I copied you so there is a record of communication that is easier to follow).

Jack had a cyclical vomiting incident on Friday and had to stay home with his mom. On Monday, I had accidentally taken him to school in the morning as if school were in session - silly me! Jack's student led conference seemed to go very well, and he seemed to say that things were going okay.

On Tuesday, Jack ended up having a severe migraine that lasted 5 or 6 hours...they usually don't last that long. I know it was a true migraine because he had to hold pressure on his head, was nauseated, sensitive to light and sound etc... - usually if he says he has a migraine, he has one....sometimes he just gets bad headaches too though....

Anyway - when he went to school on Wed., he told me he did really well completing some exit slip assignments. I was glad to hear that...but I could tell something had happened because he exhibits different behaviors when things happen....

He would not tell me what happened - all he would say is that something small happened. Then something else happened again today...he was more dysregulated...and I could tell something was different again...tonight, 2021-10-14, he told me that Marquel had taken down his mask and tried to spit on him. I told him I thought that he was in a different place in line now far away from Marquel. He said he is, but he said there are a couple of times during the day when transitions between classrooms take place, where he has to pass Marquel because of the way the line is against the wall (is what he said). Because I am not at school, I cannot quite visualize what he is referring to, but I am assuming that the line must be long and in a wrapped form one way or another. So there is the spitting issue. This is not ever okay as it can spread germs, viruses, bacteria etc...for any kid to attempt to spit on other kids. Especially during a pandemic...

I found out today what the other incident was. Yesterday (2021-10-13), apparently Elliott Homm was calling Jack names. Jack said he called him stupid and some other things. These are the 2 children that were previously causing him problems. I need the issues to be addressed promptly.

I asked Jack if he told an adult. He said he did not tell an adult because he was in a transition area (for the Marquel situation). I am not sure where the Elliott H. situation took place.

It makes me upset and sad that Jack is continuing to have these kinds of experiences. I want him to have a positive year at Bloom. What are the steps that we can take to ensure that Jack does not experience further behaviors that are bullying behaviors that are directed at him? They have a major and profound impact on him. I asked Jack previously why he says everything is okay if things like this happen at school. Just like he said at the meeting, he said he did not know if an adult would believe him because they did not observe the behavior, so he chose not to say anything. I know that if these types of situations are not handled swiftly, that behaviors and attitudes and mental health issues can escalate. Jack has enough anxiety and depression to deal with based on his current medical conditions. Please advise.

I also have a question about Jack - if he needs to go to the bathroom at certain times - but that will be sent in a different email under separate cover.

Thanks for your time. I need to hear from you to know next steps please. Jack goes back to his mother's house tomorrow on Friday night, so the timing is not the greatest to handle this, but I pick Jack up from school every day - even on her weeks so if you think meeting again is best, I could meet in the afternoon next week more easily than in the a.m.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Fri, Oct 15, 2021 at 9:45 AM
To: John Fouts <fouts.john@gmail.com>

Mr. Fouts,

We are aware of your accusations and are investigating these incidents. We will get back to you next week as soon as we have reached a conclusion.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 15, 2021 12:47 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>
Subject: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

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place in line now far away from Marquel. He said he is, but he said there are a couple of times during the day when transitions between classrooms take place, where he has to pass Marquel because of the way the line is against the wall (is what he said). Because I am not at school, I cannot quite visualize what he is referring to, but I am assuming that the line must be long and in a wrapped form one way or another. So there is the spitting issue. This is not ever okay as it can spread germs, viruses, bacteria etc...for any kid to attempt to spit on other kids. Especially during a pandemic...

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John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Fwd: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

John Fouts <fouts.john@gmail.com> Fri, Oct 15, 2021 at 11:23 AM
To: Jack Jacobs <jack.jacobs2@jefferson.kyschools.us>

Dr. Jacobs,

I need for you to be aware of this...

I had filed a report previously about Jack being bullied and need to file the additional items below so they will be tied to the same original incident/case filing.

Please see Mr. Kempf's phrasing below in his response to the email I wrote with regard to the latest additional bullying that Jack has endured...

Mr. Kempf wrote: "Mr. Fouts, We are aware of your accusations..."

I am not making an accusation...

I am telling Jack's teacher what Jack told me happened to him, and I believe Jack. Jack feels okay being vulnerable enough to tell me because he knows I am a safe person.

This is the 2nd time, with 1 time being too many, that I have been written to in what seems like a condescending tone from Mr. Kempf....and I most definitely do not appreciate it.

Also, the first time I had written to Mr. Kempf about Jack being bullied at school, the email was ignored for many days, which was also most definitely not appreciated.

He said he missed it...the email...but other emails have been responded to both prior to, and after, the original email without being missed...that being said...for me to find out what Jack had gotten on his end of year assessment took me asking I believe 3 written times and one verbal before answered. I do not have the energy to have to ask things like that many times before getting an answer....

Jack is not the kind of kid to complain unless there is something really wrong going on.

Jack has not had any trouble until this year at Bloom with anyone.

I will protect my son in whatever ways possible always, and I need to be able to trust that he is safe at school from bodily harm and injury and from emotional and verbal abuse.

I do not feel that way right now about Bloom, and that makes me very sad.

Jack came to Bloom around Spring Break in 1st Grade and has been there ever since...again...he has not had any problems until this year, and it hurts Jack deeply because the main student bullying him, used to be one of his good friends...

Now he (Jack) seems to have a teacher that does not think bullying is a big deal at all....but it is!

It is my understanding that there is a zero tolerance policy for bullying at JCPS, but it certainly has not been our experience (Jack's or mine) for that to be the case, ever since Jack began experiencing issues this year.

Again....I am not making accusations...I am telling the people that are supposed to be Jack's protectors at school, what Jack told me happened, so the issues can be addressed, so Jack can feel safe and be safe at school.

John R. Fouts, MBA (Jack's dad).

---------- Forwarded message ---------
From: **Kempf, Jonathan** <jonathan.kempf@jefferson.kyschools.us>
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Outlook-sulprlnz.png
6K

Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Fri, Oct 15, 2021 at 12:31 PM
To: John Fouts <fouts.john@gmail.com>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>, "Walts-Paulin, Crystal L" <crystal.walts-paulin@jefferson.kyschools.us>, "Craven, Jamie K." <jamie.craven@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>

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Warmly,

Jamie Sanchez

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 15, 2021 12:47 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Thank You For the Follow-Up - 2021-10-15

1 message

John Fouts <fouts.john@gmail.com> Fri, Oct 15, 2021 at 12:58 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jamie,

I was sorry to hear about it too, but also thankful that Jack felt safe enough to tell me. Thank you for talking to him about it this coming Monday. He goes back to his mom's house today after she gets off work for the week - I will try to remind him that he can talk to you, that you are a safe person too.

John

I am so glad that you knew me and knew Jack from therapy before this year.

On Fri, Oct 15, 2021 at 12:31 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

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>
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> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Friday, October 15, 2021 12:47 AM
> **To:** Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>
> **Subject:** More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome
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Fax. 502.996.8246

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Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us> Fri, Oct 15, 2021 at 1:34 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>, John Fouts <fouts.john@gmail.com>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>, "Craven, Jamie K." <jamie.craven@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>

Mr. Fouts,
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Get Outlook for iOS

From: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Sent: Friday, October 15, 2021 12:31:32 PM
To: John Fouts <fouts.john@gmail.com>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>
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John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

John Fouts <fouts.john@gmail.com> Fri, Oct 15, 2021 at 2:41 PM
To: "Walts-Paulin, Crystal L" <crystal.walts-paulin@jefferson.kyschools.us>

I will do so. I already spoke to him before I had to leave for my appointment this morning. I will talk to him again this evening.

Part of his confusion, I think, was because it was a transition area, so he did not know which adult to go to.

I think part of it was also that he feels that telling an adult will not change any future outcomes. That is kind of the response I get out of him as far as how he 'feels' goes. Logical and emotional thinking are hard to differentiate and separate at times for children (and adults). I try to talk with him about all of the things he experiences, and offer guidance for him.

Thanks for the message.

John

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Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Sun, Oct 17, 2021 at 1:02 PM
To: John Fouts <fouts.john@gmail.com>

Happy Sunday,

I am just checking in and wanted to see if Jack was feeling better. I hope he can come back to class tomorrow, we missed him on Friday!
We are looking into the incidents from last week and as always take them very seriously. We will get back with you as soon as we speak to all of the students. Hope you are doing well.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 15, 2021 12:47 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us> Sat, Oct 16, 2021 at 9:23 PM
To: John Fouts <fouts.john@gmail.com>

Hi,

What he means by his email is that it is being investigated. I know that Ms. Whitmer and Ms. Wright are in fact investigating - sort of an extended investigation. I also know that eyes are on students in 5th grade in general. I know Mr. Kempf did not have a negative tone with his word choice and wasn't implying anything.

Regardless, we take reports seriously. I feel confident that things will improve ASAP. If you could talk to J about reaching out to me when he feels that something is wrong or when he feels that he need to talk to me. I see him a lot and almost every day (I am out Monday but that's rare for me).

Thank you.

Yours,
Jack
From my iPhone

On Oct 15, 2021, at 10:23 AM, John Fouts <fouts.john@gmail.com> wrote:

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Dr. Jacobs,

I need for you to be aware of this...

I had filed a report previously about Jack being bullied and need to file the additional items below so they will be tied to the same original incident/case filing.

Please see Mr. Kempf's phrasing below in his response to the email I wrote with regard to the latest additional bullying that Jack has endured...

Mr. Kempf wrote: "Mr. Fouts, We are aware of your accusations..."

I am not making an accusation...

I am telling Jack's teacher what Jack told me happened to him, and I believe Jack. Jack feels okay being vulnerable enough to tell me because he knows I am a safe person.

This is the 2nd time, with 1 time being too many, that I have been written to in what seems like a condescending tone from Mr. Kempf....and I most definitely do not appreciate it.

Also, the first time I had written to Mr. Kempf about Jack being bullied at school, the email was ignored for many days, which was also most definitely not appreciated.

He said he missed it...the email...but other emails have been responded to both prior to, and after, the original email without being missed...that being said...for me to find out what Jack had gotten on his end of

year assessment took me asking I believe 3 written times and one verbal before answered. I do not have the energy to have to ask things like that many times before getting an answer....

Jack is not the kind of kid to complain unless there is something really wrong going on.

Jack has not had any trouble until this year at Bloom with anyone.

I will protect my son in whatever ways possible always, and I need to be able to trust that he is safe at school from bodily harm and injury and from emotional and verbal abuse.

I do not feel that way right now about Bloom, and that makes me very sad.

Jack came to Bloom around Spring Break in 1st Grade and has been there ever since...again...he has not had any problems until this year, and it hurts Jack deeply because the main student bullying him, used to be one of his good friends...

Now he (Jack) seems to have a teacher that does not think bullying is a big deal at all....but it is!

It is my understanding that there is a zero tolerance policy for bullying at JCPS, but it certainly has not been our experience (Jack's or mine) for that to be the case, ever since Jack began experiencing issues this year.

Again....I am not making accusations...I am telling the people that are supposed to be Jack's protectors at school, what Jack told me happened, so the issues can be addressed, so Jack can feel safe and be safe at school.

John R. Fouts, MBA (Jack's dad).

---------- Forwarded message ---------
From: **Kempf, Jonathan** <jonathan.kempf@jefferson.kyschools.us>
Date: Fri, Oct 15, 2021, 9:45 AM
Subject: Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome
To: John Fouts <fouts.john@gmail.com>

Mr. Fouts,

We are aware of your accusations and are investigating these incidents. We will get back to you next week as soon as we have reached a conclusion.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 15, 2021 12:47 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>; Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>
Subject: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

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good about the situation and the concerns discussed at the meeting we all attended (Ms. Whitmer - I copied you so there is a record of communication that is easier to follow).

Jack had a cyclical vomiting incident on Friday and had to stay home with his mom. On Monday, I had accidentally taken him to school in the morning as if school were in session - silly me! Jack's student led conference seemed to go very well, and he seemed to say that things were going okay.

On Tuesday, Jack ended up having a severe migraine that lasted 5 or 6 hours...they usually don't last that long. I know it was a true migraine because he had to hold pressure on his head, was nauseated, sensitive to light and sound etc... - usually if he says he has a migraine, he has one....sometimes he just gets bad headaches too though....

Anyway - when he went to school on Wed., he told me he did really well completing some exit slip assignments. I was glad to hear that...but I could tell something had happened because he exhibits different behaviors when things happen....

He would not tell me what happened - all he would say is that something small happened. Then something else happened again today...he was more dysregulated...and I could tell something was different again...tonight, 2021-10-14, he told me that Marquel had taken down his mask and tried to spit on him. I told him I thought that he was in a different place in line now far away from Marquel. He said he is, but he said there are a couple of times during the day when transitions between classrooms take place, where he has to pass Marquel because of the way the line is against the wall (is what he said). Because I am not at school, I cannot quite visualize what he is referring to, but I am assuming that the line must be long and in a wrapped form one way or another. So there is the spitting issue. This is not ever okay as it can spread germs, viruses, bacteria etc...for any kid to attempt to spit on other kids. Especially during a pandemic...

I found out today what the other incident was. Yesterday (2021-10-13), apparently Elliott Homm was calling Jack names. Jack said he called him stupid and some other things. These are the 2 children that were previously causing him problems. I need the issues to be addressed promptly.

I asked Jack if he told an adult. He said he did not tell an adult because he was in a transition area (for the Marquel situation). I am not sure where the Elliott H. situation took place.

It makes me upset and sad that Jack is continuing to have these kinds of experiences. I want him to have a positive year at Bloom. What are the steps that we can take to ensure that Jack does not experience further behaviors that are bullying behaviors that are directed at him? They have a major and profound impact on him. I asked Jack previously why he says everything is okay if things like this happen at school. Just like he said at the meeting, he said he did not know if an adult would believe him because they did not observe the behavior, so he chose not to say anything. I know that if these types of situations are not handled swiftly, that behaviors and attitudes and mental health issues can escalate. Jack has enough anxiety and depression to deal with based on his current medical conditions. Please advise.

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Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome

1 message

John Fouts <fouts.john@gmail.com> Sun, Oct 17, 2021 at 3:03 PM
To: "Jacobs, Jack F" <jack.jacobs2@jefferson.kyschools.us>

Dr. Jacobs,

Thank you for your email. I gave Mr. Kempf the benefit of the doubt the first time with choice of phrasing, words, etc...but there have been a number of times that his choice of words, or expressionism, has not been what I would have expected.

I like Mr. Kempf as a teacher - and I know Jack likes him as a teacher too. Importantly here also, Mr. Kempf is Jack's first male teacher, and I want him to have a positive experience.

I will say that I would like to believe that he (Mr. Kempf) meant for his messages to be as you stated.

I hope that you can understand how the message I noted could be interpreted in multiple ways, and how it came across the wrong way.

Before I took Jack to his mom's house on Friday for her week with him, I reiterated again, for Jack to go to the nearest adult and let him or her know what happens if something happens.

His general response was that he felt like the adult would not believe him, or things happen in areas where he is not sure who to talk to - like in the hallway between classes - so he is not sure which grown up to talk to, or he said he felt like when he has spoken up nothing has made a difference - because things are still happening.

I told him I could understand how he could feel the way he felt, and also told him that grown ups at Bloom know that they need to be keeping a close eye on the situation. Then he asked me why things still kept happening. I told him I am not there, so I do not have all the details, from things that happen at school....but I told him I would make sure that I had another discussion. I also recently learned, that Jack's mom, is in disbelief that he has neuropathic pain - which does not help matters. I wrote to Jack's neurologist, and asked her to provide a letter that I can show to his mother, to help with that particular part of the issue. I feel it is ridiculous that I need to do that, however, because she (his mom) could just log in to MyChart and see Jack's medical situation - but she won't - the situation is what it is.

Jack's medical conditions worsened about 9 months ago roughly now.....but this past week he had a really tough week with cyclic vomiting, and migrane and/or cluster headaches. Stress and emotional stress can be triggers. I believe that is what is happening. For Jack, I need him to have good days both at school and at home.

He is in a weakened emotional strength state right now from everything. I pick him up from school each day, even on the days that are his mom's weeks, until she comes to pick him up when she gets off work. This gives me a good opportunity to offer consistency in terms of allowing him to tell me if things are happening. I will talk to him on Monday, and let him know that he can come to you anytime as you noted. Thank you Dr. Jacobs.

John

On Sat, Oct 16, 2021 at 9:23 PM Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us> wrote:

> Hi,
>
> What he means by his email is that it is being investigated. I know that Ms. Whitmer and Ms. Wright are in fact investigating - sort of an extended investigation. I also know that eyes are on students in 5th grade in general. I know Mr. Kempf did not have a negative tone with his word choice and wasn't implying anything.

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Date: Fri, Oct 15, 2021, 9:45 AM
Subject: Re: More Bullying Incidents - Please Assist - 2021-10-14 - Please Let Me Know Outcome
To: John Fouts <fouts.john@gmail.com>

Mr. Fouts,

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail

John Fouts <fouts.john@gmail.com>

Please call me if you get a chance briefly about Jack

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 18, 2021 at 11:02 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

Jack is with his mom this week - he is out today again because he was vomiting this morning. I'd like to talk to you for a minute if you have a chance.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Jack has a therapy appt (outside school) at 10 tomorrow -

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 25, 2021 at 1:03 AM
To: "Parker, Ollie K." <ollie.parker@jefferson.kyschools.us>, joanna.webb@jefferson.kyschools.us, Jonathan Kempf <jonathan.kempf@jefferson.kyschools.us>

It is my hope that he will be able to come in after that. He was with his mom all last week. I have been able to talk to him some over the weekend - but it has taken some time (as always) to adjust.

I need to know the following:

1.) Ms. Webb - I called Jack's doctor on Friday and they said they would fax you a doctor note that he went to the doctor's office.
2.) When is make up picture day?
3.) When is make up day for cogAT?
4.) Mr. Kempf - Jack said he needed more time for the math guiding question each day when there is one. I told him I would talk to you about that, and see what we need to do to make that happen.
5.) Jack's mom did not have Jack attend the virtual open house for Highland last week, or remind him about it - who can I contact at Highland to see if Jack and I can go over there either in person or virtually so he can see the school there? It is very important that Jack be able to feel that the transition to middle school is as smooth as it can possibly be.

Thanks all.

Jack should be able to be back at school tomorrow shortly after 11 barring any unforeseen circumstances (by tomorrow I mean Monday). He sees Ms. Sanchez on Mondays too so I will try to get the ongoing out of school therapy sessions scheduled for a day that is not Monday going forward - I took first available when I scheduled this appointment because I knew it was critical for Jack to start therapy out of school (in addition to in school) asap.

John

P. 502.956.0052
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack has a therapy appt (outside school) at 10 tomorrow -

1 message

Webb, Joanna C. <joanna.webb@jefferson.kyschools.us> Mon, Oct 25, 2021 at 8:47 AM
To: John Fouts <fouts.john@gmail.com>, "Parker, Ollie K." <ollie.parker@jefferson.kyschools.us>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

I did receive the fax on Friday. Make sure when you go to your appointment today to ask for an excuse note.
PTA has not announced a makeup picture day date. The PTA oversees that. They post messages on SchoolCNXT.
Ms. Whitmer will give the test once he returns to school. She is not at school today though.
Reach out to Highland with any questions on virtual tours.

Joanna Webb
School Clerk
Bloom Elementary
1627 Lucia Avenue
Louisville, KY 40204
Phone #-(502)485-8211
Fax #-(502)313-3417

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 25, 2021 1:03 AM
To: Parker, Ollie K. <ollie.parker@jefferson.kyschools.us>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: Jack has a therapy appt (outside school) at 10 tomorrow -

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John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack has a therapy appt (outside school) at 10 tomorrow -

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Mon, Oct 25, 2021 at 8:58 AM
To: John Fouts <fouts.john@gmail.com>

4.) Mr. Kempf - Jack said he needed more time for the math guiding question each day when there is one. I told him I would talk to you about that, and see what we need to do to make that happen.

Mr. Fouts,
The guiding question for each lesson is on the 5th grade website, in Google Classroom, displayed 3 places in the classroom all day, and I displayed on the Smartboard prior to lessons.
If Jack unable to write it at any time during the school day he may write it in his agenda before or after school.

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 25, 2021 1:03 AM
To: Parker, Ollie K. <ollie.parker@jefferson.kyschools.us>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Jack needs to meet with you Telehealth today for his therapy session. He is sitting here beside me and is ready to meet with you.

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 25, 2021 at 11:11 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

Jack is sitting next to me - and he is dealing with a headache. He wants to meet with you but needs to do so via TeleHealth for today for the session.

Can you please meet with him via Telehealth?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack has a therapy appt (outside school) at 10 tomorrow -

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 25, 2021 at 2:20 PM
To: "Webb, Joanna C." <joanna.webb@jefferson.kyschools.us>

Ms. Webb,

Thank you. Lindsey Smith, at Seven County Services, said she would fax you a school note. Please let me know if you do not receive it. Thank you.

John

On Mon, Oct 25, 2021 at 8:47 AM Webb, Joanna C. <joanna.webb@jefferson.kyschools.us> wrote:

> I did receive the fax on Friday. Make sure when you go to your appointment today to ask for an excuse note.
> PTA has not announced a makeup picture day date. The PTA oversees that. They post messages on SchoolCNXT.
> Ms. Whitmer will give the test once he returns to school. She is not at school today though.
> Reach out to Highland with any questions on virtual tours.
>
> ***Joanna Webb***
> ***School Clerk***
> ***Bloom Elementary***
> *1627 Lucia Avenue*
> *Louisville, KY 40204*
> Phone #-(502)485-8211
> Fax #-(502)313-3417
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Monday, October 25, 2021 1:03 AM
> **To:** Parker, Ollie K. <ollie.parker@jefferson.kyschools.us>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
> **Subject:** Jack has a therapy appt (outside school) at 10 tomorrow -
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> It is my hope that he will be able to come in after that. He was with his mom all last week. I have been able to talk to him some over the weekend - but it has taken some time (as always) to adjust.
>
> I need to know the following:
>
> 1.) Ms. Webb - I called Jack's doctor on Friday and they said they would fax you a doctor note that he went to the doctor's office.
> 2.) When is make up picture day?
> 3.) When is make up day for cogAT?
> 4.) Mr. Kempf - Jack said he needed more time for the math guiding question each day when there is one. I told him I would talk to you about that, and see what we need to do to make that happen.
> 5.) Jack's mom did not have Jack attend the virtual open house for Highland last week, or remind him about it - who can I contact at Highland to see if they could [illegible] virtually so he can see the school

there? It is very important that Jack be able to feel that the transition to middle school is as smooth as it can possibly be.

Thanks all.

Jack should be able to be back at school tomorrow shortly after 11 barring any unforeseen circumstances (by tomorrow I mean Monday). He sees Ms. Sanchez on Mondays too so I will try to get the ongoing out of school therapy sessions scheduled for a day that is not Monday going forward - I took first available when I scheduled this appointment because I knew it was critical for Jack to start therapy out of school (in addition to in school) asap.

John

P. 502.956.0052
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Jack Fouts - Follow-Up - 2021-10-25

1 message

John Fouts <fouts.john@gmail.com> Mon, Oct 25, 2021 at 3:35 PM
To: "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

Mr. Kempf,

Thank you - I appreciate your response. Jack ended up with another headache today - although I suspect this one may have been triggered by changes in barometric pressure - still working on identifying triggers here for him. Jack said he was having trouble writing the question down in time. I tried to log on (as a parent) and I am not able to see Jack's work - so I cannot see it on the 5th grade website - unless I am going to the wrong website which is quite possible - JCPS makes it hard, I feel, on parents.

Jack wanted to know which 3 places it was displayed, so he can make sure he checks all three that you mention. I would like to avoid before or after school changes to routine because I only have him every other week and have no control over whether or not there would be consistency during the other weeks when he is not with me with regard to his assignments and making sure he completes them.

I hope everything is going well with you and your family.

John

On Mon, Oct 25, 2021 at 8:59 AM Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> wrote:

> 4.) Mr. Kempf - Jack said he needed more time for the math guiding question each day when there is one. I told him I would talk to you about that, and see what we need to do to make that happen.
>
> Mr. Fouts,
> The guiding question for each lesson is on the 5th grade website, in Google Classroom, displayed 3 places in the classroom all day, and I displayed on the Smartboard prior to lessons.
> If Jack unable to write it at any time during the school day he may write it in his agenda before or after school.
>
> Thank you for your time,
> Jonathan Kempf (he, him, his)
> Bloom Elementary
>
>
>
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Monday, October 25, 2021 1:03 AM
> **To:** Parker, Ollie K. <ollie.parker@jefferson.kyschools.us>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
> **Subject:** Jack has a therapy appt (outside school) at 10 tomorrow -
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It is my hope that he will be able to come in after that. He was with his mom all last week. I have been able to talk to him some over the weekend - but it has taken some time (as always) to adjust.

I need to know the following:

1.) Ms. Webb - I called Jack's doctor on Friday and they said they would fax you a doctor note that he went to the doctor's office.
2.) When is make up picture day?
3.) When is make up day for cogAT?
4.) Mr. Kempf - Jack said he needed more time for the math guiding question each day when there is one. I told him I would talk to you about that, and see what we need to do to make that happen.
5.) Jack's mom did not have Jack attend the virtual open house for Highland last week, or remind him about it - who can I contact at Highland to see if Jack and I can go over there either in person or virtually so he can see the school there? It is very important that Jack be able to feel that the transition to middle school is as smooth as it can possibly be.

Thanks all.

Jack should be able to be back at school tomorrow shortly after 11 barring any unforeseen circumstances (by tomorrow I mean Monday). He sees Ms. Sanchez on Mondays too so I will try to get the ongoing out of school therapy sessions scheduled for a day that is not Monday going forward - I took first available when I scheduled this appointment because I knew it was critical for Jack to start therapy out of school (in addition to in school) asap.

John

P. 502.956.0052
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Jack Fouts - Follow-Up - 2021-10-25

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Mon, Oct 25, 2021 at 5:04 PM
To: John Fouts <fouts.john@gmail.com>

Mr. Fouts,

The guiding question is a one sentence question framing the days' lesson. I post paper copies of this question on either side of the Smartboard and about 5 feet behind Jack on the wall. The questions are also in the Google Classroom under assignments and posted with each corresponding exit slip. The questions are also on the 5th website which is linked in all of the 5th grade Google Classrooms and here https://sites.google.com/jefferson.kyschools.us/5thgradebloom2021-2022/home
I don't have a preference as to when he writes this sentence down. Most students find the 2-3 minutes I give them at the begining of class ample, as it takes most about 30 seconds. Jack is free to use any of his two WIN times, when he arrives in class in the morning, at the end of the day, at home, during partner work time in class, or even right before lunch. I do not need to know which of these times you decide on.

It was great to see Jack back today!!

Thank you for your time,
Jonathan Kempf (he, him, his)
Bloom Elementary

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 25, 2021 3:35 PM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: Jack Fouts - Follow-Up - 2021-10-25

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Mr. Kempf,

Thank you - I appreciate your response. Jack ended up with another headache today - although I suspect this one may have been triggered by changes in barometric pressure - still working on identifying triggers here for him. Jack said he was having trouble writing the question down in time. I tried to log on (as a parent) and I am not able to see Jack's work - so I cannot see it on the 5th grade website - unless I am going to the wrong website which is quite possible - JCPS makes it hard, I feel, on parents.

Jack wanted to know which 3 places it was displayed, so he can make sure he checks all three that you mention. I would like to avoid before or after school changes to routine because I only have him every other week and have no control over

whether or not there would be consistency during the other weeks when he is not with me with regard to his assignments and making sure he completes them.

I hope everything is going well with you and your family.

John

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> 4.) Mr. Kempf - Jack said he needed more time for the math guiding question each day when there is one. I told him I would talk to you about that, and see what we need to do to make that happen.
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> Mr. Fouts,
> The guiding question for each lesson is on the 5th grade website, in Google Classroom, displayed 3 places in the classroom all day, and I displayed on the Smartboard prior to lessons.
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> Thank you for your time,
> Jonathan Kempf (he, him, his)
> Bloom Elementary
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> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Monday, October 25, 2021 1:03 AM
> **To:** Parker, Ollie K. <ollie.parker@jefferson.kyschools.us>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
> **Subject:** Jack has a therapy appt (outside school) at 10 tomorrow -
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> 1.) Ms. Webb - I called Jack's doctor on Friday and they said they would fax you a doctor note that he went to the doctor's office.
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>
> Thanks all.
>
> Jack should be able to be back at school tomorrow shortly after 11 barring any unforeseen circumstances (by tomorrow I mean Monday). He sees Ms. Sanchez on Mondays too so I will try to get the ongoing out of school therapy sessions

> scheduled for a day that is not Monday going forward - I took first available when I scheduled this appointment because I knew it was critical for Jack to start therapy out of school (in addition to in school) asap.
>
> John
>
> P. 502.956.0052
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

follow up

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Wed, Oct 27, 2021 at 2:25 PM
To: John Fouts <fouts.john@gmail.com>

Hi there,

Talisha Ford is the school social worker for Bloom:

talisha.ford@jefferson.kyschools.us

Also I have attached the form for release of information and sharing.

Thanks
Jamie

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

JCPS Authorization to Disclose Request Info__2020-12-18-08-57-40.pdf
126K

Gmail John Fouts <fouts.john@gmail.com>

Re: follow up

1 message

John Fouts <fouts.john@gmail.com> Wed, Oct 27, 2021 at 3:30 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Thank you for talking with me today about how to talk to Jack, and for providing this person's name and contact information, and for the form. I will fill this out as soon as I can and get it back to you.

On Wed, Oct 27, 2021 at 2:25 PM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi there,
>
> Talisha Ford is the school social worker for Bloom:
>
> talisha.ford@jefferson.kyschools.us
>
> Also I have attached the form for release of information and sharing.
>
> Thanks
> Jamie
>
> Jamie Sanchez, LCSW
> Mental Health Practitioner
> Bloom Elementary
> Lincoln Performing Arts School
> 502-485-8211/502-485-8291
> jamie.sanchez@jefferson.kyschools.us.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

How often do acute appointments need to occur?

1 message

John Fouts <fouts.john@gmail.com> Thu, Nov 4, 2021 at 3:30 PM
To: ldumar@sevencounties.org

Lilly,

This may be a question with no answer really, but for how long do you recommend the acute appointments too?

Jack has therapy in school, outside of school with Lindsey Smith that he started this week, and on-going on a weekly basis as well. Should he have therapy with you on days when he does not see Lindsey or Ms. Sanchez at school? That would mean 3 days out of the week, barring illness issues, he would be seeing a therapist.

I can call to set up the appointment but need some guidance. Thanks for being there for Jack!!

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

RE: How often do acute appointments need to occur?

1 message

Lillian Dumar <ldumar@sevencounties.org> Thu, Nov 4, 2021 at 3:35 PM
To: John Fouts <fouts.john@gmail.com>

I think we just need one more Acute appt (unless risk increases).

Thanks,

Lilly Dumar LPCC-S

Principal Therapist

Acute Child Psychiatric Services | Seven Counties Services

914 E Broadway, 3rd Floor

p: 502.589.8070 | f: 502.562.5691

ldumar@sevencounties.org

sevencounties.org | Facebook | Twitter

To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.

Seven Counties Services

If you are in crisis, please contact 589-8070 for further assistance.

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 4, 2021 3:30 PM
To: Lillian Dumar <ldumar@sevencounties.org>
Subject: How often do acute appointments need to occur?

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lilly,

This may be a question with no answer really, but for how long do you recommend the acute appointments too?

Jack has therapy in school, outside of school with Lindsey Smith that he started this week, and on-going on a weekly basis as well. Should he have therapy with you on days when he does not see Lindsey or Ms. Sanchez at school? That would mean 3 days out of the week, barring illness issues, he would be seeing a therapist.

I can call to set up the appointment but need some guidance. Thanks for being there for Jack!!

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

I am hoping Jack will be able to come in to school on Monday...

1 message

John Fouts <fouts.john@gmail.com> Sun, Nov 7, 2021 at 10:54 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

When he meets with you, I don't even know where to begin....he seems like he is a completely different person altogether, these last 3 or 4 weeks. I don't know what happened, but it seems like there was some kind of a major trigger that caused something to change in him.

He has been self harming. I am barely able to help him with any work because if it needs any correction at all, he will begin to self harm...even with tremendous amounts of praise in between.

When he came back from his mom's this week, he keeps calling himself stupid, and an idiot, and dumb, and I keep telling him he is very smart, very talented, very creative, very artistic, very passionate, and to each he says no he is not and then grows extraordinarily angry and won't talk to me or is extremely defiant for many hours afterwards. I don't know what to do.

He needs help. His mom doesn't help him with his school work most of the time. And I don't know what happens over there, and I don't need to know, but Jack is acting totally differently and I'd like to know how to help him.

He is also now unwilling to be in a room on his own without me in it, because he says he is too scared. This makes it very difficult to get anything done around the house - as an example, I cannot go to the bathroom on my own now....he has to be right outside the door....or I cannot cook food and have him be in the other room (the bedroom which is right next door - or the living room), etc... This was not this way only a few weeks ago.

I'm just worried very much about him, and I don't know how to help the anxiety at the level that it has reached for him. The timing concerns me a lot because he is getting ready to head into middle school, which is arguably the toughest transition for many of us in life.

I love Jack very much, and always want him to have whatever he needs to be successful in his life.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Consent Form - Glad To Fill Out If Necessary

1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 8, 2021 at 1:14 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>, lindsey.smith@centerstone.org

Hi Jamie and Lindsey.

You have my consent to discuss what Jack shares in therapy with each other in order to provide him with a more connected continuation of care in terms of in-school therapy and out-of-school therapy.

Thanks for all you do to help Jack remain safe, and to have a place to discuss those things which he feels like he needs to.

If any paperwork is necessary, please feel free to send it my way, and I'll get it filled out and sent back to you asap

John

P. 502.956.0052

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Consent Form - Glad To Fill Out If Necessary

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Mon, Nov 8, 2021 at 1:50 PM
To: John Fouts <fouts.john@gmail.com>, "lindsey.smith@centerstone.org" <lindsey.smith@centerstone.org>

Hi there,

Thank you John. Here is the JCPS form when you all are able to fill out!

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, November 8, 2021 1:14 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>; lindsey.smith@centerstone.org <lindsey.smith@centerstone.org>
Subject: Consent Form - Glad To Fill Out If Necessary

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi Jamie and Lindsey.

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Thanks for all you do to help Jack remain safe, and to have a place to discuss those things which he feels like he needs to.

If any paperwork is necessary, please feel free to send it my way, and I'll get it filled out and sent back to you asap

John

P. 502.956.0052

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

JCPS Authorization to Disclose Request Info__2020-12-18-08-57-40.pdf
126K

Gmail

John Fouts <fouts.john@gmail.com>

Form For Information Release / Dates

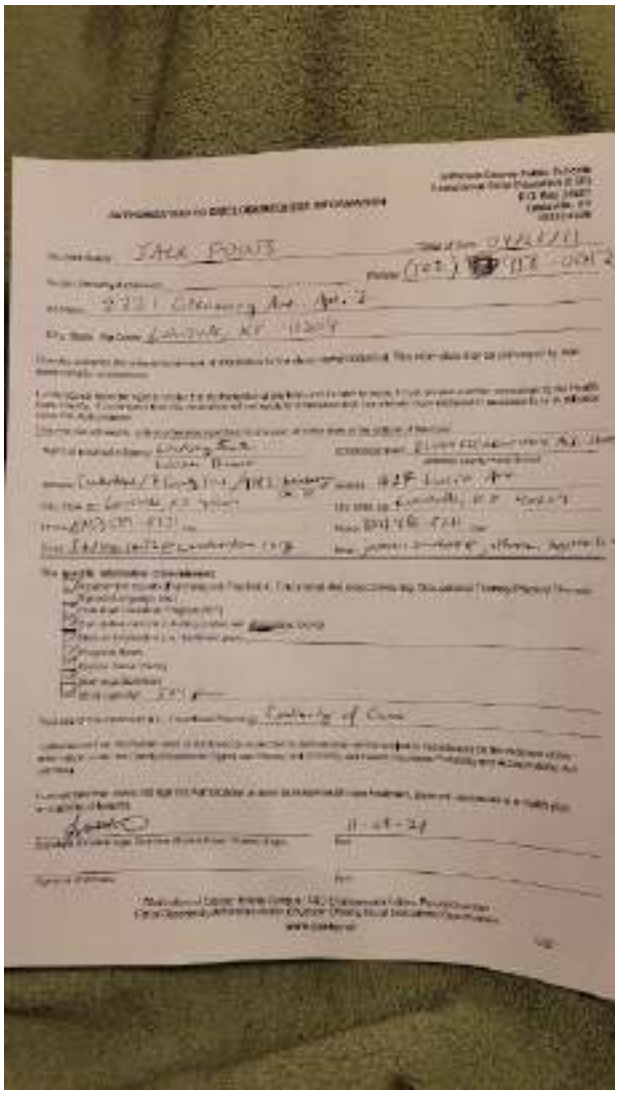
1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 8, 2021 at 2:44 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>, lindsey.smith@centerstone.org

Ms. Sanchez,

Thank you for the quick call earlier. I truly appreciate your help. I am feeling a bit at a loss as to what is going on with Jack's current thought processes. That is where you therapy experts come in - right?

I've attached the medical information release form or whatever you call it.



Also, Jack's 1st acute therapy / crisis center appointment was on 2021-10-28. Also, his next, non-crisis center, out of school therapy appointment, is at 9 am this week on 2021-11-12.

The soonest I could get him on the schedule for an additional acute crisis center therapy appointment with Lillian Dumar (Lilly) was on the 16th, 2021-11-16 at 10 am, and then he will see Lindsey Smith again on 2021-11-17 at 9 am.

Special note: Jack's mom's name is Lindsay, so in order to make sure Jack doesn't get confused (and I don't get confused too), I am going to always say 'Lindsey The Therapist' when I talk about Lindsey Smith.

If you all need any other information, please let me know. Thank you

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

More Weirdness

1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 8, 2021 at 4:32 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

This has been my afternoon, since picking Jack up a few minutes ago.

He seemed happy when he left school.

I pointed out a teacher in the car rider line that I can never remember the name of, and he said it was Ms. Miller. I said I can never remember her name.

He said I'm going to tell her you said that. I said, that's fine Jack, I don't ask you to keep any secrets.

He said she helps people if they need help with their work, she pulls them out of class.

I asked if she had been helping him since he had been out so much lately, and he said no because he has not needed any help.

He said he wanted to play ball, and I told him I had some work I needed to finish up first, but that we could play ball right after that. He had a very sunken reaction.

I said, I need to go to the post office to mail a package, but if you do a good job of behaving appropriately, I will buy you a wireless mouse because I know you want one.

He screamed with jubilation, but it was so loud it hurt my ears. I told him I was glad he was so excited but that I needed him to not scream so loudly next time because it really hurt my ears.

Then he told me that he got a 100 on today's math exit slip. I told him great job! And I tried to give him 5 because usually that is what he likes. He refused to give me a hi 5. I said Jack, it is okay that you don't want to give me a high five, but I don't understand why you are upset with me or what is going on. He said he doesn't want to give me them anymore, at least not right now. I said that is okay.

Then we pulled over to take a picture of a pretty tree. I said I will miss Glenmary when we move away from this area, but I will always have good memories of it - won't you? He gave me silence.

He asked if he could play Minecraft while I worked, and I said sure thing - that would be great, but we won't be staying long because I have errands I have to run tonight....you have to understand Jamie....usually I have to put off all of my errands until every other week because many are simply not possible due to the way that things are...but I have so many backed up that I have to do some of them...

While we were pulled over, I saw a sticker on a car that said RRG Red River Gorge. I said that is a great sticker! I said you know what that stands for right? He said yes Red River Gorge. I said yep - I said around here - you could even just put RRG No Explanation Needed, and then he became very angry/hurt/withdrawn and put his head down.

I asked him what was wrong. He said that I didn't like his sticker idea. I said what sticker idea? He said his sticker idea of Red River Gorge saying RRG Red River Gorge. I said I think there was a miscommunication, that is what that sticker said already, I didn't know you were saying you wanted to make stickers that said that too. I think that is great also! He opened his door and got out.

By this time, I was so lost about his actions that I needed to sit there for a few minutes. I told him his actions kind of hurt me because I was just trying to talk to him and he acted angry at me for trying to talk to him. He said - I don't know how they could have. I don't see why. I don't understand.

I just sat there because I know when he is in that mood, he will not listen to anything.

He held the door open for me to go in the house but hasn't said another word to me since.

So, this is a perfect example, of the recent interactions that have been occurring that I do not understand. If you have any advice on how to help him, I am all ears.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Jack Is Still Struggling Emotionally

1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 8, 2021 at 11:23 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

I don't know what has happened, but to me, it seems that he is acting very differently - very emotionally labile.

liable to change; easily altered.
"persons whose blood pressure is more labile will carry an enhanced risk of heart attack"

- of or characterized by emotions that are easily aroused or freely expressed, and that tend to alter quickly and spontaneously; emotionally unstable.
  "mood seemed generally appropriate, but the patient was often labile"
- **CHEMISTRY**
  easily broken down or displaced.

I know you know the definition - but I put it in here to make sure I was using the word properly.

I think a lot of it is related to Elavil. I have already cut him back to 10 mg. I need to let Dr. Rogers know that. His blurred vision I think is from the Elavil. I highlighted below, in yellow, what I think he has experienced from Elavil. I also have definitely seen a major uptick in suicidal ideation from him, and that is greatly concerning to me.

https://www.rxlist.com/elavil-drug.htm#description

Elavil may cause serious side effects including:

- easy bruising or bleeding,
- persistent heartburn,
- shaking,
- mask-like facial expressions,
- muscle spasms,
- severe stomach pain,
- decreased sexual desire,
- enlarged or painful breasts,
- black stools,
- vomit that looks like coffee grounds,
- severe dizziness,
- fainting,
- seizures,
- eye pain, redness or swelling,
- vision changes,
- fever,
- muscle stiffness,
- severe confusion,
- sweating, and
- fast or irregular heartbeat

Get medical help right away, if you have any of the symptoms listed above.

The most common side effects of Elavil include:

- drowsiness,
- dizziness,
- dry mouth,
- blurred vision,
- constipation,
- weight gain, and
- difficulty urinating

Jack has shown the above that I highlighted in yellow, while he is here as well.

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, adolescents , and young adults in short-term studies of major depressive disorder (MDD) and other psychiatric disorders. Anyone considering the use of amitriptyline hydrochloride tablets or any other antidepressant in a child, adolescent, or young adult must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidality with antidepressants compared to placebo in adults beyond age 24; there was a reduction in risk with antidepressants compared to placebo in adults aged 65 and older. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. Families and caregivers should be advised of the need for close observation and communication with the prescriber. Amitriptyline hydrochloride tablets are not approved for use in pediatric patients (see WARNINGS : Clinical Worsening and Suicide Risk, PATIENT INFORMATION, and PRECAUTIONS : Pediatric Use.)

---

https://www.alternativetomeds.com/blog/elavil-tapering/

Jack needs to stop the Elavil altogether! There is a potentially life threatening reaction that exists between Clonidine and Amitryptiline!

Also - Jack has shown all those signs - nausea - vomiting - Patients should be advised to seek medical help if they develop potential symptoms of a hypertensive crisis such as nausea, vomiting, sweating, flushing, dizziness, stiff neck, headache or palpitations.

I think that the Elavil is what has caused the change - I think the 20 mg was far too much for him - I think that he is trying to 'regain his balance' so to speak. After reading extensively on this topic.

I am going to ask his neurologist to stop the Elavil - I'm going to tell her we need a weaning off schedule. I took him down to 10 mg 3 days ago. I am hoping to get him off of it as quickly and safely as possible.

I don't think it was the right choice for him.

There is a new medication inhaler potentially for cyclic vomiting. It is in clinical trial stage right now - - fyi.

I tried to apply for Jack to apply to Noe and to Thomas Jefferson Middle. He said he wants to go to Thomas Jefferson after I showed him the videos from the orientations/open houses. I also drove him by each school - Highland, Noe, and Thomas Jefferson. I tried to apply, but contacted Ms. Whitmer when neither my login, nor the token that was on the letter, would work for the application process. I have not heard back yet.

I think Jack will be okay after he gets off of the Elavil but there may be an adjustment period of a month or so while his Serotonin and Dopamine levels return to their natural levels.

If you get a chance, check out CGRP therapy (Calcitonin Gene Related Peptide).

https://www.psychiatryadvisor.com/home/topics/mood-disorders/depressive-disorder/antidepressant-death-found-most-often-with-amitriptyline/

Jack has therapy with 7 County Svc this Friday from 9 to 10. There is no school that day.

Next week he has therapy on Monday with Ms. Sanchez, Tuesday with the regular out of school therapist, and on Wednesday with the acute crisis therapist. That will be good for him.

He saw Ms. Sanchez today.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

2021-11-08-Jack-Drug-Interaction-Professionals.pdf
270K

Gmail John Fouts <fouts.john@gmail.com>

Jack Would Like To See You Again - Feels A Need To

1 message

John Fouts <fouts.john@gmail.com> Thu, Nov 18, 2021 at 6:28 PM
To: Lillian.Dumar@centerstone.org

Lilly,

I told Jack I would ask if he could see you one more time. He said he really felt the need to and he felt like the amount of therapy he is getting from you, Ms. Sanchez at school, and from Lindsey Smith was the right amount. Can you see him at least one more time?

Is there a group for children his age that could be fitting and helpful?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

I think I figured it out - I think it is mostly related to Elavil

1 message

John Fouts <fouts.john@gmail.com> Tue, Nov 9, 2021 at 11:26 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jamie,

Elavil is a Tri-Cyclic Antidepressant. I looked up the side effects and interactions of all of Jack's meds last night, and found that he 'should not' have been prescribed Elavil at all since he takes Clonidine. There is a MAJOR interaction between those meds and the professional rx guidance says to avoid that combination because it is so dangerous.

I am sure his doctor was weighing benefits/risks based on what she had seen, but it now makes total sense - even with timing.

That being said, Jack still does definitely need therapy. And yesterday he told me he felt like no one has loved him since he was 6. (That is the year we got divorced). I thought that might be helpful in some way for the things that you and he discuss when you meet with him.

I've asked his doctor to give me a weaning schedule for Elavil. The thing is - that may end up leading to him having more neuropathic pain again... I am trying to find a way to afford going to Mayo Clinic for him and me both. Also we are trying to go to the NIH if a study becomes available.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail

John Fouts <fouts.john@gmail.com>

No Therapy At School Today?

1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 22, 2021 at 1:17 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jack said you didn't come get him for therapy today. Is everything OK with you and your family? Thought you might have taken the week off. I don't want Jack to feel like he was left hanging.

Gmail John Fouts <fouts.john@gmail.com>

Re: No Therapy At School Today?

1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 29, 2021 at 7:38 PM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

It is not my week with him. I sent a message to Mr. Kempf to ask him to let you know that you would be out, but Mr. Kempf has not responded as of yet - so I don't know if he did not get the message or has been too busy to respond or what. Thanks for letting me know.

On Mon, Nov 29, 2021 at 7:33 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi John,
>
> I am out until 12/1. We are ok, but I need to be out until Wednesday. I did not forget Jack. Please let him know I will see him next Monday.
>
> Hope you all are well,
>
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Monday, November 22, 2021 1:17 PM
> **To:** Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
> **Subject:** No Therapy At School Today?
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> Jack said you didn't come get him for therapy today. Is everything OK with you and your family? Thought you might have taken the week off. I don't want Jack to feel like he was left hanging.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Automatic reply: No Therapy At School Today?

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Mon, Nov 22, 2021 at 1:17 PM
To: John Fouts <fouts.john@gmail.com>

I will be out of the office today, 11/18/21, returning 11/29/21. If you need immediate assistance, please contact your school administrator.

Thank you and take care,

Jamie Sanchez, LCSW
Mental Health Practitioner
Bloom Elementary
Lincoln Performing Arts School
502-485-8211/502-485-8291
jamie.sanchez@jefferson.kyschools.us.

Gmail John Fouts <fouts.john@gmail.com>

Re: Ms. Sanchez was out today - could you let Jack know she will be out 'til Dec. 1?

1 message

Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us> Tue, Nov 30, 2021 at 11:56 AM
To: John Fouts <fouts.john@gmail.com>

Thanks! I let Jack know yesterday that she was not available until Wednesday.
-Mr. Kempf

Sent from my iPhone

On Nov 29, 2021, at 2:21 PM, John Fouts <fouts.john@gmail.com> wrote:

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi Mr. Kempf,

Jack really wanted to talk to Ms. Sanchez - last time he had the opportunity to do so - was on a Monday that she was not there prior to Thanksgiving break. She was out today also. No one let Jack know what was going on the last time - he said that no one came to get him for him to go there.

I'm asking that you let him know, please, so he understands, that she will be back soon.

Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Ms. Sanchez was out today - could you let Jack know she will be out 'til Dec. 1?

1 message

John Fouts <fouts.john@gmail.com> Mon, Nov 29, 2021 at 2:21 PM
To: Jonathan Kempf <jonathan.kempf@jefferson.kyschools.us>

Hi Mr. Kempf,

Jack really wanted to talk to Ms. Sanchez - last time he had the opportunity to do so - was on a Monday that she was not there prior to Thanksgiving break. She was out today also. No one let Jack know what was going on the last time - he said that no one came to get him for him to go there.

I'm asking that you let him know, please, so he understands, that she will be back soon.

Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Ms. Sanchez - About Jack - Please Read If Possible - Homeschool - Other

1 message

John Fouts <fouts.john@gmail.com> Mon, Dec 6, 2021 at 11:11 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Ms. Sanchez,

Jack has been having some crisis like moments. Yesterday, I called the Centerstone / 7 County Services Crisis Center because I did not know if it would help Jack, but thought that it might.

I had told him to 'hold on' for a second while I ordered pizza and then he kept digging through stuff, so I told him to hold on again but a little more firmly but in no way yelling or screaming...unfortunately, Jack has become VERY SENSITIVE to any kind of criticism or any kind of tone - even positive constructive criticism seems to send him into a crisis.

He has had a sensory processing 'meets the criteria for' section in his file since he was much younger. He has been telling me some things that make me think that it is greatly affecting him. He also has said things like he can smell colors before, and that kind of thing.

So - it is as if some of his sensory wires are crossed in his mind. He is experiencing some kind of synesthesia.

"**Synesthesia** means to blend the 5 senses. Examples or synesthesia are seeing sounds in colors or touching smells. Also, concepts such as letters or numbers may evoke the perception of color. This co-activation is called Ideasthesia."

There are over 80 types of it....I don't know if it could be prodromal stage of migraine or other migrainous type of situation, if it could be physically caused by something physical - like something going on in his brain or in his mind. It is very worrisome to me. I haven't had him describe that he has experiences like that specifically in the past. Also - when I picked him up

He also told me that sometimes he can only see pinks squares like the frames of a window but he cannot see or hear through them - to me, this sounds like pretty extreme dissociation - but I don't want to read more into it than what is there. Everyone dissociates to a degree often, so I am not sure what to make out of that or what or how to talk to Jack about that specifically.

Friday - he asked me if a desk was the same thing as a table. I told him that they were two different things, but he insisted they were the same, so I said okay Jack - you asked me if they were the same, I have told you the definitions as I know them of things that exist - but you seem to have a different definition and I was onliy answering your question. He had become very angry. When I told him hold on, and then he launched into an extreme screaming crisis for about an hour, I told him he needed to not be as loud or my neighbors might call the police - because they have before... I said if you don't stop screaming so loudly, you might need to go apologize to them so they understand what is happening and that you are ok. That made him scream even more - so it was not the right thing for me to say.

I just want to help him feel better. He told me yesterday that a rage room would help him - so I am looking into that.

He also told me late last night - that he wants to be homeschooled. I told him I would talk to him about that today - but thought you might want to ask him about that too. He had a great deal of trouble falling asleep. He does not have that trouble on Friday and Saturday nights - it is mainly on school nights - so that makes me think that a vast majority of what is going on is anxiety presenting as behavioral dysregulation. I am not an expert - that is my two cents as a parent - that loves my child very much - and wants to find a way for him to feel better and be as successful as he can be.

Please let me know if you have any questions later. Thank you.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Why were you not able to meet with Jack now?

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Tue, Dec 14, 2021 at 9:40 AM
To: John Fouts <fouts.john@gmail.com>
Cc: "Jacobs, Jack F" <jack.jacobs2@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

Hi John,

There are times that I have to be out for personal reasons including illness, please know that if at all possible, I stick to the schedule we have set up When I am out, I email the teachers. If Jack is concerned, we will continue to encourage him to ask Mr. Kempf. I will never miss a scheduled time if it is avoidable.

I have included Mr. Kempf, Ms. Whitmer and Dr Jacobs here as well. If Jack ever has something that needs immediate attention he can let a teacher know and can talk with the school counselor or another member of the team. We never want Jack to feel he doesn't have someone to check in with.

Best to you,

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, December 13, 2021 11:13 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Why were you not able to meet with Jack now?

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

Jack said that you did not meet with him today.... I am very confused about why you were not able to meet with him again. Is everything okay with you and your family?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Why were you not able to meet with Jack now?

1 message

John Fouts <fouts.john@gmail.com> Tue, Dec 14, 2021 at 11:02 AM
To: "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>
Cc: "Jacobs, Jack F" <jack.jacobs2@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

Ms. Sanchez,

My subject line wasn't meant to be taken in a bad way. I'm really sorry. I can see how that would come across in totally the wrong way.

I completely understand.

All I ask is that Jack be notified if he won't be able to meet with you during a time when you would normally meet with him - because really, right now he needs as much opportunity to talk about things that are going on as he can get.

I talked to him on the phone briefly last night, and I asked if he got to meet with you on Monday. He said no one came to get him to go see you so he didn't get to talk to you.

Mr. Kempf - if Ms. Sanchez is out,please, could you notify Jack so he knows that he won't get to meet with her on any given day like that?

I can see how the subject line of my email may have been read incorrectly. I was very tired and having a very rough day yesterday healthwise myself - please know that I did not mean to have any kind of negative tone associated with my email - I was just very tired and direct.

I know and 100% understand that you will meet with Jack when you can.

I need to make sure he understands what is going on though on the days that you cannot meet with him.

I also wanted to avoid any confusion since for the month of December, and on Jan. 5th, Jack is meeting with Lindsey Smith (who he normally sees for outside of school therapy, at school....because that was the only time she could see him in December....he has on-going meetings with her scheduled through the end of March now outside of school - those meetings' physical location will be at Seven County Services Jan. 6 - the end of March).

I wanted to make sure that you remain preserved as his in-school therapist as he has established a connection with you.

Thank you 'all' for everything. It has been a challenging year for everyone I know. Again, please forgive my poor choice of words for the subject line. Thank you.

John

On Tue, Dec 14, 2021 at 9:40 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi John,
>
> There are times that I have to be out for personal reasons including illness, please know that if at all possible, I stick to the schedule we have set up When I am out, I email the teachers. If Jack is concerned, we will continue to encourage him to ask Mr. Kempf. I will never miss a scheduled time if it is avoidable.
>
> I have included Mr. Kempf, Ms. Whitmer and Dr Jacobs here as well. If Jack ever has something that needs immediate attention he can let a teacher know and can talk with the school counselor or another member of the team. We never want Jack to feel he doesn't have someone to check in with.

Best to you,

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, December 13, 2021 11:13 PM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Subject: Why were you not able to meet with Jack now?

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Sanchez,

Jack said that you did not meet with him today.... I am very confused about why you were not able to meet with him again. Is everything okay with you and your family?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Incident At School Yesterday?

1 message

John Fouts <fouts.john@gmail.com> Wed, Feb 9, 2022 at 2:56 PM
To: "Walts-Paulin, Crystal L" <crystal.walts-paulin@jefferson.kyschools.us>, "Craven, Jamie K." <jamie.craven@jefferson.kyschools.us>, Jonathan Kempf <jonathan.kempf@jefferson.kyschools.us>, "Sanchez, Jamie M." <jamie.sanchez@jefferson.kyschools.us>

Jack is with his mom this week. He told her this morning that he was too upset to go into school today because of an incident that happened yesterday. I have very little information to go on. He and she called me this morning briefly after his therapy session, and he was too upset to talk about it. If he shares anything else I will let you all know, but I don't know that he is going to. I know that you all keep your eyes on the kids very well. Maybe, if possible, try to pay a little extra attention to what is happening in Jack's world assuming he can make it in to school tomorrow. I don't know what else I can ask you all to do. I know you already do a good job.

Ms. Craven - we still need to get a call scheduled - my work schedule has been a bit hectic.

John

On Wed, Feb 9, 2022 at 1:34 PM Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us> wrote:

> I am unaware of any incident. Please let us know when Jack shares more information!
>
> Get Outlook for iOS
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Wednesday, February 9, 2022 11:27:56 AM
> **To:** Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>
> **Subject:** Incident At School Yesterday?
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> What happened at school yesterday? Apparently there was an incident of some kind?
>
> John Fouts (Jack's dad)
>
> ---------- Forwarded message ---------
> From: **Webb, Joanna C.** <joanna.webb@jefferson.kyschools.us>
> Date: Wed, Feb 9, 2022 at 11:22 AM
> Subject: Re: Jack Fouts School - 2/9
> To: Lindsay Fouts <lindsayfoutscpa@gmail.com>, Lindsey Smith <lsmith2@sevencounties.org>
> Cc: John Fouts <fouts.john@gmail.com>
>
> Please reach out to the teacher if you have any questions about yesterday's incident.
>
> ***Joanna Webb***
> ***School Clerk***
> ***Bloom Elementary***
> *1627 Lucia Avenue*
> *Louisville, KY 40204*
> Phone #-(502)485-8211

Fax #-(502)313-3417

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Wednesday, February 9, 2022 10:02 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Cc: John Fouts <fouts.john@gmail.com>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Subject: Re: Jack Fouts School - 2/9

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Jack told me just now there was an incident at school yesterday at Bloom and he is feeling “intimidated “ about returning today.

I can’t get any further information from him yet.

Jack is non-binary (he/they)

I am having VPN issues with work this morning and headed into the office.

Lindsay

On Wed, Feb 9, 2022 at 9:51 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> To whom it may concern,
>
> Jack Fouts had an appointment with me on February 9th starting at 9:00 am and concluding around 9:50 am.
>
> If you have any questions, comments, concerns, please don’t hesitate to reach out to me. My contact information is down below.
>
> Regards,
>
> **Lindsey Smith (she/her), LPCC, LPATA**
>
> **Seven Counties Services** | Family Connections Senior Therapist
>
> 914 E. Broadway, Louisville, KY 40204 – 2nd Floor
>
> Office: (502) 589-8731
>
> Crisis: (502) 589-8070
>
> *******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
>
> lsmith2@sevencounties.org
>
> sevencounties.org | Facebook | Twitter

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Re: Why were you not able to meet with Jack now?

1 message

Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> Thu, Dec 16, 2021 at 9:14 AM
To: John Fouts <fouts.john@gmail.com>
Cc: "Jacobs, Jack F" <jack.jacobs2@jefferson.kyschools.us>, "Whitmer, Jessica R" <jessica.whitmer@jefferson.kyschools.us>, "Kempf, Jonathan" <jonathan.kempf@jefferson.kyschools.us>

Hi John,

No worries, we are all here to support Jack. Meeting with Ms. Lindsay at school does not interfere with MHP services at school, so that should not be a problem.

Best to you all,

Jamie

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, December 14, 2021 11:02 AM
To: Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
Cc: Jacobs, Jack F <jack.jacobs2@jefferson.kyschools.us>; Whitmer, Jessica R <jessica.whitmer@jefferson.kyschools.us>; Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Subject: Re: Why were you not able to meet with Jack now?

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Ms. Sanchez,

My subject line wasn't meant to be taken in a bad way. I'm really sorry. I can see how that would come across in totally the wrong way.

I completely understand.

All I ask is that Jack be notified if he won't be able to meet with you during a time when you would normally meet with him - because really, right now he needs as much opportunity to talk about things that are going on as he can get.

I talked to him on the phone briefly last night, and I asked if he got to meet with you on Monday. He said no one came to get him to go see you so he didn't get to talk to you.

Mr. Kempf - if Ms. Sanchez is out,please, could you notify Jack so he knows that he won't get to meet with her on any given day like that?

I can see how the subject line of my email may have been read incorrectly. I was very tired and having a very rough day yesterday healthwise myself - please know that I did not mean to have any kind of negative tone associated with my email - I was just very tired and direct.

I know and 100% understand that you will meet with Jack when you can.

I need to make sure he understands what is going on though on the days that you cannot meet with him.

I also wanted to avoid any confusion since for the month of December, and on Jan. 5th, Jack is meeting with Lindsey Smith (who he normally sees for outside of school therapy at school - because that was the only time she could see him

in December....he has on-going meetings with her scheduled through the end of March now outside of school - those meetings' physical location will be at Seven County Services Jan. 6 - the end of March).

I wanted to make sure that you remain preserved as his in-school therapist as he has established a connection with you.

Thank you 'all' for everything. It has been a challenging year for everyone I know. Again, please forgive my poor choice of words for the subject line. Thank you.

John

On Tue, Dec 14, 2021 at 9:40 AM Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us> wrote:

> Hi John,
>
> There are times that I have to be out for personal reasons including illness, please know that if at all possible, I stick to the schedule we have set up When I am out, I email the teachers. If Jack is concerned, we will continue to encourage him to ask Mr. Kempf. I will never miss a scheduled time if it is avoidable.
>
> I have included Mr. Kempf, Ms. Whitmer and Dr Jacobs here as well. If Jack ever has something that needs immediate attention he can let a teacher know and can talk with the school counselor or another member of the team. We never want Jack to feel he doesn't have someone to check in with.
>
> Best to you,
>
> Jamie
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Monday, December 13, 2021 11:13 PM
> **To:** Sanchez, Jamie M. <jamie.sanchez@jefferson.kyschools.us>
> **Subject:** Why were you not able to meet with Jack now?
>
> CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.
>
> Ms. Sanchez,
>
> Jack said that you did not meet with him today.... I am very confused about why you were not able to meet with him again. Is everything okay with you and your family?
>
> John
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Gmail John Fouts <fouts.john@gmail.com>

Thank you for everything - see responses in red

1 message

John Fouts <fouts.john@gmail.com> Wed, Feb 23, 2022 at 12:18 AM
To: "Vinegar, Kim A" <kim.vinegar@jefferson.kyschools.us>

Kim,

Please see below in red. Please note (in advance), that nothing at all is directed towards you. That being said, I do want to voice my frustrations with JCPS.

On Tue, Feb 22, 2022 at 11:46 AM Vinegar, Kim A <kim.vinegar@jefferson.kyschools.us> wrote:

> Hello! Sorry it took me so long!

It is no problem at all. We are all busy, but please read below.

> I'm glad they are addressing the extended time.

This had not been happening until very recently, and the year is more than half over.

2. Let me know if you are still struggling with getting them to notice when Jack turns in late assignments.

The teachers have stated that they are not notified when late assignments are turned in, and so it is easy to miss them unless the parent notifies them also that they are turned in.

In regards to anxiety, we will need an official diagnosis from a physician.

It is already diagnosed - I don't have time to go back and duplicate and triplicate efforts - nor energy.

I am attaching the health/medical questionnaire to this document. Do not rush to get this done.

Because of the issues Jack has had at school, and because of JCPS's extreme rigidity and inability to understand student health issues at the school level / teacher level, we have decided to take Jack out of public school and home school him. He has been bullied repeatedly. The school does not seem to take this very seriously. Dr. Jacobs recently, during a conversation at the door, stated that one kid calling another student idiot or stupid repeatedly is not bullying...well, I'm sorry, but that meets the definition of emotional and verbal bullying to a tee, and has deeply and profoundly impacted Jack's mental health adversely. I really like Dr. Jacobs but I have to draw the line there with regard to that statement.

Jack also has turned in several pieces of work that he did not get credit for despite working very hard on the assignments. I personally witnessed him turn in one or two of the assignments that he did not get credit for. This is not okay.

The only thing I would think he would need based on this diagnosis, since he already has a form completed for excused absences, is the ability to make up missed work which is a natural result of any absence.

Nope - even though we have multiple forms from multiple doctors on file for parent excused absences, Jack is being 'administratively bullied' by receiving notes that get sent home that say that doctors notes are not relevant for anxiety - and that anxiety is not an illness...and that any absence involving anxiety or tardy will be unexcused. When I talked to 2 of Jack's doctors, they were both not able to comprehend (just like me), why we were being treated this way. Again - I am very fired up about this because mental health is equivalent to physical health, and anxiety is listed as an 'illness' in the DSM-IV. I am extremely fed up with JCPS after this year, which makes me very sad, because the other years had been really good (based on the other school systems we have had experience with since Jack was a child - West Clark Community Schools and Bullitt County Schools). I cannot allow my son to get lost in the shuffle because the school values money and funds from student attendance records over the actual education of the student. That is a very sad state of affairs.

Now, Kim, I want to be crystal clear, and say that 'you' have 'always' been very helpful, and I am very grateful to you for that. You have always seemed like you actually do value the child and his or her education. I can tell by the way you speak passionately.

He may also need us to look at adding time with the Mental Health counselor at school.

He already sees Ms. Sanchez weekly (he has for over a year), and Lindsey Smith weekly. Ms. Sanchez in school and Lindsey Smith out of school.

School has not wanted to excuse his time seeing Lindsey Smith (who he sees on Wednesdays at 9 am until 10 am). Again, it is pretty ridiculous - it is a set/standing appointment with a set time. Jack has been afraid to talk about anything at therapy because of potential repercussions from the school. I understand where he is coming from.

I know that you already know that I would do anything for Jack, and so I want to let you know that I am scheduling him for the psychological evaluation (making the appointment this week) - finally got a call after being on a waiting list for months.

I do think it would be best to have a re-evaluation to address anxiety prior to middle school. We could either meet at Bloom toward the end of the year or we could meet with his new middle school prior to school starting in August.

Jack has too much anxiety to even walk through the doors at Bloom again unfortunately.

What I know right now, is that I am homeschooling Jack at least for the rest of this year. If middle school is anything like 5th grade, he will continue to be homeschooled. I don't know how to get teachers to adhere to 504 plan accommodations when they don't, or how to solve JCPS's IT issues with regard to some assignments, etc... I will get off of my soapbox now - nothing is directed towards you Kim - I am so frustrated with JCPS.

> 1. As far as division is concerned, I spoke with Ms. Whitmer and she indicated that there are retired teachers going into Jack's class to assist students who are struggling in particular areas of math. He should also be getting "tier 2 interventions" due to his most recent Math MAP score which was in the 23rd percentile. Between those two items, they should be able to get division on track.

I was not ever told that his MAP score was in the 23rd percentile - nothing came home - the teacher made no attempt to communicate that. At the parent teacher conference it was not brought up.

> To me, that seems very strange - I would think that would be something to work on. I have been asking for extra help for Jack for weeks, and haven't been able to get any set up for him at school.

> That effort would have been much better spent working with Jack than spinning my wheels. I only know that Jack has been struggling so much because, thankfully, Jack opens up to me (sometimes) - but I feel like I am in danger of losing him to a system of distrust that he has experienced in an educational context.

> Do not apologize for long emails!

Well, nice of you to say that, but I know I can be too wordy sometimes.

> I am here as a support for you! I hope you are doing well.

Thank you for that well wish too. I need that really bad lately. Having IVIG weekly is hard. Continuing to get sicker without knowing why is also really hard. I may be on the right track though after 12 years...of at least knowing more about what is wrong. Here's to hoping for that - right?

Thank you for all you have done to help Jack. I know you have worked hard to try to make sure he had things in place for his plan, and you advocated for him and for me during the 504 plan meeting that we had with you present - I will always be grateful for that. We may end up having Jack go back into the school system at some point. I'm hopeful he can get caught back up again with me teaching him.

Kim Vinegar, Supervisor 504
Jefferson County Public Schools
3332 Newburg Rd. Louisville, KY 40218
kim.vinegar@jefferson.kyschools.us
502-485-6290

The information contained in this transmission is intended only for the person or entity to which it is addressed and may contain confidential and/or privileged material. If you are not the intended recipient of this information, do not review, retransmit, disclose, disseminate, use, or take any action in reliance upon this information. If you received this transmission in error, please contact the sender immediately, destroy all printed copies, and delete the material from all computers.

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 18, 2022 1:27 PM
To: Vinegar, Kim A <kim.vinegar@jefferson.kyschools.us>
Subject: Re: Got a denial letter from TJ Middle School for Jack - Follow-Up - 02-18-2022

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Kim,

I'm sorry it has taken me so long to get in touch with you. Thank you for your responses. This week has been completely crazy with appointments.

I have more 504 questions and answers to your questions from above.

First - for question 1 - thank you for a step-by-step kind of direction - I need that these days! I'm exhausted pretty much all the time I feel like - so that is very helpful.

Regarding question 2 - I am not sure Jack was getting the extra time he was supposed to. I don't know if you said something to the school, but it seems like the extra time is available to him for the most part now. A few things had happened that sparked my question initially - like I had a call or email conversation with Ms. Walts-Paulin at one point in time, and she said that if Jack has a migraine, he should be able to work from home, that the kids are 5th graders now, and they need to learn and develop responsibility. So, while I agree with the responsibility part, I just need the teachers to know, that if a child has a migraine, the child is not capable of doing anything aside from laying in a quiet dark room until it goes away - which sometimes takes many hours.

Or if Jack is vomiting 15 or 20 times or more per hour due to Cyclical Vomiting Syndrome, he is also not capable of doing work that requires any level of concentration.

Ms. Craven and I talked on the phone the other day. I had a concern because Jack had a grade in reading that went from an A to a C. Ms. Craven said it was because he turned in some assignments late, and also because he was missing some assignments. For some of the assignments that she said were missing, however, I physically was present when Jack turned them in digitally. She did not receive them though she said, so I did not get anywhere with that. I did learn, however, that if a student turns in an assignment late online, that there is not a notification system for teachers - so the teacher will not know they turned it in, unless they are communicated to that the assignment has been turned in (even though the system notes it as turned in on the student side). As a parent, this is frustrating - it is one more thing to have to try to remember. I told Ms. Craven, after learning this, that it is no problem for me to let her know when Jack turns things in late (But I hope I can remember!!).

Jack is not as open about what is happening in Mr. Kempf's class, and I'm not sure why - so I don't know if he has had any situations with not getting the time he needs there - or in special areas.

My other 504 questions pertain to anxiety. Jack has anxiety that is THROUGH THE ROOF. Part of it has come from additional bullying he has had to endure at school from a different child. I have addressed that with the school this week. I still need to file the official bullying report online as directed by the Asst. Superintendent's office... I think Jack has a lot of anxiety due to other children not being nice at times, and has a high level of general anxiety to begin with.

Kim - it is often very difficult to get him to get out the door - or even in the car - to go to school. This makes him late sometimes, but it is due to anxiety. How can I get something added about anxiety to his 504 plan? It is also the reason why he has to work from home sometimes. Dr. Jacobs witnessed this first hand this week, when Jack came to school after an appointment, got to the front door, and refused to go in the doors - so I had him work from home so he could at least learn something...

What do other 504 plan people do for children that have intense levels of anxiety? I have a meeting with Jack's primary care doctor at 3:30 (an appointment with Jack), so I can have her write up something if she needs. If you have time to get back to me before then, that's great. If not, I totally understand (flying by the seat of my pants here right now)....I can always write a msg to her on MyChart. I do need some guidance, however.

Also - Jack needs some extra help to master division - he said all the other kids know more than him (which I do not think is 100% accurate), but I do know he feels far behind from the others - and even if this is only his perception, it would still benefit him to have some guidance from somewhere in addition to class. I am happy to try to help him here, but he doesn't like to listen to either of his parents try to help him out.

Are there resources in addition to normal classes for help? I know that there is soon going to be a short tutoring session available to some students, but I do not yet know the details. I wondered about other resources.

I am going to be in meetings or on calls the rest of the afternoon, so I wrote you this novel of an email instead of a call. I'm sorry it is so long.

John

On Fri, Feb 11, 2022 at 10:01 AM Vinegar, Kim A <kim.vinegar@jefferson.kyschools.us> wrote:

> Hello! I hope you are doing well.
>
> Regarding question 1, you can complete a student transfer, which is online. You will go in the same way you did to apply to middle school, just hit the student transfer box. If that doesn't work because it is not his home school, you can call student assignment at 485-6250.
>
> Regarding question 2, it is already on his plan. Which teacher is not wanting to give him extended time? I can address it with Ms. Whitmer.
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Thursday, February 10, 2022 3:57 PM
> **To:** Vinegar, Kim A <kim.vinegar@jefferson.kyschools.us>
> **Subject:** Got a denial letter from TJ Middle School for Jack

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Kim,

How are you? I don't know who else to ask about this because I have gotten to know you somewhat well. You know Jack's 504 situation. I have a couple of questions.

Question 1.)

Jack got a denial letter from TJ Middle School - with the stated reason of capacity. When Jack first came to JCPS, he was denied at Bloom but I fought and fought to get him in. Can I do the same for TJ Middle?

Question 2.)

Jack has a teacher that seemingly does not want to allow him to have more time to complete assignments when he has been ill for a long period of time. When Jack has a migraine (e.g.), it is not possible for him to do work at the same time at home....migraines incapacitate him (just like they do most who have them). How can I get extra time accommodations added specifically into his 504 plan?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, January 4, 2023 12:16 PM
To: John Fouts
Subject: FW: What were you able to find out about Housing Choice Vouchers issued by 7 Counties? 2022-12-1

Hello John!

Yes! My supervisor said that you can contact CIC at 502-589-4313 😊

As for the Impact worker, their name is Stacey Polk. Their office number is 502-589-8085.

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 1, 2022 2:00 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: What were you able to find out about Housing Choice Vouchers issued by 7 Counties? 2022-12-1

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

Just following up with you after our conversation yesterday.

Also, if you can give me the name of the case worker that we never met, and her contact information, I will also reach out to her to ask...

John

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 3, 2023 10:36 PM
To: Lindsey Smith
Subject: Just confirming that we will see you there at your office tomorrow at noon

fyi.

--

"Shining" in Service,

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Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, December 16, 2022 7:41 PM
To: Lindsey Smith
Subject: Jackie just told me she forgot to meet with you.

Hi Lindsey.

It was Jackie's mom's week this week, and my parents watched Jackie on Wednesday. I reminded Lindsey and Jackie about your appt on Tuesday night, but Jackie just told me she forgot to meet with you. I asked her if she let you know, and she said no. I'm sorry they didn't let you know what was going on. Have a Merry Christmas and Happy New Year.

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From: Lindsey Smith <lsmith2@sevencounties.org>
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Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99292564587
Start:	Wed 11/30/2022 11:00 AM
End:	Wed 11/30/2022 12:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 11/30 @ 11:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99292564587

Meeting ID: 992 9256 4587

fouts.john@gmail.com

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fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Saturday, November 26, 2022 5:14 PM
To: John Fouts
Subject: Automatic reply: Who can refer us to the Housing Choice Voucher program from 7 Counties? - 2022-11-26

Hello!

I will be out from November 23rd to November 28th. I will return on November 29th. If you have any concerns that need to be addressed, please call 502-589-8731.

If you are in crisis, please call the crisis line at 502-589-8070.

Warm regards,

Lindsey Smith (she/her), LPCC
Seven Counties Services | Family Connections Principal Therapist
914 E. Broadway, Louisville, KY 40204
Office: (502) 589-8731
Crisis: (502) 589-8070
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

fouts.john@gmail.com

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To: Lindsey Smith
Subject: Who can refer us to the Housing Choice Voucher program from 7 Counties? - 2022-11-26

Lindsey,

I don't know if I asked you this or not yet - can you tell me please, who I need to speak with at 7 counties about this?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, November 26, 2022 5:14 PM
To: Lindsey Smith
Subject: Who can refer us to the Housing Choice Voucher program from 7 Counties? - 2022-11-26

Lindsey,

I don't know if I asked you this or not yet - can you tell me please, who I need to speak with at 7 counties about this?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, November 21, 2022 2:41 PM
To: Lindsey Smith
Subject: Please respond so I know you got this message - Housing Choice Voucher

Lindsey,

I applied the standard traditional way for a housing choice voucher...and I am on a waiting list....that is 5.5 years long...

I contacted my local official...she referred me to a councilwoman. The councilwoman told me that if Seven County Services refers Jackie and me for the Housing Choice Voucher program, then odds are pretty good that we will be moved up higher on the list. I need to ask you to refer us please to the Housing Choice Voucher program...

As you know...after December...I have no rent...and no apartment due to no money...can you help please?

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Fax. 502.996.8246

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From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 16, 2022 11:33 AM
To: Lindsey Smith
Subject: Can you send me a schedule of all appointments we have set up so far?

Lindsey,

To make sure I don't get confused (which seems to happen quite easily these days), could you please send me a schedule of all the appointments that we have scheduled so far? I know we have an on-going time slot but I know also that you have several days off in the coming weeks for the holidays, vacation, etc... so I want to make sure I don't make any unnecessary trips. I meant to ask this before too - is there a progress tracker or something in terms of how we are coming along on Jackie's therapy goals? And, if you have the hormone people's contact information (names / emails / what they specialize in / if there is hormone specific counseling etc...) that would be great too. Thanks for all you do.

John

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 16, 2022 10:28 AM
To: Lindsey Smith
Subject: Re: Jackie won't be at therapy tomorrow - due to scheduling of appointments and conflicts

Luckily that works.

Want to make sure that we maintain the 12 o'clock spot as often as we can. Jackie needs as much consistency as possible. Also, FYI...Jackie is starting ABA therapy tomorrow - first day of it is at her mom's house. Schedule for ABA is Tue, Wed, Thurs on mom's weeks from 4 to 7.... Tues, Wed, Thurs on my weeks from 3:30 to 7:30....they wanted to do 25 hours per week and said there would be no benefit if it were not at least 12 hours per week - so we are going to see what happens. Hopefully it will help.

Can you go on and set up the zoom link? And I will add it to my calendar.

John

On Wed, Nov 16, 2022 at 9:18 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello John!
>
> Thanks for letting me know! 😊
>
> Yes! I have her down again on the 30th, and I was wondering if we could do 11:00 on Zoom for that day. I need to work from home that day due to another training I need to attend later in that afternoon.
>
> Let me know if that works! 😊
>
> Happy Thanksgiving!
>
> Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, November 15, 2022 9:46 PM

To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Jackie won't be at therapy tomorrow - due to scheduling of appointments and conflicts

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

I know you are off the following week - so we will see you on the 30th?

Have a Happy Thanksgiving!

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From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, November 13, 2022 4:59 PM
To: Lindsey Smith
Subject: Gender Dysphoria Docs / Ppl

Lindsey,

What groups of peers, and what docs do you know that deal in gender dysphoria - or centers - and hormones etc...

John

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From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Friday, October 21, 2022 8:49 AM
To: John Fouts
Subject: RE: Need to Request Jackie's Current Medical Records Through 7 County Services Please - 2022-10-20

Hey John!

To request medical records, just call **502-589-8731** and request to speak to **Melanie Armstrong** – she is our medical record coordinator and she will be able to get that process started 😊

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, October 20, 2022 10:47 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Need to Request Jackie's Current Medical Records Through 7 County Services Please - 2022-10-20

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Hi Lindsey.

Hope all is well. I need these records to keep everything complete and in order please. If I need to fill out a records release form, please let me know.

Thank you.

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Fax. 502.996.8246

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From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 14, 2022 3:08 PM
To: Dani Creamer; Theresa Adamchik; Lindsey Smith
Subject: This is kind of interesting...Jackie's PCP won't order GeneSight testing...

I know you both have mentioned this at some time during verbal conversation to see what meds work best for Jackie...

Jackie's provider stated she had no idea what GeneSight testing was, and so wouldn't order it....I told her the therapists have recommended it....she said she would consider it if perhaps you all talked to her about why it would be beneficial to see which medications would work best for Jackie based on Jackie's genetics...

I need each of you, separately, to please call Dr. Mahajan, to explain to her why it would be beneficial to know which medications would work best for Jackie.

I find this step to be a bit ridiculous, but she won't order it without hearing from you each...

https://genesight.com/for-patients/

Genesight testing link is above.

Dr. Mahajan can be reached at:

Address: 230 E Broadway, Louisville, KY 40202

Hours:
Open · Closes 5PM

Phone: (502) 629-8990

Please call ASAP as Dr. Mahajan is getting ready to go on maternity leave at any time.

Thank you.

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From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, October 11, 2022 11:32 AM
To: Lindsey Smith
Subject: Jackie would like to see you in person

Just letting you know

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, October 11, 2022 11:32 AM
To: Lindsey Smith
Subject: Jackie would like to see you in person

Just letting you know

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Friday, October 7, 2022 4:43 PM
To: John Fouts
Subject: Automatic reply: Lindsey - I don't understand why Jackie could not be seen by the CSU when in crisis

Hello!

I will be out from October 5th to October 10th. I will return on October 11th. If you have any concerns that need to be addressed, please call 502-589-8731.

If you are in crisis, please call the crisis line at 502-589-8070.

Warm regards,

Lindsey Smith (she/her), LPCC
Seven Counties Services | Family Connections Senior Therapist
914 E. Broadway, Louisville, KY 40204
Office: (502) 589-8731
Crisis: (502) 589-8070
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Friday, October 7, 2022 4:43 PM
To: John Fouts
Subject: Automatic reply: Lindsey - I don't understand why Jackie could not be seen by the CSU when in crisis

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From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 7, 2022 4:42 PM
To: Lindsey Smith
Subject: Lindsey - I don't understand why Jackie could not be seen by the CSU when in crisis

Can you help me understand this please?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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Fax. 502.996.8246

fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, September 30, 2022 7:50 AM
To: John Fouts
Cc: Dani Creamer
Subject: Re: List of Medicaid psychiatrists, neuro-psychological evaluation, and crisis lines

Thanks Dani for putting this together.
We dont have a fax machine but we can put together a Release of Information document on Simple Practice and send it to you to esign.

Hopefully Lindsey will have some connections at 7 Counties and we can get him in asap.
Or go one of these other routes if you dont like the 7 counties option.

Theresa Adamchik

On Sep 29, 2022, at 5:28 PM, John Fouts <fouts.john@gmail.com> wrote:

Thank you Dani! Thank you Theresa!

Jack's therapist at Seven County Services is Lindsey Smith. If you can communicate with her, and let me know what I need to sign for Jack and allow free exchange of information between you all and Lindsey Smith that could lead to better help for Jack, that would be great. My fax # is 502.996.8246 for any records/forms/etc that I need to sign.

Here is Lindsey Smith's information:

Lindsey Smith (she/her/hers), LPCC, LPATA

Seven Counties Services

Family Connections Principal Therapist | Bloom Elementary School Based Therapist

914 E. Broadway, Louisville, KY 40204 – 2nd Floor

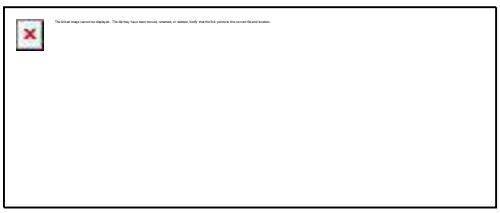
Office: (502) 589-8731

Crisis: (502) 589-8070

*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******

lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter



On Thu, Sep 29, 2022 at 5:22 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> After our discussion today, and discussing the situation with Theresa, I wanted to provide resources of places that provide a neuropsychological evaluation that can be provided for Jack that accepts Medicaid. I believe this would be the best next step for JAF's to better help them grow in their therapeutic journey, including staying with the current safety plan, and have a better understanding of a diagnosis, potential medication, and counseling. Below is the following psychiatrists that can provide a neuropsych evaluation.
>
> Erica Cecil, Psychiatric Nurse Practitioner, Louisville, KY, 40207 | Psychology Today
> Dr. Reisha Caudill, APRN , FNP-C, PMHNPBC, Psychiatric Nurse Practitioner, Louisville, KY, 40207 | Psychology Today
> Hagan Health, Psychiatrist, Louisville, KY, 40207 | Psychology Today
> Psychiatry - Norton Healthcare Louisville, Ky.
> Bridgehaven
>
> Secondly, due to JAF's increase in anger incidents the safety of all family members is a priority. If there is an incident that is increased intensity, JAF can not calm down, and the safety of both you and JAF is jeopardized, please do not hesitate to use any of these crisis lines:
>
> 502-589-8070 child's crisis line
> walk in children crisis team management: 914 E Broadway 2nd Fl 40204
> 2225 W Broadway 40211
>
> Lastly, in case of emergencies such as yourself being hurt in an incident, JAF hurting themselves. Please do not hesitate to call 911 to protect each individual
>
> Please feel free to reach out anytime to either me or Theresa! We are here to support each of you on your therapeutic journeys.

Sincerely,
Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Seven Counties Services

fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, September 30, 2022 7:50 AM
To: John Fouts
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Subject: Re: List of Medicaid psychiatrists, neuro-psychological evaluation, and crisis lines

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Lindsey Smith (she/her/hers), LPCC, LPATA

Seven Counties Services

Family Connections Principal Therapist | Bloom Elementary School Based Therapist

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Office: (502) 589-8731

Crisis: (502) 589-8070

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lsmith2@sevencounties.org

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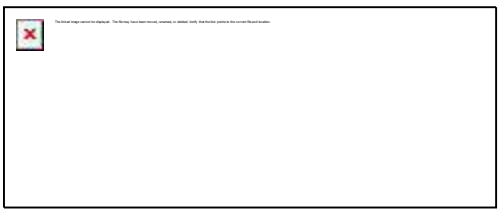

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Seven Counties Services

fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, September 30, 2022 7:50 AM
To: John Fouts
Cc: Dani Creamer
Subject: Re: List of Medicaid psychiatrists, neuro-psychological evaluation, and crisis lines

Thanks Dani for putting this together.
We dont have a fax machine but we can put together a Release of Information document on Simple Practice and send it to you to esign.

Hopefully Lindsey will have some connections at 7 Counties and we can get him in asap.
Or go one of these other routes if you dont like the 7 counties option.

Theresa Adamchik

> On Sep 29, 2022, at 5:28 PM, John Fouts <fouts.john@gmail.com> wrote:
>
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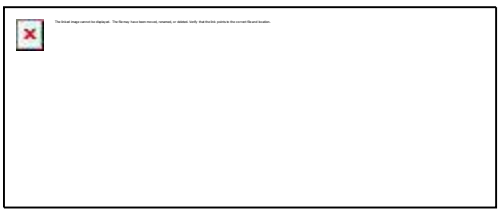

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Sent: Wednesday, September 28, 2022 12:45 PM
To: Lindsey Smith
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- Jack will be able to learn ways to help promote self-confidence and self-worth.

I'll see you guys in a few hours!

Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 27, 2022 10:49 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Jack wants me to confirm the appointment tomorrow will be in person

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Just an FYI....and there are some very serious things we need to talk about all together in the private room for some time....he tried to hurt me again today...and did...he slammed me in a door on purpose....also....his/their suicidal ideation seems to be getting more intense and I don't know the best way to help.

I know I am really worried about Jack/ie for themselves, and also for my own safety when Jack/ie is angry.

I need to know what to do Lindsey.

Also - I am still waiting on you to send me the therapy goals for Jack/ie please.

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 13, 2022 4:41 PM
To: Lindsey Smith
Subject: In person tomorrow for Jack/Jackie

Fyi

fouts.john@gmail.com

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Sent: Tuesday, September 13, 2022 4:41 PM
To: Lindsey Smith
Subject: In person tomorrow for Jack/Jackie

Fyi

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 7, 2022 6:45 PM
To: Lindsey Smith
Subject: Re: Youth Group
Attachments: image001.png

Thank you Ms. Lindsey. I am still also working on getting Jack into ABA therapy. The written referral was made, it was passed on to the provider along with the neuropsychiatric evaluation and auditory processing disorder reports. I don't know what is the hold up at this time...but it is frustrating...

Hopefully we will be able to get him that kind of therapy soon too. I feel like he needs group therapy too. And I am working on getting him Occupational Therapy. He has been in need of all of these therapies for a long time....but I could not either get a referral for him....get insurance to cover it....get prior authorizations...etc..... I am grateful he is beginning to get some of the therapies he has needed.

Suicidal ideation continues to be a concern. He non-chalantly, this afternoon, told me he might kill himself if he had the chance. He told me that he has felt like that for a long time. I asked him if he could promise me that he would at least call me before he would do anything (it makes me incredibly nervous when he is with his mother because she is not as observant as I am), and he said if he was not in his right state of mind that he would not be able to promise anything. Then I asked if he could promise that he would try his hardest. He changed the subject. I tried to listen and hear what he was saying, but I don't know why he has felt that way for a long time. I'd like it if you could try to help me figure out ways to help him feel better. I have my own ideas of why he may feel that way, but I want him to be able to voice what makes him feel that way. Can that be a partial focus of therapy next week please for Jack?

John

On Wed, Sep 7, 2022 at 12:57 PM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Here's the website: https://louisvilleyouthgroup.org/
>
> Let me know if you need anything else! 😊
>
> Thanks!
>
> **Lindsey Smith (she/her/hers), LPCC, LPATA**
>
> **Seven Counties Services**
>
> Family Connections Principal Therapist | Bloom Elementary School Based Therapist

914 E. Broadway, Louisville, KY 40204 – 2nd Floor

Office: (502) 589-8731

Crisis: (502) 589-8070

*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******

lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter

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Seven Counties Services

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From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, September 7, 2022 12:12 PM
To: John Fouts
Subject: RE: Are you running late? - Please let me know

Hey John!

Apologies! I thought we were doing in person today and marked it down 😊

Here's the information: Meeting ID: 958 3793 9792

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 7, 2022 12:03 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
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From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 7, 2022 12:02 PM
To: Lindsey Smith
Subject: Jack is waiting for you to start the meeting - he is ready to go

Letting you know

--

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From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, August 31, 2022 8:52 AM
To: John Fouts
Subject: RE: Session with Lindsey - Jack wants in person

Sounds good! 😊

I'll see you guys at 12:00!

Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 30, 2022 3:16 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Re: Session with Lindsey - Jack wants in person

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

He may want to talk with you about being called Jack and/or Jackie.

Please confirm receipt.

John

On Tue, Aug 30, 2022 at 10:08 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.
>
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>
> Here's the information for our session on 8/31 @ 12:00 😊
>
> Join Zoom Meeting
> https://sevencounties.zoom.us/j/91407850701
>
> Meeting ID: 914 0785 0701

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fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/98782970395
Start:	Wed 8/24/2022 12:00 PM
End:	Wed 8/24/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

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Here's the information for our session on 8/24 @ 12:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/98782970395

Meeting ID: 987 8297 0395

fouts.john@gmail.com

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https://sevencounties.zoom.us/j/98782970395

Meeting ID: 987 8297 0395

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/95984761992
Start:	Wed 8/17/2022 12:00 PM
End:	Wed 8/17/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/95984761992

Meeting ID: 959 8476 1992

fouts.john@gmail.com

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Start:	Wed 8/17/2022 12:00 PM
End:	Wed 8/17/2022 1:00 PM
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Recurrence:	(none)
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https://sevencounties.zoom.us/j/95984761992

Meeting ID: 959 8476 1992

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93814292959
Start:	Wed 8/10/2022 12:00 PM
End:	Wed 8/10/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/93814292959

Meeting ID: 938 1429 2959

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93814292959
Start:	Wed 8/10/2022 12:00 PM
End:	Wed 8/10/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
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https://sevencounties.zoom.us/j/93814292959

Meeting ID: 938 1429 2959

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, August 3, 2022 12:02 PM
To: Lindsey Smith
Subject: Re: Running a little late
Attachments: image001.png

ok

On Wed, Aug 3, 2022 at 12:00 PM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hey John!
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lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, August 3, 2022 12:00 PM
To: John Fouts
Subject: Running a little late

Hey John!

Just wanted to let you know I will be running a few minutes late 😊 Hopefully about 5-8 minutes.

Thanks!

Lindsey Smith (she/her/hers), LPCC, LPATA
Seven Counties Services
Family Connections Principal Therapist | Bloom Elementary School Based Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
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lsmith2@sevencounties.org
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Seven Counties Services

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/97570685331
Start:	Wed 8/3/2022 12:00 PM
End:	Wed 8/3/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 8/3 @ 12:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/97570685331

Meeting ID: 975 7068 5331

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/97570685331
Start:	Wed 8/3/2022 12:00 PM
End:	Wed 8/3/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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https://sevencounties.zoom.us/j/97570685331

Meeting ID: 975 7068 5331

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/97570685331
Start:	Wed 8/3/2022 12:00 PM
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Here's the information for our session on 8/3 @ 12:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/97570685331

Meeting ID: 975 7068 5331

fouts.john@gmail.com

From: Jack Fouts <jack.a.fouts@gmail.com>
Sent: Wednesday, July 27, 2022 1:00 PM
To: John Fouts; lsmith2@sevencounties.org
Subject: Golem

fouts.john@gmail.com

From: Jack Fouts <jack.a.fouts@gmail.com>
Sent: Wednesday, July 27, 2022 1:00 PM
To: John Fouts; lsmith2@sevencounties.org
Subject: Golem

fouts.john@gmail.com

From: Jack Fouts <jack.a.fouts@gmail.com>
Sent: Wednesday, July 27, 2022 1:00 PM
To: John Fouts; lsmith2@sevencounties.org
Subject: Golem

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99301794600
Start:	Wed 7/27/2022 12:00 PM
End:	Wed 7/27/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 7/27 @ 12:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99301794600

Meeting ID: 993 0179 4600

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99301794600
Start:	Wed 7/27/2022 12:00 PM
End:	Wed 7/27/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/99301794600

Meeting ID: 993 0179 4600

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99301794600
Start:	Wed 7/27/2022 12:00 PM
End:	Wed 7/27/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 7/27 @ 12:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99301794600

Meeting ID: 993 0179 4600

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Tuesday, July 19, 2022 4:50 PM
To: John Fouts
Subject: Resource

https://louisvilleeast.macaronikid.com/?fbclid=IwAR07_ibPWW5PGUZnYmTsPcf8TCoT2PS8S94bQyyJNts-2B2lRtXBY4VbJpM

Here's the site that my boss recommends for free activities in the community! And just general stuff going on 😊

Thanks!

Lindsey Smith (she/her/hers), LPCC, LPATA
Seven Counties Services
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914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
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lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 19, 2022 4:02 PM
To: Lindsey Smith
Subject: Fwd: Session with Lindsey
Attachments: invite.ics

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Mon, Jul 18, 2022 at 11:29 AM
Subject: Fwd: Session with Lindsey
To: Jack Fouts <jack.a.fouts@gmail.com>

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Mon, Jul 18, 2022 at 9:18 AM
Subject: Session with Lindsey
To: John Fouts <fouts.john@gmail.com>, lindsayfoutscpa@gmail.com <lindsayfoutscpa@gmail.com>

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 7/19 @ 4:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/97302852045

Meeting ID: 973 0285 2045

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 19, 2022 4:02 PM
To: Lindsey Smith
Subject: Fwd: Session with Lindsey
Attachments: invite.ics

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From: **John Fouts** <fouts.john@gmail.com>
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Subject: Fwd: Session with Lindsey
To: Jack Fouts <jack.a.fouts@gmail.com>

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From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Mon, Jul 18, 2022 at 9:18 AM
Subject: Session with Lindsey
To: John Fouts <fouts.john@gmail.com>, lindsayfoutscpa@gmail.com <lindsayfoutscpa@gmail.com>

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Here's the information for our session on 7/19 @ 4:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/97302852045

Meeting ID: 973 0285 2045

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/97302852045
Start:	Tue 7/19/2022 4:00 PM
End:	Tue 7/19/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/97302852045

Meeting ID: 973 0285 2045

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/97302852045
Start:	Tue 7/19/2022 4:00 PM
End:	Tue 7/19/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Meeting ID: 973 0285 2045

fouts.john@gmail.com

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Start:	Tue 7/19/2022 4:00 PM
End:	Tue 7/19/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
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Join Zoom Meeting
https://sevencounties.zoom.us/j/97302852045

Meeting ID: 973 0285 2045

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/91682071984
Start:	Tue 7/12/2022 4:00 PM
End:	Tue 7/12/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 7/12 @ 4:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/91682071984

Meeting ID: 916 8207 1984

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/91682071984
Start:	Tue 7/12/2022 4:00 PM
End:	Tue 7/12/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/91682071984

Meeting ID: 916 8207 1984

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/91682071984
Start:	Tue 7/12/2022 4:00 PM
End:	Tue 7/12/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 7/12 @ 4:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/91682071984

Meeting ID: 916 8207 1984

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/96673776408
Start:	Tue 7/5/2022 4:00 PM
End:	Tue 7/5/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 7/5 @ 4:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/96673776408

Meeting ID: 966 7377 6408

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/96673776408
Start:	Tue 7/5/2022 4:00 PM
End:	Tue 7/5/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/96673776408

Meeting ID: 966 7377 6408

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/96673776408
Start:	Tue 7/5/2022 4:00 PM
End:	Tue 7/5/2022 5:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 7/5 @ 4:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/96673776408

Meeting ID: 966 7377 6408

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, June 29, 2022 3:50 PM
To: Lindsey Smith
Subject: Lindsey - can you send me the new schedule too for Jack?

I thought I added it to my calendar - but it did not save when I added it so now I am a bit confused……I got 4 to 5 for the next 3 weeks in July on Tuesdays….then what…

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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Sent: Wednesday, June 29, 2022 3:50 PM
To: Lindsey Smith
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, June 28, 2022 8:48 PM
To: Lindsey Smith; Jack Fouts
Subject: Didn't get a telehealth link for Jack's appointment yet - can you send one please?

He wants to do telehealth tomorrow (6/29/2022). Not sure if you did not receive my last email...

Also - wanted to touch base regarding care/case management again...it has been a couple of months now....

Also - wanted to ask about financial aid again...

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

Virus-free. www.avast.com

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John

--

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John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, June 28, 2022 9:56 AM
To: Lindsey Smith
Subject: Jack wants to do telehealth this week he says - fyi

Can you send a zoom link please?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
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John R. Fouts, MBA

Fax. 502.996.8246

Virus-free. www.avast.com

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99076640678
Start:	Wed 6/29/2022 9:00 AM
End:	Wed 6/29/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 6/29 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99076640678

Meeting ID: 990 7664 0678

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99076640678
Start:	Wed 6/29/2022 9:00 AM
End:	Wed 6/29/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 6/29 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99076640678

Meeting ID: 990 7664 0678

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99076640678
Start:	Wed 6/29/2022 9:00 AM
End:	Wed 6/29/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 6/29 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99076640678

Meeting ID: 990 7664 0678

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, June 22, 2022 9:10 AM
To: John Fouts
Subject: RE: Cancellation - Jack says he is too tired to get up tomorrow morning - we need to cancel

Hello John!

No worries! I hope he feels better!

His tx plan will, most likely, not change a whole lot but we can definitely focus more on ensuring his needs are met when it comes to his ASD diagnosis. We can definitely add some goals though if the doctor recommended anything else, or from his report.

Thanks and hope you also have a restful day!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, June 21, 2022 9:47 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Cancellation - Jack says he is too tired to get up tomorrow morning - we need to cancel

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

We need to cancel the appointment for Jack in the a.m. He had a headache tonight and hasn't been feeling as his normal very energetic self. He said he feels like he needs to rest in the morning, and I am listening to him. We need to cancel the appointment for tomorrow.

Today, we got confirmation that Jack is on the autistic spectrum. Dr. David Charles at Meridian Health was the doctor who diagnosed him. Confirmation (continuation) of dx of ADHD as well. Is the neuropsychiatric report something that would be of value to you when working with Jack? I am worn out too and cannot really even think...

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, June 22, 2022 9:10 AM
To: John Fouts
Subject: RE: Cancellation - Jack says he is too tired to get up tomorrow morning - we need to cancel

Hello John!

No worries! I hope he feels better!

His tx plan will, most likely, not change a whole lot but we can definitely focus more on ensuring his needs are met when it comes to his ASD diagnosis. We can definitely add some goals though if the doctor recommended anything else, or from his report.

Thanks and hope you also have a restful day!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, June 21, 2022 9:47 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Cancellation - Jack says he is too tired to get up tomorrow morning - we need to cancel

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

We need to cancel the appointment for Jack in the a.m. He had a headache tonight and hasn't been feeling as his normal very energetic self. He said he feels like he needs to rest in the morning, and I am listening to him. We need to cancel the appointment for tomorrow.

Today, we got confirmation that Jack is on the autistic spectrum. Dr. David Charles at Meridian Health was the doctor who diagnosed him. Confirmation (continuation) of dx of ADHD as well. Is the neuropsychiatric report something that would be of value to you when working with Jack? I am worn out too and cannot really even think...

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"Shining" in Service,

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From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, June 8, 2022 8:55 AM
To: John Fouts
Subject: RE: For tomorrow - we have a special circumstance - today is 2022-06-07

Hello John!

I have no problem with you guys coming in around 9:30 for your appointment. I do have a 10:00 though, and I cannot guarantee I can offer more than 30 minutes. On the slim chance my kiddo doesn't show at 10:00, I can see you guys for longer.

I hope your appointment goes well and just keep me posted if there are any changes. 😊

Thanks!
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From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, June 7, 2022 9:15 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: For tomorrow - we have a special circumstance - today is 2022-06-07

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Lindsey- I have 2 appointments on each side of Jack's appointment. Jack said he wants to see you in person - he says that is how he gets benefit the most out of the therapy sessions that he has with you. My eye appointment is scheduled for 8:20 in the morning, but it may be a lengthy one. I have been trying for over a year to get a proper pair of glasses and to find out what the hell is wrong with my eyes. I think I am close to getting an answer...as soon as we leave there, we will head your way. I think we (may) be able to make it there by 9:30. I was hoping we could shift to 9:30 to 10:30 for tomorrow. I have an 11am appointment that I have to be at home for near my computer until 1 and then Jack has a 3pm to 5pm appointment tomorrow with a new PCP.

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Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/95212341807
Start:	Wed 6/8/2022 9:00 AM
End:	Wed 6/8/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 6/8 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/95212341807

Meeting ID: 952 1234 1807

fouts.john@gmail.com

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Start:	Wed 6/8/2022 9:00 AM
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From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, May 26, 2022 2:51 PM
To: Lindsey Smith
Subject: Re: Hello
Attachments: image002.png; image002.png

I also wanted to ask you if you thought maybe talk therapy is not the best approach for Jack? I know we have touched on that briefly in the past.

On Thu, May 26, 2022, 11:31 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello John,
>
> In accordance to the attendance policy, and what I put in my email for every Zoom session (the statement is placed in bold) we request you call within the time frame of 10 minutes if having any technical issues, due to the fact that I could not be present at my laptop which was the case yesterday.
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> This attendance policy is across the board at Seven Counties, for providers, therapists, etc. and I have no control over the policy.
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> I apologize that I sometimes need to cancel my appointments due to unforeseen sicknesses or circumstances.
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> As for other options, we do have another clinician, Justin Shults, that does accept your guys' insurance if wanting to transition to a new therapist. If this is an option you would prefer, please let me know and I can consult with him.
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> I want to ensure Jack's needs are met and that we have him continue to progress well.
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> Regards,
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Sent: Wednesday, May 25, 2022 9:34 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: I'm pretty frustrated right now

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2 out of the 5 weeks before that, you canceled your appointments with Jack at the last minute the morning of his appointments because you were not feeling well.

Jack needs a therapist that is going to see him during his scheduled times. What are our options here?

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To: Lindsey Smith
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Attachments: image002.png; image002.png

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I always have the best interest of Jack in mind…that is why I am protective papa bear like.

Jack has been very emotionally abusive toward me, extremely argumentative, and has even hit me several times this week.

I do not know if positive progression is occurring. I feel like many things have gotten worse. He also frequently lies and gas lights me.

I had told him that we would all discuss consequences at his appointment, but he didn't get to have his appointment.

He will not respect boundaries I set, or respect consequences, and he says he does not know what he did wrong when he does things like hit me because he is upset.

Sometimes he does things in angry rages and then says he has no memory of them. It is very unnerving at times.

Other times he is so sweet. His psychological evaluation is next week and the result are interpreted at an appointment later in June.

Can you offer suggestions that may help him until we have more information?

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Subject: Hello

Hello John,

In accordance to the attendance policy, and what I put in my email for every Zoom session (the statement is placed in bold) we request you call within the time frame of 10 minutes if having any technical issues, due to the fact that I could not be present at my laptop which was the case yesterday.

This attendance policy is across the board at Seven Counties, for providers, therapists, etc. and I have no control over the policy.

I apologize that I sometimes need to cancel my appointments due to unforeseen sicknesses or circumstances.

As for other options, we do have another clinician, Justin Shults, that does accept your guys' insurance if wanting to transition to a new therapist. If this is an option you would prefer, please let me know and I can consult with him.

I want to ensure Jack's needs are met and that we have him continue to progress well.

Regards,
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 25, 2022 9:34 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: I'm pretty frustrated right now

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

We were having technical difficulties this morning getting Zoom to work. I emailed you about it - within 10 minutes of 9:00 a.m. I have a time stamped email that proves this.

When we finally were able to get into Zoom it was 9:15 or so, and I called Seven Counties because it said waiting for host to start the meeting.

They said that you rescheduled Jack for the following week and canceled his appointment for today. I said why? I said it is his time right now. They said that they talked to you and you said it was because you were not notified about us having trouble within the first 10 minutes.

... but we did ...

The week before, Jack only had a half hour with you, because you said you inadvertently had scheduled someone else in his regular spot in the morning.

2 out of the 5 weeks before that, you canceled your appointments with Jack at the last minute the morning of his appointments because you were not feeling well.

Jack needs a therapist that is going to see him during his scheduled times. What are our options here?

John
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 25, 2022 9:34 AM
To: Lindsey Smith
Subject: I'm pretty frustrated right now
Attachments: image.png

Lindsey,

We were having technical difficulties this morning getting Zoom to work. I emailed you about it - within 10 minutes of 9:00 a.m. I have a time stamped email that proves this.

When we finally were able to get into Zoom it was 9:15 or so, and I called Seven Counties because it said waiting for host to start the meeting.

They said that you rescheduled Jack for the following week and canceled his appointment for today. I said why? I said it is his time right now. They said that they talked to you and you said it was because you were not notified about us having trouble within the first 10 minutes.

... but we did ...

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2 out of the 5 weeks before that, you canceled your appointments with Jack at the last minute the morning of his appointments because you were not feeling well.

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John
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 25, 2022 9:11 AM
To: Lindsey Smith
Subject: Having tech difficulties be there in zoom soon

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99368495350
Start:	Wed 5/25/2022 9:00 AM
End:	Wed 5/25/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 5/25 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99368495350

Meeting ID: 993 6849 5350

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 23, 2022 4:31 PM
To: Lindsey Smith
Subject: Thank you for letter - can you also send current billing statement to me please?

Thanks Lindsey.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Monday, May 23, 2022 2:20 PM
To: John Fouts
Subject: Statement Letter
Attachments: J. Fouts.pdf

I have provided the statement letter in this email 😊

Thanks!

Lindsey Smith (she/her/hers), LPCC, LPATA
Seven Counties Services
Family Connections Senior Therapist | Bloom Elementary School Based Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Monday, May 23, 2022 2:12 PM
To: John Fouts
Subject: RE: Forgot attachment - sorry about that

Hello John!

I consulted with my supervisor about this, and I am more than happy to provide a statement letter, which I will send in a separate email shortly here.

As for billing/cost, she (my supervisor) recommended you follow up with your insurance provider for co-pay information and what is specifically billed to your insurance, with regards to cost/future costs.

Let me know if you need anything else!

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, May 20, 2022 4:54 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Fwd: Forgot attachment - sorry about that

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi Lindsey.

Can you please see the email from Kim Panter below? Can you please answer the therapy questions? I think Jack will likely be in therapy for the unforeseeable future. If we can get Kosair to help cover the cost of it, it will help us a great deal...

Can you please either respond to me, and I will forward to her, or if you respond to her directly, please cc me on the email? Thank you so much. She is with Kosair Charities.

John (Jack's dad)

---------- Forwarded message ---------
From: **Kim Panter** <kpanter@kosair.org>
Date: Fri, May 20, 2022 at 1:41 PM
Subject: RE: Forgot attachment - sorry about that
To: John Fouts <fouts.john@gmail.com>

Hi John,

Can you send me any additional bills you would like the committee to review? We are unable to look at back paying the balanced owed for therapy. But if his therapist sends a letter of recommendation, quote and number of sessions he attends we can look at future coverage.

Thanks,

Kimberly Panter

Community Impact Coordinator

Kosair Charities

982 Eastern Parkway

Louisville, KY 40217

502-814-9872

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 18, 2022 7:52 AM
To: Kim Panter <kpanter@kosair.org>
Subject: Forgot attachment - sorry about that

WARNING - This email originated from an ***EXTERNAL SOURCE***. Do not click links or open attachments unless you recognize the sender and know the content is safe.
If this email claims to be from an internal employee please report it to IT immediately.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, May 20, 2022 4:54 PM
To: Lindsey Smith
Subject: Fwd: Forgot attachment - sorry about that
Attachments: image001.png

Hi Lindsey.

Can you please see the email from Kim Panter below? Can you please answer the therapy questions? I think Jack will likely be in therapy for the unforeseeable future. If we can get Kosair to help cover the cost of it, it will help us a great deal...

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 18, 2022 12:35 PM
To: Lindsey Smith
Subject: Quick email - hoping you can address with Jack - he is with me but will not see this email...

Lindsey,

Jack is joining the meeting - I took the morning off to spend with him this morning, but his mom texted me last minute, and said he was going to stay home alone for 3 hours - I told her I had taken the morning off to spend with him, and also that it was not okay for him to spend 3 hours alone. He was trying to give his mom a hard time according to her. She has outpatient group therapy every morning from 9 - ?? - she usually picks him up at 3:00 from my house on her days.

Could you talk to him some about why it is not okay to spend time alone so much when he is so young?

I was looking up some state laws about leaving children at home alone, and this is what I found. I was going to send this to his mom, but don't want to upset her either. What are your thoughts? If the world wasn't so damn crazy, and if Jack didn't have a bunch of medical issues, and if Jack didn't have so much suicidal ideation, it would feel safer but still not safe at his age to me.

here are the state laws around here:

hese are the state laws around us (the below excerpts are from this site)

https://wehavekids.com/parenting/When-to-Allow-Your-Children-to-Stay-Home-Alone

Indiana - There is no minimum age law in this state. However, most law enforcement officials in this state think that leaving a child under the age of 10 is ill-advised. They suggest waiting until at least 12 years old.

Kentucky - There isn't a law regarding minimum age, however, Child Protective services said that if you leave a child under the age of 11 you may be investigated for child neglect.

Ohio **(Revised) -** *There seems to be some disagreement regarding what is permissible and what is not in the state of Ohio. Some of the comments below, although unverified of actual credentials of the individual past their own word in the comments and unsure if any of them have passed the Ohio bar to accurately verify an interpretation of Ohio law, suggest that there is not a governing age to which parents can or cannot leave their child home alone. However, upon numerous calls to the official agencies, there seems to be also an inconsistency in responses. Some case workers say 18, others say it is up to parent discretion and/or the circumstances involving the case. So as parents be proactive in your rights to parent your own child. All I am doing is passing on the information, as inconsistent as it may be, to you the parent to make your own informed choices.*

But according to this state's child endangerment and child neglect laws, as was cited by the case workers mentioning the age restriction, (ORC 2919.22(a) Endangering children.) parents are prohibited from leaving a child under the age of 18 unsupervised. If you leave your child who is under the age of 18 home alone then you are "violating a duty of care, protection, or support." Also refer to ORC 2151.05 Child without proper parental care. An individual case worker and prosecutor ***may or may not*** use this law against you.

Illinois - In this state if you leave your child home alone before the child reaches the age of 14, you will be charged with child neglect. Juvenile Court Act, 705 ILCS 405/2-3(1)(d)

Thanks for all you do.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99881962242
Start:	Wed 5/18/2022 12:30 PM
End:	Wed 5/18/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 5/18 @ 12:30 – 1:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99881962242

Meeting ID: 998 8196 2242

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99881962242
Start:	Wed 5/18/2022 12:30 PM
End:	Wed 5/18/2022 1:00 PM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Join Zoom Meeting
https://sevencounties.zoom.us/j/99881962242

Meeting ID: 998 8196 2242

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Monday, May 16, 2022 1:23 PM
To: John Fouts
Subject: RE: Are you going to send power struggle information?

Yes! Thanks for reminding me! 😊 Here's some resources:

Kids, Parents, and Power Struggles: Winning for a Lifetime Paperback – February 20, 2001 by Mary Sheedy Kurcinka (Author)

https://www.psychologytoday.com/us/blog/what-great-parents-do/201410/7-simple-strategies-avoid-power-struggles

https://www.psychologytoday.com/us/blog/liking-the-child-you-love/200909/four-quick-tips-sidestep-power-struggles

https://www.psychologytoday.com/us/basics/parenting/how-be-good-parent

Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids Paperback – December 1, 2019

Thanks! 😊
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 16, 2022 1:12 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Are you going to send power struggle information?

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

I thought it probably slipped off your radar, but can you please send the power struggle information you mentioned sending a couple of weeks ago? Thanks so much.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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https://www.psychologytoday.com/us/basics/parenting/how-be-good-parent

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/95743600844
Start:	Wed 5/11/2022 9:00 AM
End:	Wed 5/11/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 5/11 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/95743600844

Meeting ID: 957 4360 0844

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 4, 2022 9:04 AM
To: Lindsey Smith
Subject: We are in the meeting - it says waiting for the host to join

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99817648956
Start:	Wed 5/4/2022 9:00 AM
End:	Wed 5/4/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 5/4 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99817648956

Meeting ID: 998 1764 8956

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 2, 2022 9:18 AM
To: Lindsey Smith
Subject: Need to talk t you about Jack

I do not understand what is going on with him but need to talk to you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/92535091995
Start:	Wed 4/27/2022 9:00 AM
End:	Wed 4/27/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

Here's the information for our session on 4/27 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/92535091995

Meeting ID: 925 3509 1995

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/92535091995
Start:	Wed 4/27/2022 9:00 AM
End:	Wed 4/27/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

Here's the information for our session on 4/27 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/92535091995

Meeting ID: 925 3509 1995

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 27, 2022 8:32 AM
To: Lindsey Smith
Subject: Jack is so tired that he would like to do the visit Telehealth

Can you please confirm you received this email? He is having a really hard time getting up this morning and said he'd like to do it telehealth.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 27, 2022 12:30 AM
To: Lindsey Smith
Subject: Thank you

Lindsey,

I meant to respond sooner. I am always barely getting all the things done...

I am so tired all the time....

I talked to the therapist I regularly see today about your offering to meet with another person in the morning for parental guidance...

I'd like to, at least for now, keep it with you and Jack, and I can meet if he wants me in there, or I always like to be in there for the last 10 or 15 minutes because it helps me understand the continuity and flow of what we need to be working on at home and to see what progress is being made. So, since I have no idea who Kate is, and no relationship with her, would prefer to just keep doing things the way we have been doing them. I just worry a lot about Jack and his behaviors, and since I have had 2 friends that have committed suicide (one in 2006 - Seviren - on Thanksgiving Day), and one was a former lover, it is a super intense trigger anyway for me. Also, I think things were aggravated a lot because his mom (Jack's mom) checked herself in due to suicidal ideation over the weekend - she was released - and came to Jack's party tonight - but seemed to be pretty out of it still. I hope that, for Jack, she is okay too. See you in the morning.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Tuesday, April 26, 2022 9:43 AM
To: John Fouts
Subject: Hello :)

Hey John!

I do have Jack down for tomorrow at 9:00 am in the office. 😊

I also spoke with my boss, Kate Cole, for consultation purposes. Both of us wanted to see if you wanted to meet with Kate when I meet with Jack. We thought having your own space to help with parental strategies, and general support for Jack would be beneficial for you guys 😊

Let me know your thoughts!

Thanks!

Lindsey Smith (she/her/hers), LPCC, LPATA
Seven Counties Services
Family Connections Senior Therapist | Bloom Elementary School Based Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
****To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.****
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

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Let me know your thoughts!

Thanks!

Lindsey Smith (she/her/hers), LPCC, LPATA
Seven Counties Services
Family Connections Senior Therapist | Bloom Elementary School Based Therapist
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lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, April 25, 2022 3:33 PM
To: Lindsey Smith
Subject: Sorry for multiple messages but there has been a lot going on - I will probably send you a couple more with more information

I asked Jack today (again and again) to say yes and no instead of uh---/?? because I cannot always tell an uh-huh from an uh-uh when it is being mumbled under his breath and facing in the opposite direction. He kept giving me attitude and telling me he did not know what the word yes meant. That is not what he said...he said he does not know what the word yes is....

He also has continued with the 'potato' thing - saying potato frequently.

He also mentions killing himself multiple times daily - which I keep telling him is inappropriate - and he says if anyone ever corrects hm for anything or if anyone tries to talk to him then he feels like killing himself (talk to him about anything serious)....

I tried to take Jack to the Gorge (RRG) over the weekend. I don't have very much energy anymore Lindsey and it is hard to do anything - and I have talked at length with Jack about this...he does not understand.....we got to Frankfort...I stopped to get gas and things were going well...then Jack got out to wash the windows which I also thought was GREAT and I told him that....

Then I was getting gas...I walked to the passenger side door - opened it to get something - didn't notice Jack was right by me and accidentally shut his hand in part of the door - which I feel AWFUL about! He had to tell me I had done it because I didn't even notice for a second that it had happened. I opened the door immediately - within 1 or 2 seconds...Jack then shouted 'Get Away From Me' - holding his hand and acting like I hit him or something. I went to find out if he was okay but he kept shouting at me get away from me you hurt me - get away from me. By this point, the drivers at all surrounding pumps were staring at us. I told him to wait for just a minute - I ran over to the Kroger gas station pump attendant and told him what had happened and asked him if he had an ice pack....he said he didn't have one...I said can you call a manager? My son's hand is hurt - it got shut in a car door - and we need an ice pack for him...he said okay...so then I went back to Jack...of course Jack shouted get away from me constantly....I told him he had to keep ice on it. I remembered we had a cooler with an ice pack in it luckily...I got it out and asked Jack to put it on it and he kept screaming no - get away - you hurt me - you make me want to kill myself.....then he said he would kill himself if I said anything to him.....

I told him he had to keep the ice on it for 15 minutes or we would need to go to the hospital emergency room. He said if I took him to the emergency room he would kill himself.... I talked to him about how it was in appropriate for him to use the language of wanting to kill himself and that if he really felt that way then we needed to go to an acute crisis facility so he could talk to someone. He said if I took him there he would kill himself - he was screaming this whole time...he was saying that I hurt him and he wanted to kill himself..... I finally got him to calm down a little bit after parking for 45 minutes....you also have to realize...that I had wanted to leave for the Gorge around noon....but Jack wouldn't leave then...then later at night like at 7:30 we started to pack and finally left around 9:00....then we left....long story....anyway...at the Kroger after calming down....Jack told him me he did not feel safe with me. I told

him if he did not feel safe, then we probably needed to go home....he also said that he thought I hit him all the time (but I do no such thing Lindsey)....I really had to bite my tongue about not telling him about his mother and the thing that happened in Colorado, but I did not say anything about it. Then he said I make him want to kill himself....and again - I told him if he felt that way we needed to go to home and go to an acute crisis center...

After talking and sitting some more maybe 15 minutes....he had calmed down...I was so emotionally drained I could not even speak really....I said let's go toward the Gorge, like our plan, and we can leave if we need to once we get there. It is peaceful there. We both find peace there.

I can tell you more when we see you.. as more goes along I will try to keep examples....

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, April 25, 2022 1:27 PM
To: Lindsey Smith
Subject: Can you please book us on Wednesday - or is there any way to - for a long session - like 2 hours?

Lindsey,

It is very necessary. I need your help with a great many things and I don't even know where to begin in order to help Jack. I feel that I am losing him, and I don't want him to be lost.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/92207597731
Start:	Wed 4/20/2022 9:00 AM
End:	Wed 4/20/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 4/20 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/92207597731

Meeting ID: 922 0759 7731

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/92207597731
Start:	Wed 4/20/2022 9:00 AM
End:	Wed 4/20/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 4/20 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/92207597731

Meeting ID: 922 0759 7731

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 19, 2022 12:31 PM
To: Lindsey Smith
Subject: Tomorrow Appt Needs To Be Telehealth. Meant to mention in first email. Please confirm receipt. Thank you.

John

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Tuesday, April 19, 2022 11:45 AM
To: John Fouts
Subject: RE: I need to know answers

Hey John! 😊

Hopefully these will be helpful for you!

1. Yes! They are still a few weeks out for their waitlist, hopefully soon here they will open with you guys.
2. Hmm. I am really thinking it might be leaning towards him just saying “I don’t remember”. It’s also not too atypical for his age group to not have the best memory. Just have to reiterate whatever you said and encourage him to listen better and such.
3. Be very firm with him. He is pushing boundaries and that is typical. If he starts to physically harm himself, that is when I would contact for Crisis. I think he usually will make statements he doesn’t mean, since it gets a reaction out of you. Again, some of it is probably attention seeking and we just want to work on that to ensure there is more cohesion within the household.
4. If the hallucinations are scary in nature or if he says that they want to harm him in some way, I would not be too worried. I think they may be stressed related and possibly some attention seeking as well. He, again, is also at the age where he is figuring out who he is as an individual and sometimes will “reject” others, making the claims like the said of “nobody loves me”, etc. Just keep validating him and ignoring when it is attention seeking behavior.

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 19, 2022 11:34 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: I need to know answers

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey - I need to know answers - I need for this email to please not be responded to. I think I sent two others - several days ago - and neither of those were responded to - I don't know if it might be because you are waiting on answers or what...

1.) Is Care/Case management going to be available or not?

2.) Jack keeps saying he doesn't remember many things - like he is totally dissociated maybe 50 or 75% of the time.....sometimes....seemingly....I don't know if he really doesn't remember - or if he is just saying that and there is no way to tell a difference.

3.) Jack has been pretty consistently disobeying me. Today I asked him to please not disobey me - so he hit me with his computer....that is not okay....but if I say anything - then he goes into a crisis state....so I need help with that....

4.) Jack keeps saying he sees hallucinations. He says he thinks all parents murder their children. And he has voiced suicidal ideation again. I would not harm him at all - I think you know that I love him very much. He says he does not

believe that I or his mother love him at all. He says that nothing makes him feel loved by anyone in the world. I need to know how to help him.

John

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Tuesday, April 19, 2022 11:45 AM
To: John Fouts
Subject: RE: I need to know answers

Hey John! 😊

Hopefully these will be helpful for you!

1. Yes! They are still a few weeks out for their waitlist, hopefully soon here they will open with you guys.
2. Hmm. I am really thinking it might be leaning towards him just saying “I don’t remember”. It’s also not too atypical for his age group to not have the best memory. Just have to reiterate whatever you said and encourage him to listen better and such.
3. Be very firm with him. He is pushing boundaries and that is typical. If he starts to physically harm himself, that is when I would contact for Crisis. I think he usually will make statements he doesn’t mean, since it gets a reaction out of you. Again, some of it is probably attention seeking and we just want to work on that to ensure there is more cohesion within the household.
4. If the hallucinations are scary in nature or if he says that they want to harm him in some way, I would not be too worried. I think they may be stressed related and possibly some attention seeking as well. He, again, is also at the age where he is figuring out who he is as an individual and sometimes will “reject” others, making the claims like the said of “nobody loves me”, etc. Just keep validating him and ignoring when it is attention seeking behavior.

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 19, 2022 11:34 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: I need to know answers

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey - I need to know answers - I need for this email to please not be responded to. I think I sent two others - several days ago - and neither of those were responded to - I don't know if it might be because you are waiting on answers or what...

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3.) Jack has been pretty consistently disobeying me. Today I asked him to please not disobey me - so he hit me with his computer....that is not okay....but if I say anything - then he goes into a crisis state....so I need help with that....

4.) Jack keeps saying he sees hallucinations. He says he thinks all parents murder their children. And he has voiced suicidal ideation again. I would not harm him at all - I think you know that I love him very much. He says he does not

believe that I or his mother love him at all. He says that nothing makes him feel loved by anyone in the world. I need to know how to help him.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 19, 2022 11:34 AM
To: Lindsey Smith
Subject: I need to know answers

Lindsey - I need to know answers - I need for this email to please not be responded to. I think I sent two others - several days ago - and neither of those were responded to - I don't know if it might be because you are waiting on answers or what...

1.) Is Care/Case management going to be available or not?

2.) Jack keeps saying he doesn't remember many things - like he is totally dissociated maybe 50 or 75% of the time.....sometimes....seemingly....I don't know if he really doesn't remember - or if he is just saying that and there is no way to tell a difference.

3.) Jack has been pretty consistently disobeying me. Today I asked him to please not disobey me - so he hit me with his computer....that is not okay....but if I say anything - then he goes into a crisis state....so I need help with that....

4.) Jack keeps saying he sees hallucinations. He says he thinks all parents murder their children. And he has voiced suicidal ideation again. I would not harm him at all - I think you know that I love him very much. He says he does not believe that I or his mother love him at all. He says that nothing makes him feel loved by anyone in the world. I need to know how to help him.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, April 14, 2022 3:58 PM
To: Lindsey Smith
Subject: How do I apply for financial aid through 7 County Svcs?

Please let me know. Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 13, 2022 4:38 PM
To: Lindsey Smith
Subject: Any update on Case/Care Management? - I forgot to ask

I have a bad memory - a lot of the time unfortunately! Thanks for the discussion this morning.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 12, 2022 9:24 AM
To: Lindsey Smith
Subject: Is there financial aid available? Just received another bill this one for $100 -

Last one was for $200 - is there any financial aid available? I am having to ask everyone for every bill at this point.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, April 11, 2022 4:52 PM
To: Lindsey Smith
Subject: Need help with homeschool issues

I had to stop and help Jack today during my work hours even though my boss made it very clear I needed to have something done by 4:30. Jack refused to respect that I kept asking him to let me work for an hour without interruption - it was constant interruption after I asked - non-stop....so now I missed the deadline - my boss is upset....I tried to talk to Jack - I told him that I did not mind helping him, but next time I need him to listen to me about not interrupting - and he then said that he was sorry that he existed and shouldn't exist.

I told him that was not a fair statement. He said why is that not a fair statement. I told him I would talk to you with him about this.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 31, 2022 1:27 PM
To: Lindsey Smith
Subject: Attached version of the US
Attachments: logo.jpg; UnitedStates-Homeschool-Bigger.docx

The tornado pic was taken by my neighbor when we used to live in Palmyra - Jack was still very young back then (2012) - he was born in 2011…

It was scary to think how close it was to us. It was the same day the tornadoes in the area leveled Henryville Elementary School in Clark Co. Indiana…. Jack later attended that elementary school when we moved to Memphis, IN.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, March 30, 2022 7:25 AM
To: John Fouts
Subject: Hello - Rescheduling appt on 3/30 @ 9:00

Hey John!

I cut my finger pretty bad this morning and want to follow up with my provider to ensure it is taken care of.

I need to re-schedule our appointment this morning. Is there any way I can see you guys tomorrow on March 31st @ 1:00 pm instead in the office?

Let me know when you can!

Thanks!

Lindsey Smith (she/her/hers), LPCC, LPATA
Seven Counties Services
Family Connections Senior Therapist | Bloom Elementary School Based Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 24, 2022 3:03 PM
To: Lindsey Smith
Subject: What am I supposed to do when I ask Jack to do school work and he says he wants to bang his head into hard things

I need advice.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 16, 2022 9:06 AM
To: Lindsey Smith
Cc: Jack Fouts
Subject: Jack keeps trying to rejoin the meeting, but it says you removed him from the meeting - so he cannot rejoin

Can you please send a new link or allow him to rejoin?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93360774435
Start:	Wed 3/16/2022 9:00 AM
End:	Wed 3/16/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 3/16 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/93360774435

Meeting ID: 933 6077 4435

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93360774435
Start:	Wed 3/16/2022 9:00 AM
End:	Wed 3/16/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

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Here's the information for our session on 3/16 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/93360774435

Meeting ID: 933 6077 4435

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 9, 2022 11:36 AM
To: Lindsey Smith
Subject: Other Questions

Hi Lindsey.

Thanks for being patient with Jack during his session today, as always. He has a hard time understanding that I have to work because I work from home, and often wants me to do things like that - which I really do enjoy - doing the activities he created - and I also have work to do for my job at the same time.

Since Jack is out of public school, and doing homeschooling now, reports are not needed with as much urgency. However, that being said, I'd really like to have you type up something that I can put in his homeschool file to show that he is receiving therapy etc...

You mentioned before that you were kind of limited about what you could put into a letter. I'm looking for something like I asked about before - whatever you can provide.

I am trying to get Jack evaluated for Autism again - not at the Weisskopf Center. So many providers have suggested that they suspect autism, and I suspect that Jack is somewhere on that spectrum too - just as I suspected he had an auditory processing thing going on - which has now been validated by a qualified professional in that realm.

Also - want to mention that Jack has all these things going on in terms of sensory processing (except for the swings - he loves to swing)

It's as if the brain is working over time. When a child is overprocessing sensory input, you may see these signs:

- **Afraid of loud noises like automatic hand dryers in a public bathroom, a firetruck driving down the street, or the vacuum cleaner**
- **Sensitive to different types of clothing, tags or seams in clothing, making dressing difficult**
- **Sensitive to different tastes or textures of foods that may result in them only eating a handful of foods**
- **Sensitive to smells and may complain of a variety of smells that others don't even notice**
- **Sensitive to bright lights in any environment, but may struggle in stores where there's lots of overhead fluorescent lighting**
- **Hates to get their hands messy or walk bare foot in the grass**
- **Scared of riding swings, roughhouse play, or going down a slide**

- **Avoids new situations and is overwhelmed in crowds**
- **Afraid of being bumped into or touched by others**

I mentioned to you before that Jack was terrified of toilets flushing - and still is. He cannot go anywhere on his own - he is too scared - I don't know what to do about that. Do you have some other suggestions with regard to that - I've tried to slowly provide separation and distance but that doesn't work. I've tried a nightmare box - but that doesn't work. I've tried to get him to draw pictures of his fears and/or journal, and that doesn't work...what else can I try?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 9, 2022 10:26 AM
To: Lindsey Smith
Subject: Auditory Processing Report - Jack Fouts
Attachments: APD_Fouts.J.2022.pdf

Please see the attached.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/94972236804
Start:	Wed 3/9/2022 9:00 AM
End:	Wed 3/9/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 3/9 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/94972236804

Meeting ID: 949 7223 6804

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/94972236804
Start:	Wed 3/9/2022 9:00 AM
End:	Wed 3/9/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 3/9 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/94972236804

Meeting ID: 949 7223 6804

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 2, 2022 9:43 AM
To: Lindsey Smith
Subject: Auditory Processing Info

Dr. Julie Manche confirmed that Jack does have an auditory processing disorder. I don't have the formal report yet, as noted during Jack's session, but she said that his 'auditory closure' level was down in both ears. She said his main area of processing problems was in the area of degraded speech, and said that because he already has trouble with that as confirmed by the testing this time, that teachers wearing masks and talking, or any kind of speech that is degraded in any way could be a problem in terms of Jack receiving and understanding information.

She said that his auditory memory numbers were interesting too. She said when it came to numbers, that he was in the 95th percentile, which was excellent. She said with words, he was in the 63rd percentile which was average. She said when it came to sentences, he was in the 25th percentile. She said that this, to her, suggested that Jack may also have a language processing issue, but a different specialist would be needed to diagnose that. She said common themes along those lines involve getting the right words out, organizing thoughts, finding words, etc...

She suggested Jack would benefit greatly from Occupational Therapy. She also suggested that using a program called Hearbuilder (an auditory program) would help Jack a lot - so I will be buying a license for that shortly, and she said even a low level hearing aid might be helpful to him - but she did note that those cost around $5,000.

I'll pass along the formal evaluation results when I get it from Dr. Manche.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/96736616581
Start:	Wed 3/2/2022 9:00 AM
End:	Wed 3/2/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

Lindsey Smith (she/her) is inviting you to a scheduled Zoom meeting.

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Here's the information for our session on 3/2 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/96736616581

Meeting ID: 967 3661 6581

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/96736616581
Start:	Wed 3/2/2022 9:00 AM
End:	Wed 3/2/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 3/2 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/96736616581

Meeting ID: 967 3661 6581

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93538496781
Start:	Wed 2/23/2022 9:00 AM
End:	Wed 2/23/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Here's the information for our session on 2/23 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/93538496781

Meeting ID: 935 3849 6781

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 18, 2022 10:06 AM
To: Lindsey Smith
Subject: Maybe you can guide me a bit with some of Jack's behaviors that I see

Lindsey,

There are a few things that you may be able to help me with, in terms of Jack of course...

Yesterday, he kept saying he said things that he did not say...actually that has happened a number of times this week, but yesterday it happened maybe 15 or 20 times. If it happens 1 time or 2 times, or just a handful, I try to ignore it, but when it becomes a situation like yesterday, I feel like it needs to be addressed. If I ever try to talk to him about it, I either get extremely argumentative and disrespectful Jack, or I get complete emotional dysregulation Jack.

That part is also true for if I ever need to talk to him about things that are serious, or complicated, or if I ever need to re-direct how he is acting - then I either get extremely spiteful and argumentative Jack, or complete emotional dysregulation from him, so I feel like I can not ever say or do anything anymore. This all changed about 9.5 or 10 months ago (when this all started)... what am I supposed to do? A good example was yesterday, he was being downright rude and disrespectful to me at the glasses place I took him to....he bumped into a door, and I asked him if he was okay - and that made him very angry with me (that I asked if he was okay). Keep in mind though, that if I don't ask if he is okay, then he will tell me that he is mad at me because I did not ask if he was okay - and then tell me that I don't care about him. He made a very large huff/snarl, and then with his teeth clenched and a very angry tone told me that I did not need to ask if he was okay and I needed to just leave him alone. I told Jack very calmly that it was inappropriate the way that he was talking to me, and that he needed to change his behavior. The glasses place worker looked relieved that I was addressing this behavior. Then Jack kept arguing with me that he didn't respond in appropriately, and never huffed, and never had any tone....I told him I was not going to argue with him, but the behavior needed to be changed, and he needed to treat me differently. That made him more upset. I tried to re-focus his efforts to the glasses worker with limited success. This happens many, many, many times every week now. It is very exhausting emotionally for me - and I am already physically ill. I tried to explain to Jack that I want him to try to focus on positive energy and putting positive energy out into the world, and he seemed to understand, but needs practice.

Do you have any suggestions?

Finally, for now, and I don't remember if I already asked you for this - so if I did - I apologize for asking twice, but can you please put together the things that you said that you could, for school, and for me? I not only need it for school, but also for an upcoming evaluation that is being scheduled for Jack.

Thank you Lindsey.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 17, 2022 10:41 PM
To: Lindsey Smith
Subject: Re: Thank You / Question on Friday Time

Lindsey,

I did not get a chance to speak with Jack until this evening about therapy tomorrow etc… it has been a whirlwind week of appointments. I feel strongly that he could benefit from your session this week, but he told me that 9:10 is the only time he has to get caught up on some work at school. Is there any way you can check in with him and ask him in the morning if he wants to meet, and if he does not, that is fine, but if he does, then you can?

Also - you said that all you can do is provide a statement letter that provides Jack's diagnosis and his treatment goals with Seven Counties. Can you please provide that to both the school, and to me?

Finally - found out today that we could get Jack scheduled for an evaluation. Have been on a long waiting list for months. We can finally get an appointment for that scheduled.

Jack is not sure when the time that he has to make up his work ends in the a.m. Hopefully you can touch base with him at some point tomorrow to see if he would like to meet (depending on when his make-up work time is over).

John

On Tue, Feb 15, 2022 at 8:39 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello John!
>
> I believe I can see him around 9:10 or so on Friday. I will keep you posted if something comes up, or I need to see him later if he is physically not at the school.
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> I would follow up with the Pathfinder School regarding possible enrollment. I am not entirely sure what their protocol is for situations like Jack's. I also know for Home Hospital, you would need a medical professional to complete that paperwork. Unfortunately, therapists do not qualify in Kentucky to fill out those forms. With regards to your most recent email, all I can do is provide a statement letter that provides Jack's diagnosis and his treatment goals with Seven Counties. I cannot provide other statements regarding any limitations he may have due to this.

Hope this helps!

Thanks!

Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 14, 2022 11:46 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Thank You / Question on Friday Time

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Lindsey,

Thank you so much for the quick summary breakdown, and for your quick response. Regarding Friday - that sounds good - at what time? If Jack is not at school, and working from home, I will need to know what time to have him join your session. He was not able to go to school to work in the classroom today because of too much overpowering anxiety. I had a brief meeting with Ms. Whitmer this morning. Jack told her some of the things that had been going on. Jack told me he was emotionally broken on Saturday. My heart breaks from that statement. We talked about potentially trying to see if Pathfinder School of Innovation would consider allowing Jack to apply even though they said they were not going to take anyone after the semester break - but this is an extenuating circumstance, I feel. Ms. Whitmer also mentioned Home Hospital as a potential option. I'm trying to keep you in the loop also. Anyway - please let me know what time on Friday in the event that Jack is at home instead of physically at Bloom. Thanks Lindsey.

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Hello John!

Thank you for the updates! 😊

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As for an appointment with me, I think the best option would be to see him at school on Friday. I believe I can see him either first thing in the morning, or sometime in the afternoon. I would offer later on Wednesday, but it sounds like his EEG appointment is when I had some time available.

Let me know if this works for him. Hopefully, he can feel more comfortable talking about the concerns with school. I also will make sure to keep you in the loop after our sessions, and provide some updates as we go along 😊 I know recently, we have been working on his self-esteem and helping him understand the difference between positive and negative. I am also "challenging" him on being more aware of his choice of words and how to express himself appropriately, pretty much more healthy communication between himself and others.

Regards,

Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 14, 2022 12:15 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Jack has an EEG on Wed. at scheduled time - he very much needs to talk to you...

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Jack had his auditory processing evaluation last week. He did a great job there. He was only able to make it to school for 2 days of the week. On Friday, his mom dropped him off at my house unplanned an unexpectedly in the morning, and he did school from here because he was too upset and riddled with anxiety - and was not in a stable position to go to school. I was of course okay with him working from here, but I want him to get the help that he needs, and I am not sure what other kinds of help I need to be getting for him.

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Jack also has had quite an attitude and then acts like he has no idea that the has been rude, or how much he has misbehaved at times. Don't get me wrong here, Jack is a great kid, but there are a lot of times when I am not able to run errands, or go to the store, or leave my house because he makes it so it isn't possible - and if I can get him to talk about it, he says he acts like that because he didn't want to go... I need help here. I feel like he is behind his peers emotionally and socially as well, and I want to get him caught up as much as I can. I love Jack with all of my heart, and am deeply concerned about his well-being as he seems like a completely different child than he was say 9 or 10 months ago....lots of regression - forgetting how to spell words, forgetting how to punctuate sentences. I am even concerned he may have some kind of a deeper physiological thing going on. He has an EEG on Wed. to investigate that. I just don't want him to have to experience the cruelties of the world. I want him to be

protected from such negative and adversarial entities as much as I can possibly protect him from being hurt.

Please answer my questions from above as soon as you can, and let me know when you are able to meet with Jack since he has a conflict of schedule this Wed. at the regularly scheduled time. He has art therapy on Thursday at noon, and he has a neurology appt on Wed. at 3:20 pm as well. His neurologist is going to interpret the EEG for us during that visit.

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Let me know if this works for him. Hopefully, he can feel more comfortable talking about the concerns with school. I also will make sure to keep you in the loop after our sessions, and provide some updates as we go along 😊 I know recently, we have been working on his self-esteem and helping him understand the difference between positive and negative. I am also "challenging" him on being more aware of his choice of words and how to express himself appropriately, pretty much more healthy communication between himself and others.

Regards,

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To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Jack has an EEG on Wed. at scheduled time - he very much needs to talk to you...

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 14, 2022 5:31 PM
To: Lindsey Smith
Subject: Not sure if you may be able to help

Can you put together a note for Bloom about how much anxiety is affecting Jack? He had to work from home today because of anxiety, and they refuse to excuse the absence even with a parent note stating that anxiety is not an illness.... but it is.....!!

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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Jack also has had quite an attitude and then acts like he has no idea that the has been rude, or how much he has misbehaved at times. Don't get me wrong here, Jack is a great kid, but there are a lot of times when I am not able to run errands, or go to the store, or leave my house because he makes it so it isn't possible - and if I can get him to talk about it, he says he acts like that because he didn't want to go... I need help here. I feel like he is behind his peers emotionally and socially as well, and I want to get him caught up as much as I can. I love Jack with all of my heart, and am deeply concerned about his well-being as he seems like a completely different child than he was say 9 or 10 months ago....lots of regression - forgetting how to spell words, forgetting how to punctuate sentences. I am even concerned he may have some kind of a deeper physiological thing going on. He has an EEG on Wed. to investigate that. I just don't want him to have to experience the cruelties of the world. I want him to be protected from such negative and adversarial entities as much as I can possibly protect him from being hurt.

Please answer my questions from above as soon as you can, and let me know when you are able to meet with Jack since he has a conflict of schedule this Wed. at the regularly scheduled time. He has art therapy on Thursday at noon, and he has a neurology appt on Wed. at 3:20 pm as well. His neurologist is going to interpret the EEG for us during that visit.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Monday, February 14, 2022 8:51 AM
To: John Fouts
Subject: RE: Jack has an EEG on Wed. at scheduled time - he very much needs to talk to you...

Hello John!

Thank you for the updates! 😊

I know last week was really hard for Jack, and he was very hesitant to also speak to me about what was happening at school. I did consult with school staff as well when I was there on Friday, and they weren't entirely sure either. I had a feeling it was a peer concern, since I know sometimes that teacher don't always pick up on it.

As for an appointment with me, I think the best option would be to see him at school on Friday. I believe I can see him either first thing in the morning, or sometime in the afternoon. I would offer later on Wednesday, but it sounds like his EEG appointment is when I had some time available.

Let me know if this works for him. Hopefully, he can feel more comfortable talking about the concerns with school. I also will make sure to keep you in the loop after our sessions, and provide some updates as we go along 😊 I know recently, we have been working on his self-esteem and helping him understand the difference between positive and negative. I am also "challenging" him on being more aware of his choice of words and how to express himself appropriately, pretty much more healthy communication between himself and others.

Regards,
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 14, 2022 12:15 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Jack has an EEG on Wed. at scheduled time - he very much needs to talk to you...

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

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Later, we found out that a kid at school has been giving him a hard time...again...but this time a different kid (a new kid) that sits at his table, and calls him names like stupid, and it is affecting Jack's self-esteem (as it would anyone's - especially at his age). In addition to this, I think Jack has some kind of a processing disorder potentially. I don't pat myself on the back too much, but when it comes to medical things, I have been spot on with an almost perfect track record. I am not saying that I am 100% certain on the processing, but Jack tells me things like people talk too fast for him to understand what they are saying a lot of the time...I don't know if that could be related to the ADHD, or if we are looking at a different animal. Do you have any suggestions?

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Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Thursday, February 10, 2022 5:45 PM
To: John Fouts
Subject: Fwd: Jack Fouts School - 2/9

---------- Forwarded message ---------
From: **Webb, Joanna C.** <joanna.webb@jefferson.kyschools.us>
Date: Thu, Feb 10, 2022 at 4:08 PM
Subject: Re: Jack Fouts School - 2/9
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

I will send one home tomorrow, or you can pick up from the office.

Joanna Webb
School Clerk
Bloom Elementary
1627 Lucia Avenue
Louisville, KY 40204
Phone #-(502)485-8211
Fax #-(502)313-3417

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Thursday, February 10, 2022 3:59 PM
To: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>

Subject: Re: Jack Fouts School - 2/9

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Joanna, can you assist me? I need a new car tag for Jack for pick up.

On Wed, Feb 9, 2022 at 11:22 AM Webb, Joanna C. <joanna.webb@jefferson.kyschools.us> wrote:
> Please reach out to the teacher if you have any questions about yesterday's incident.
>
> ***Joanna Webb***
> ***School Clerk***
> ***Bloom Elementary***
> *1627 Lucia Avenue*
> *Louisville, KY 40204*
> Phone #-(502)485-8211
> Fax #-(502)313-3417

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Wednesday, February 9, 2022 10:02 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Cc: John Fouts <fouts.john@gmail.com>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Subject: Re: Jack Fouts School - 2/9

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Jack told me just now there was an incident at school yesterday at Bloom and he is feeling "intimidated " about returning today.

I can't get any further information from him yet.

Jack is non-binary (he/they)

I am having VPN issues with work this morning and headed into the office.

Lindsay

On Wed, Feb 9, 2022 at 9:51 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> To whom it may concern,
>
> Jack Fouts had an appointment with me on February 9th starting at 9:00 am and concluding around 9:50 am.
>
> If you have any questions, comments, concerns, please don't hesitate to reach out to me. My contact information is down below.
>
> Regards,
>
> **Lindsey Smith (she/her), LPCC, LPATA**
>
> **Seven Counties Services** | Family Connections Senior Therapist
>
> 914 E. Broadway, Louisville, KY 40204 – 2nd Floor
>
> Office: (502) 589-8731

Crisis: (502) 589-8070

*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******

lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter

Seven Counties Services

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I can't get any further information from him yet.

Jack is non-binary (he/they)

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sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 9, 2022 2:56 PM
To: Walts-Paulin, Crystal L; Craven, Jamie K.; Jonathan Kempf; Sanchez, Jamie M.
Subject: Re: Incident At School Yesterday?
Attachments: image001.png

Jack is with his mom this week. He told her this morning that he was too upset to go into school today because of an incident that happened yesterday. I have very little information to go on. He and she called me this morning briefly after his therapy session, and he was too upset to talk about it. If he shares anything else I will let you all know, but I don't know that he is going to. I know that you all keep your eyes on the kids very well. Maybe, if possible, try to pay a little extra attention to what is happening in Jack's world assuming he can make it in to school tomorrow. I don't know what else I can ask you all to do. I know you already do a good job.

Ms. Craven - we still need to get a call scheduled - my work schedule has been a bit hectic.

John

On Wed, Feb 9, 2022 at 1:34 PM Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us> wrote:

I am unaware of any incident. Please let us know when Jack shares more information!

Get Outlook for iOS

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 9, 2022 11:27:56 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>
Subject: Incident At School Yesterday?

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What happened at school yesterday? Apparently there was an incident of some kind?

John Fouts (Jack's dad)

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To: Lindsay Fouts <lindsayfoutscpa@gmail.com>, Lindsey Smith <lsmith2@sevencounties.org>
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Jack told me just now there was an incident at school yesterday at Bloom and he is feeling “intimidated “ about returning today.

I can’t get any further information from him yet.

Jack is non-binary (he/they)

I am having VPN issues with work this morning and headed into the office.

Lindsay

On Wed, Feb 9, 2022 at 9:51 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> To whom it may concern,
>
> Jack Fouts had an appointment with me on February 9th starting at 9:00 am and concluding around 9:50 am.
>
> If you have any questions, comments, concerns, please don’t hesitate to reach out to me. My contact information is down below.
>
> Regards,
>
> **Lindsey Smith (she/her), LPCC, LPATA**
>
> **Seven Counties Services** | Family Connections Senior Therapist
>
> 914 E. Broadway, Louisville, KY 40204 – 2nd Floor
>
> Office: (502) 589-8731
>
> Crisis: (502) 589-8070
>
> *******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
>
> lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter

Seven Counties Services

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>
Sent: Wednesday, February 9, 2022 1:34 PM
To: John Fouts; Kempf, Jonathan; Craven, Jamie K.
Subject: Re: Incident At School Yesterday?

I am unaware of any incident. Please let us know when Jack shares more information!

Get Outlook for iOS

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 9, 2022 11:27:56 AM
To: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>; Walts-Paulin, Crystal L <crystal.walts-paulin@jefferson.kyschools.us>; Craven, Jamie K. <jamie.craven@jefferson.kyschools.us>
Subject: Incident At School Yesterday?

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What happened at school yesterday? Apparently there was an incident of some kind?

John Fouts (Jack's dad)

---------- Forwarded message ---------
From: **Webb, Joanna C.** <joanna.webb@jefferson.kyschools.us>
Date: Wed, Feb 9, 2022 at 11:22 AM
Subject: Re: Jack Fouts School - 2/9
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>, Lindsey Smith <lsmith2@sevencounties.org>
Cc: John Fouts <fouts.john@gmail.com>

Please reach out to the teacher if you have any questions about yesterday's incident.

Joanna Webb
School Clerk
Bloom Elementary
1627 Lucia Avenue
Louisville, KY 40204
Phone #-(502)485-8211
Fax #-(502)313-3417

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Wednesday, February 9, 2022 10:02 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Cc: John Fouts <fouts.john@gmail.com>; Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Subject: Re: Jack Fouts School - 2/9

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Seven Counties Services

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Kempf, Jonathan <jonathan.kempf@jefferson.kyschools.us>
Sent: Wednesday, February 9, 2022 12:16 PM
To: John Fouts
Subject: Re: Incident At School Yesterday?

I have no idea? What or who was it concerning?

Sent from my iPhone

On Feb 9, 2022, at 11:28 AM, John Fouts <fouts.john@gmail.com> wrote:

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What happened at school yesterday? Apparently there was an incident of some kind?

John Fouts (Jack's dad)

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From: **Webb, Joanna C.** <joanna.webb@jefferson.kyschools.us>
Date: Wed, Feb 9, 2022 at 11:22 AM
Subject: Re: Jack Fouts School - 2/9
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>, Lindsey Smith <lsmith2@sevencounties.org>
Cc: John Fouts <fouts.john@gmail.com>

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sevencounties.org | Facebook | Twitter

--

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fouts.john@gmail.com

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Sent: Wednesday, February 9, 2022 11:28 AM
To: Jonathan Kempf; Walts-Paulin, Crystal L; Craven, Jamie K.
Subject: Incident At School Yesterday?
Attachments: image001.png

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sevencounties.org | Facebook | Twitter

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From: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Sent: Wednesday, February 9, 2022 10:49 AM
To: Lindsey Smith; lindsayfoutscpa@gmail.com; John Fouts
Subject: Re: School Note - 2/9

Thanks.

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Seven Counties Services

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, February 8, 2022 12:15 PM
To: Lindsay Fouts
Subject: Fwd: Session with Lindsey
Attachments: invite.ics

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Tue, Feb 8, 2022 at 8:40 AM
Subject: Session with Lindsey
To: John Fouts <fouts.john@gmail.com>

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 2/9 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/95226834232

Meeting ID: 952 2683 4232

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/95226834232
Start:	Wed 2/9/2022 9:00 AM
End:	Wed 2/9/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Meeting ID: 952 2683 4232

fouts.john@gmail.com

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Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

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Meeting ID: 952 2683 4232

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 2, 2022 9:00 AM
To: Lindsey Smith
Subject: Re: I sent you a message earlier shortly after I received your cancellation notice - but you did not respond

Hi - please call me John.

Mr. Fouts makes me seem like I'm a really old man to me. Maybe that is because I just turned Forty-Three! Please mark down that you will be seeing him on Friday at school, and thank you for being able to make that happen. He was out yesterday and had to leave a little early on Monday (at 2:45pm on Monday) - out Tuesday - he had a migraine that started this off on Monday afternoon, then yesterday was too exhausted from the migraine and puking the day before. Today he has another migraine - this one is probably being triggered by the weather, but he told me he 'really' needs therapy this week. So I don't know if something may have happened at school too? Maybe you can find out from him. If school is canceled on Friday due to inclement weather, would you still be able to meet with him via Teleheath?

Also, what time on Friday? Thanks Lindsey.

John

On Wed, Feb 2, 2022 at 8:43 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello Mr. Fouts!
>
> I actually don't have any other available times this week. However, I can see him at school again on Friday. 😊
>
> Thanks!
>
> Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 2, 2022 12:04 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: I sent you a message earlier shortly after I received your cancellation notice - but you did not respond

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

Jack has voiced how much he needs therapy and needs to talk to you this week. Please respond to my earlier email asking when you can meet with Jack this week.

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Thanks for sending the note for school for last week.

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

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fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, February 2, 2022 8:44 AM
To: John Fouts
Subject: RE: I sent you a message earlier shortly after I received your cancellation notice - but you did not respond

Hello Mr. Fouts!

I actually don't have any other available times this week. However, I can see him at school again on Friday. 😊

Thanks!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 2, 2022 12:04 AM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: I sent you a message earlier shortly after I received your cancellation notice - but you did not respond

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From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, February 1, 2022 9:29 AM
To: Lindsey Smith
Subject: Re: Update
Attachments: image001.png

Can you meet with him at any other time this week?

On Tue, Feb 1, 2022 at 9:17 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello Mr. Fouts!
>
> I didn't mention this last week to Mom, but I already have something scheduled tomorrow morning at 9:00 am (a meeting that has been scheduled a few months ago). I do have Jack down next Wednesday though 😊
>
> Thanks!
>
> **Lindsey Smith (she/her), LPCC, LPATA**
>
> **Seven Counties Services** | Family Connections Senior Therapist
>
> 914 E. Broadway, Louisville, KY 40204 – 2nd Floor
>
> Office: (502) 589-8731
>
> Crisis: (502) 589-8070
>
> *******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
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From: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Sent: Tuesday, February 1, 2022 9:07 AM
To: Lindsey Smith; John Fouts
Subject: Re: Please Send Excuse Note To Bloom Elementary for Jack Fouts for Last Week

Thanks.

Joanna Webb
School Clerk
Bloom Elementary
1627 Lucia Avenue
Louisville, KY 40204
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Fax #-(502)313-3417

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Tuesday, February 1, 2022 8:37 AM
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Cc: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
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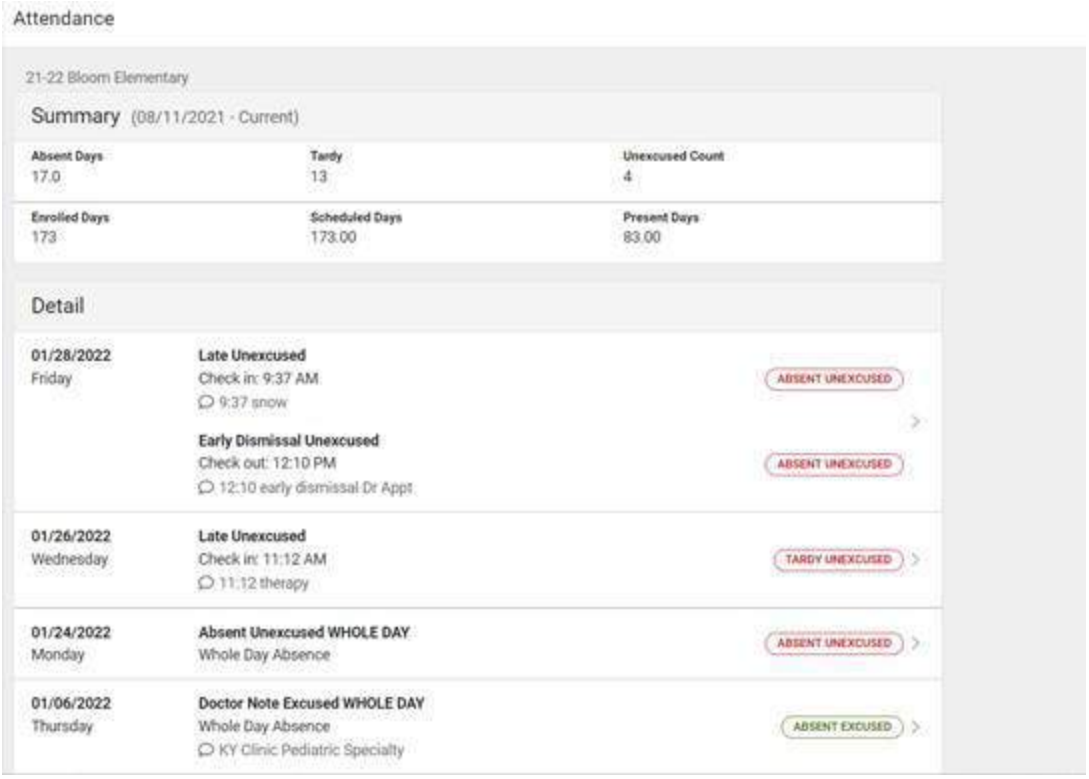
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21-22 Bloom Elementary

Summary (08/11/2021 - Current)

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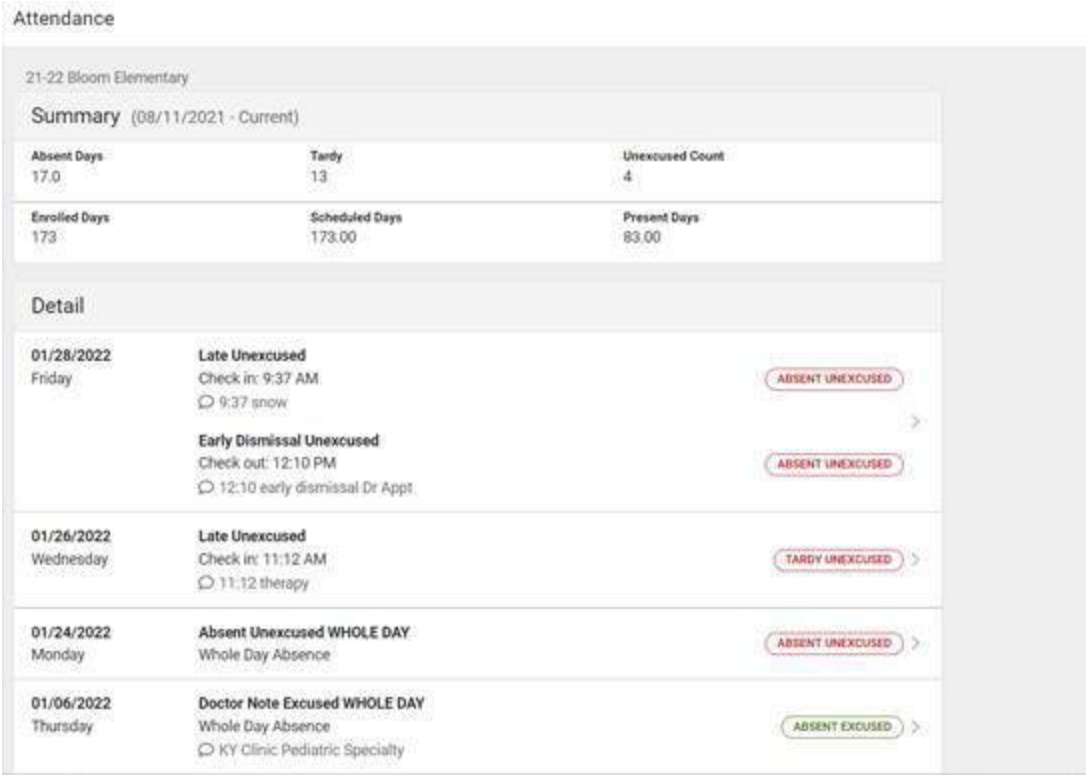
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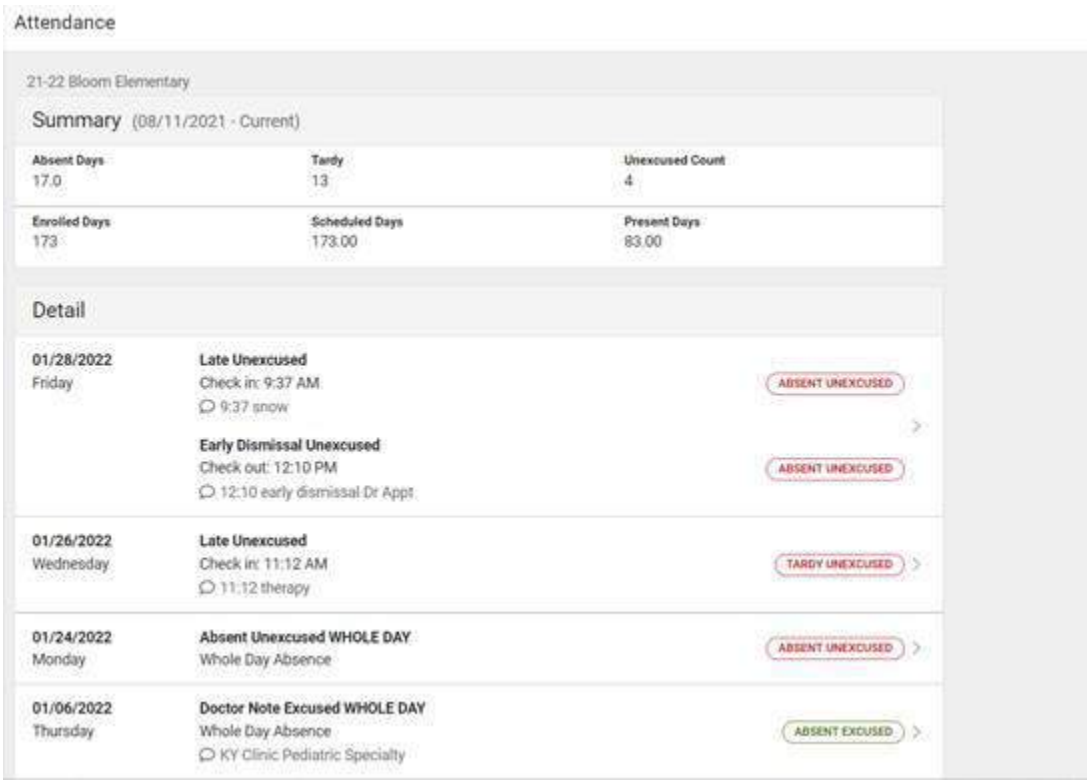

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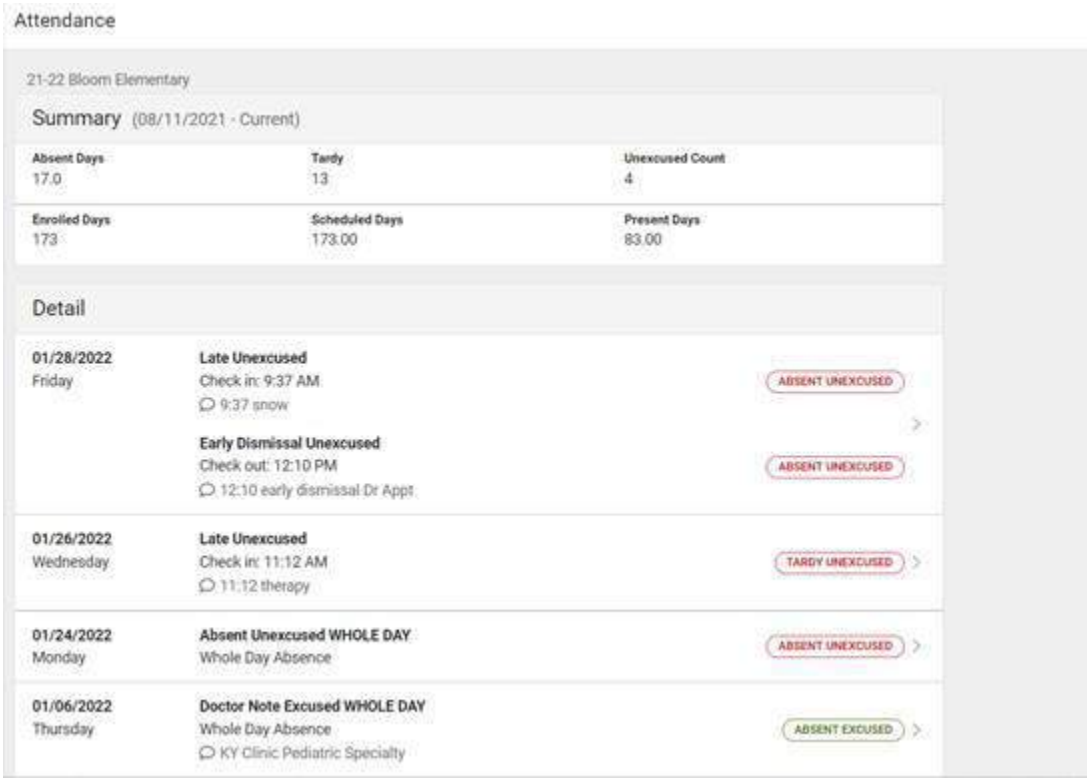

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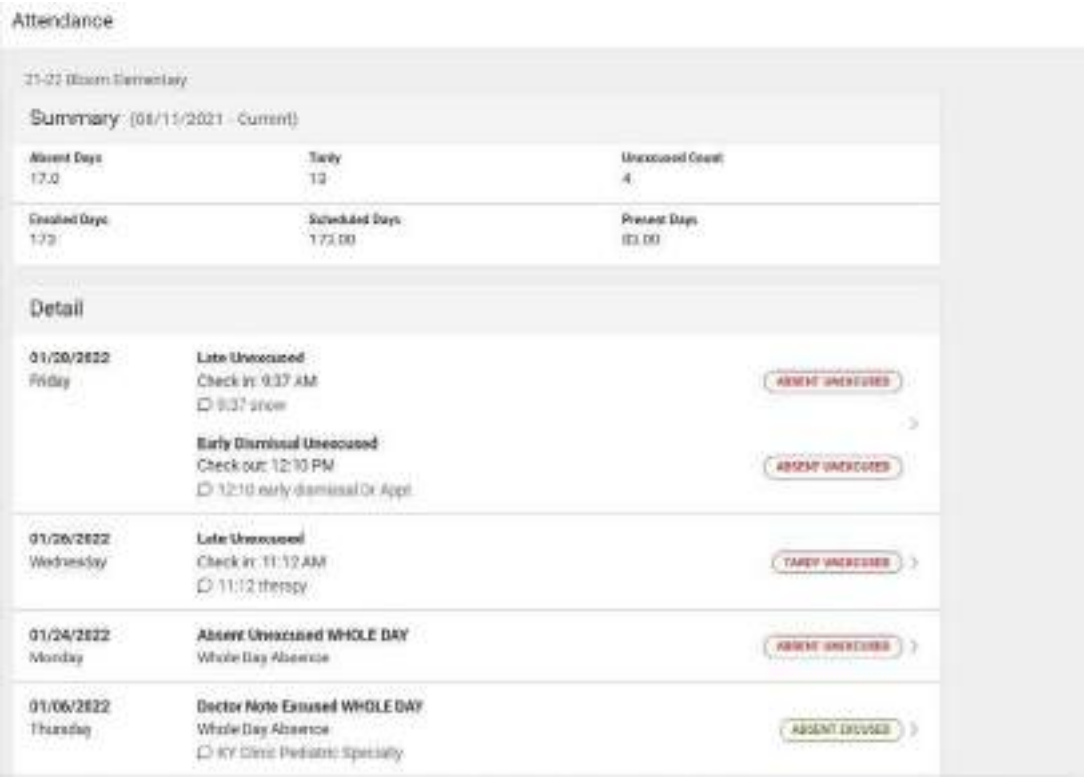
From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, January 30, 2022 12:33 AM
To: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Subject: Questions on Attendance

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Webb,

I was checking attendance, and I saw this:



On 1/24/2022 - Jack was with his mom, but she called me to tell me that Jack was throwing up that morning and that was the reason that he was not at school. Please use one of the parent note excuses available to excuse Jack on that date.

On 1/26/2022 - Jack was with his mom, but had therapy with Lindsey Smith in the morning on that date. I've asked her to send you a note (Lindsey Smith from Seven County Services) to excuse Jack for the late arrival on that date.

On 1/28/2022 - Jack, again with his mom, but they had trouble getting in due to snow. The attendance report says absent unexcused, but Jack was present - he was just late due to inclement weather.....for the early dismissal - it says unexcused - but I have provided you with a doctor's note from his Dermatologist - Dr. Todd (Ms. Todd's cousin)....please mark as excused as the doctor's excuse note has been provided.

Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, January 30, 2022 12:31 AM
To: Lindsey Smith
Subject: Please send a note to Bloom for Jack's therapy session last Wednesday

Lindsey,

Bloom has Jack's late arrival from last Wednesday counted as an unexcused tardy because he apparently does not have a note from your office to notify Bloom that he had an appointment. Can you please send a note to Ms. Webb for his appointment that took place on Jan. 26? Thanks!

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 25, 2022 10:17 AM
To: Lindsay Fouts
Subject: Fwd: Session with Lindsey
Attachments: invite.ics

In case you need this.

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Tue, Jan 25, 2022 at 8:38 AM
Subject: Session with Lindsey
To: John Fouts <fouts.john@gmail.com>

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/26 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/96164055543

Meeting ID: 961 6405 5543

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/96164055543
Start:	Wed 1/26/2022 9:00 AM
End:	Wed 1/26/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/26 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/96164055543

Meeting ID: 961 6405 5543

fouts.john@gmail.com

From: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Sent: Wednesday, January 19, 2022 12:11 PM
To: John Fouts
Subject: Re: School Note (1/12 & 1/19)

Thanks.

Yes, I have a doctor's note for 1/6. He was here 1/5.

Joanna Webb
School Clerk
Bloom Elementary
1627 Lucia Avenue
Louisville, KY 40204
Phone #-(502)485-8211
Fax #-(502)313-3417

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 19, 2022 10:42 AM
To: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Subject: Fwd: School Note (1/12 & 1/19)

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Webb,

Please see the attached from Lindsey Smith. I am not sure if you already have a note from Jan. 5th, but I think you do. He also had an appt on Jan 5th. Please let me know if you need one for the 5th.

John

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Wed, Jan 19, 2022 at 10:05 AM
Subject: School Note (1/12 & 1/19)
To: John Fouts <fouts.john@gmail.com>

To whom it may concern,

Jack Fouts had an appointment with me on January 12th and January 19th, both sessions starting at 9:00 am and concluding around 10:00 am.

If you have any questions, comments, concerns, please don't hesitate to reach out to me. My contact information is down below.

Regards,

Lindsey Smith (she/her), LPCC, LPATA
Seven Counties Services | Family Connections Senior Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

fouts.john@gmail.com

From: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Sent: Wednesday, January 19, 2022 12:11 PM
To: John Fouts
Subject: Re: School Note (1/12 & 1/19)

Thanks.

Yes, I have a doctor's note for 1/6. He was here 1/5.

Joanna Webb
School Clerk
Bloom Elementary
1627 Lucia Avenue
Louisville, KY 40204
Phone #-(502)485-8211
Fax #-(502)313-3417

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 19, 2022 10:42 AM
To: Webb, Joanna C. <joanna.webb@jefferson.kyschools.us>
Subject: Fwd: School Note (1/12 & 1/19)

CAUTION: This email originated from outside of JCPS. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Ms. Webb,

Please see the attached from Lindsey Smith. I am not sure if you already have a note from Jan. 5th, but I think you do. He also had an appt on Jan 5th. Please let me know if you need one for the 5th.

John

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Wed, Jan 19, 2022 at 10:05 AM
Subject: School Note (1/12 & 1/19)
To: John Fouts <fouts.john@gmail.com>

To whom it may concern,

Jack Fouts had an appointment with me on January 12th and January 19th, both sessions starting at 9:00 am and concluding around 10:00 am.

If you have any questions, comments, concerns, please don't hesitate to reach out to me. My contact information is down below.

Regards,

Lindsey Smith (she/her), LPCC, LPATA
Seven Counties Services | Family Connections Senior Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 19, 2022 10:42 AM
To: Webb, Joanna C.
Subject: Fwd: School Note (1/12 & 1/19)
Attachments: image001.png

Ms. Webb,

Please see the attached from Lindsey Smith. I am not sure if you already have a note from Jan. 5th, but I think you do. He also had an appt on Jan 5th. Please let me know if you need one for the 5th.

John

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Wed, Jan 19, 2022 at 10:05 AM
Subject: School Note (1/12 & 1/19)
To: John Fouts <fouts.john@gmail.com>

To whom it may concern,

Jack Fouts had an appointment with me on January 12th and January 19th, both sessions starting at 9:00 am and concluding around 10:00 am.

If you have any questions, comments, concerns, please don't hesitate to reach out to me. My contact information is down below.

Regards,

Lindsey Smith (she/her), LPCC, LPATA

Seven Counties Services | Family Connections Senior Therapist

914 E. Broadway, Louisville, KY 40204 – 2nd Floor

Office: (502) 589-8731

Crisis: (502) 589-8070

*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******

lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter

Seven Counties Services

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, January 19, 2022 10:05 AM
To: John Fouts
Subject: School Note (1/12 & 1/19)

To whom it may concern,

Jack Fouts had an appointment with me on January 12th and January 19th, both sessions starting at 9:00 am and concluding around 10:00 am.

If you have any questions, comments, concerns, please don't hesitate to reach out to me. My contact information is down below.

Regards,

Lindsey Smith (she/her), LPCC, LPATA
Seven Counties Services | Family Connections Senior Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
****To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.****
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Wednesday, January 19, 2022 10:05 AM
To: John Fouts
Subject: School Note (1/12 & 1/19)

To whom it may concern,

Jack Fouts had an appointment with me on January 12th and January 19th, both sessions starting at 9:00 am and concluding around 10:00 am.

If you have any questions, comments, concerns, please don't hesitate to reach out to me. My contact information is down below.

Regards,

Lindsey Smith (she/her), LPCC, LPATA
Seven Counties Services | Family Connections Senior Therapist
914 E. Broadway, Louisville, KY 40204 – 2nd Floor
Office: (502) 589-8731
Crisis: (502) 589-8070
****To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.****
lsmith2@sevencounties.org
sevencounties.org | Facebook | Twitter

Seven Counties Services

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 19, 2022 8:57 AM
To: Jack Fouts
Subject: Fwd: Session with Lindsey
Attachments: invite.ics

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Tue, Jan 18, 2022 at 8:36 AM
Subject: Session with Lindsey
To: John Fouts <fouts.john@gmail.com>

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/19 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/97528285886

Meeting ID: 975 2828 5886

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Tuesday, January 11, 2022 12:45 PM
To: John Fouts
Subject: Re: Session with Lindsey - Jack's Therapy Telehealth Info For Tomorrow (In Case You Need It)

Thank you

On Tue, Jan 11, 2022 at 12:23 PM John Fouts <fouts.john@gmail.com> wrote:

> Wanted to make sure you got this
>
> ---------- Forwarded message ---------
> From: **Lindsey Smith** <lsmith2@sevencounties.org>
> Date: Tue, Jan 11, 2022 at 8:58 AM
> Subject: Session with Lindsey
> To: John Fouts <fouts.john@gmail.com>
>
> lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.
>
> **If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.**
>
> Here's the information for our session on 1/12 @ 9:00 😊
>
> Join Zoom Meeting
> https://sevencounties.zoom.us/j/95996946122
>
> Meeting ID: 959 9694 6122
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 11, 2022 12:23 PM
To: Lindsay Fouts
Subject: Fwd: Session with Lindsey - Jack's Therapy Telehealth Info For Tomorrow (In Case You Need It)
Attachments: invite.ics

Wanted to make sure you got this

---------- Forwarded message ---------
From: **Lindsey Smith** <lsmith2@sevencounties.org>
Date: Tue, Jan 11, 2022 at 8:58 AM
Subject: Session with Lindsey
To: John Fouts <fouts.john@gmail.com>

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/12 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/95996946122

Meeting ID: 959 9694 6122

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/95996946122
Start:	Wed 1/12/2022 9:00 AM
End:	Wed 1/12/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/12 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/95996946122

Meeting ID: 959 9694 6122

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/95996946122
Start:	Wed 1/12/2022 9:00 AM
End:	Wed 1/12/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/12 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/95996946122

Meeting ID: 959 9694 6122

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93390403705
Start:	Fri 1/7/2022 9:00 AM
End:	Fri 1/7/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/7 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/93390403705

Meeting ID: 933 9040 3705

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/93390403705
Start:	Fri 1/7/2022 9:00 AM
End:	Fri 1/7/2022 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our session on 1/7 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/93390403705

Meeting ID: 933 9040 3705

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 9, 2021 4:18 PM
To: Lindsey Smith
Subject: Re: Jack Follow Up Appts Needed and Urgent Major Developments

Thank you Lindsey. I appreciate you.

On Thu, Dec 9, 2021 at 3:29 PM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello John!
>
> I appreciate the information on what transpired the last few days, and being updated on other stressors that could be impacting him.
>
> I will make sure to keep checking with him on any destructive behaviors, to ensure his safety. For medical records, you just have to call our front desk staff at 502-589-8731 and request medical records. They will get your information and ensure you get your documentation 😊
>
> As for other specialists, I don't necessarily have a list of resources I can offer, but I know that I can reach out to some of my contacts and see if I can get you a few names. If anything, I think a good place to start would be to look at places like U of L, or Norton's, etc. I will also try and see if there are any small groups for his age group that focuses on anxiety/depression. I am part of a network which always has new information every day, so I will keep you posted 😊
>
> I do now have him down, starting from Jan 6th to March, to meet with me on Wednesdays at 9:00.
>
> Thanks!
>
> Lindsey
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Sent:** Thursday, December 9, 2021 1:33 PM
> **To:** Lindsey Smith <lsmith2@sevencounties.org>
> **Subject:** Re: Jack Follow Up Appts Needed and Urgent Major Developments

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

That is perfect. Thank you. I hope that you are feeling better. I live sick - so I know how it goes. I don't know if Jack has brought it up, or if it bothers him at all, but sometimes I cannot do very many things with him because I get IVIG infusions 2 days every 3 weeks (8 hours long outpatient with slow IV drip in my arm of IgG from 1,000 to 60,000 donors in each bottle). Somehow it helps people with auto-immune mediated (suspected) peripheral neuropathies. They are not quite sure how. The recovery has been brutal a few times in the past - with Aseptic Meningitis (one of the side effects). I also have to get Copper and Iron infusions once per week - those are 6 hours per day and have to be done at the 'other' Norton Cancer center. Insurance won't cover IVIG at downtown and won't cover Copper and Iron at Brownsboro. It is so upsetting sometimes. Plus the IVIG is billed out at $15,000.00 per day so the 1st day I have it in January - I will immediately, again, hit my out of pocket maximum of $6,500. I still owe $5,000 from this year... I don't know how I am supposed to survive that kind of situation each year. There is no aid available because I earn too much money but I don't earn 'THAT' much money, and because IVIG is being technically used off-label because the FDA has only approved for 'some' PIDDs and for GBS and CIDP. It may bother Jack sometime, and he may tell you I didn't play with him because I didn't feel like it - if that is the case - it is because I had one of those procedures - and technically I am supposed to rest on the days afterward - but I always try to do things with Jack outside each day.

Jack has been having 'episodes'. We were at the crisis center yesterday because - when I picked him up from school...he was fine at first - although I could tell he was very tired because he had kind of an attitude when he threw his backpack in the car toward me. He said he felt pukey - so I tried to ignore any perceived hostility (perceived by me)....I told Jack I had snacks and drinks in the car. So he turned around and started to get them, and the box they were in fell down, and then he flew off the handle and started SCREAMING. I was calm and said I needed him to try to not do that when we are in the car and I am driving unless something very wrong is happening that might mean we were in danger. I pulled over - waited for about 20 minutes and it didn't stop Then I told him I thought we needed to go to the crisis center. He told me he didn't want to TALK to ME in his words I said you don't have to talk to me Jack, but I need to find out what is going on that has made your behavior change 180 degrees so you are acting like a completely different person. I don't recognize who this person is that has all of these behaviors Then he told me he felt like he wanted to go to the crisis center I drove down there and then he was very angry with me for driving him to the crisis center and he said he never remembered anything that had happened (like he dissociated). I really am wondering if there is something physically very seriously wrong Lindsey. I 'do' believe there is definitely emotional trauma that therapy can help with too - but something is not right right now. I am even wondering if he is being abused at school or something.

I know that for a while, he had opened up tenderly to me about how he felt like his mother didn't love him. And he had asked me to talk to her with him. It seems like too much of a coincidence to me that everything seemed to 'hit the fan' after he tried to talk to her, she refused to listen to him - and then I hear about names he has been called when there at her house. I make mistakes too of course - just like all parents do - but I do not and would not call any child names ever - or any grown up for that matter. I know that the name calling that has taken place when he is there has had a very profound impact on him. She called Jack and also me both compulsive liars. That is when I had to write to his neurologist to ask her to write a letter that I could give to Jack's mother 'proving' that he was having health problems. I shouldn't have to do things like that. As stated in the afore-mentioned - I make plenty of mistakes too that I am sure also have an impact on Jack that is not always positive.

I need to find someone in town that does OT for Jack - he is having hand / overall sensory system / and proprioception and spatial issues.

I need to find someone in town that does PT for Jack - he is having carpal tunnel like pain.

I need to find someone in town to do a neuro-psych eval in full. My therapist gave me the name of someone he recommended for Jack. He said the waiting list might be long but it would be worth it.

Jack told me about the Rage Room - and I told him I thought that was a great idea for him - so I am looking into seeing about taking him there.

I need to get a copy of the eval that Centerstone did a few years ago when Jack saw Matt Lowry there. Can you pull that for me? I can sign a records release if you can please fax it to (502) 996-8246. That is my personal fax number that only goes to me. It's sole purpose is for medical records.

I need to find someone that specializes in auditory processing and other processing-type disorders. I have felt for a long time that Jack might have Auditory Processing. Do you know of anyone in town - specifically trained in this area of expertise?

Jack told me he wanted to be home schooled a few days ago. I told him he would need to 'allow' me to teach him if that were the case and that I would have to find a way to make it work. Other options are

'Pathfinders School of Innovation' and 'Home Hospital'. Looking into/exploring all of the above. Will do whatever Jack needs - he is who and what I am most concerned about in this world.

Please confirm you received this email. Please send former eval from Centerstone for Jack if possible. Please confirm Jack has been scheduled for 9 am at your office from Jan. 6 until the end of March on Wednesday mornings.

Oh - last question - looking for small group therapy for Jack for peers or support groups for depression for children his age. And for anxiety. Do you know of any?

John

On Thu, Dec 9, 2021 at 10:26 AM Lindsey Smith <lsmith2@sevencounties.org> wrote:

> Hello John!
>
> I apologize for the late response! I have actually been sick this past week (not COVID, thank goodness!), and had to play a bit of catch up 😊
>
> That is correct! I had no other available times in the office to offer, since I am fully booked until the end of December. I figured I can try and squeeze him at school, since I have all of Fridays dedicated to going to Bloom. As for appointments through March, I can do every Wednesday @ 9:00 am, and make sure he has that spot.
>
> Thanks for your patience!
>
> Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, December 7, 2021 4:07 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Jack Follow Up Appts Needed and Urgent Major Developments

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Lindsey,

I waited on hold for 14 minutes trying to reach you. It is my understanding that you are meeting with Jack on Friday mornings in December at 9 or 9:30 am, and that Jack has an appointment on Wed. Jan 5th at some time in the morning at your office downtown.

Can you please confirm times?

I also want to schedule Jack out through the end of March for appts. Any morning appts at 9 are preferred, or at 1pm are preferred per Jack, and school schedule.

Appointments outside these times are also ok.

John

On Fri, Nov 12, 2021, 10:55 AM John Fouts <fouts.john@gmail.com> wrote:

> Hi Lindsey.
>
> Thank you for meeting with Jack via Telehealth today.

> If you go to home.arcadia.com you can learn more about how it works (renewable energy).
>
> home.arcadia.com
>
> I also attached some info.
>
> John
>
> --
> **"Shining" in Service,**
> **John R. Fouts, MBA**
> **Fax. 502.996.8246**

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fouts.john@gmail.com

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Sent: Thursday, December 9, 2021 3:30 PM
To: John Fouts
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Jack's mother's email is lindsayfoutscpa@gmail.com

fouts.john@gmail.com

From: Lindsey Smith <lsmith2@sevencounties.org>
Sent: Monday, November 15, 2021 9:33 AM
To: John Fouts
Subject: RE: Please Confirm Receipt - And Please Respond When Possible - 2021-11-12
Attachments: Psych Testing Places.docx

Hello John!

I have a list of recommended services here in Louisville that handles psychological testing and other forms of testing, which is attached to this email. They also accept your guys' insurance, which is always a plus 😊 I would recommend here, but I know the waitlist is very long and your guys' insurance won't necessarily be covered. I know the wait time for the other psychological testing in the community tends to be about 4-8 weeks, possibly a bit longer.

I know I have had a lot of kiddos go through Witten and Edelson and have always said positive things about it.

Hope this helps!
Lindsey

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 12, 2021 3:55 PM
To: Lindsey Smith <lsmith2@sevencounties.org>
Subject: Please Confirm Receipt - And Please Respond When Possible - 2021-11-12

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Hi Lindsey.

Good to meet with you this morning. I think Jack benefits from each therapy session he has - I am grateful for therapists in the world.

Because Jack has made such a divergent path from his norm in the last 3 to 5 weeks, I think it is probably a good idea to have some kind of evaluation done to make sure that there is not something being missed somewhere along the lines. How does that work, and how much time is needed for something like that, and when could it be done, and what assessments would be given?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 12, 2021 3:55 PM
To: lsmith2@sevencounties.org
Subject: Please Confirm Receipt - And Please Respond When Possible - 2021-11-12

Hi Lindsey.

Good to meet with you this morning. I think Jack benefits from each therapy session he has - I am grateful for therapists in the world.

Because Jack has made such a divergent path from his norm in the last 3 to 5 weeks, I think it is probably a good idea to have some kind of evaluation done to make sure that there is not something being missed somewhere along the lines. How does that work, and how much time is needed for something like that, and when could it be done, and what assessments would be given?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 12, 2021 10:55 AM
To: lsmith2@sevencounties.org
Subject: Arcadia Info
Attachments: Arcadia _John_Impact.pdf; Arcadia _ Usage.pdf

Hi Lindsey.

Thank you for meeting with Jack via Telehealth today.

If you go to home.arcadia.com you can learn more about how it works (renewable energy).

home.arcadia.com

I also attached some info.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

Subject:	Session with Lindsey
Location:	https://sevencounties.zoom.us/j/99075408381
Start:	Fri 11/12/2021 9:00 AM
End:	Fri 11/12/2021 10:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

Here's the information for our session on 11/12 @ 9:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/99075408381

Meeting ID: 990 7540 8381

fouts.john@gmail.com

Subject:	Evaluation with Lindsey Smith
Location:	https://sevencounties.zoom.us/j/97721994196
Start:	Mon 10/25/2021 10:00 AM
End:	Mon 10/25/2021 11:00 AM
Show Time As:	Tentative
Recurrence:	(none)
Meeting Status:	Not yet responded
Organizer:	Lindsey Smith

lsmith2@sevencounties.org is inviting you to a scheduled Zoom meeting.

If you have difficulty connecting, please call our front desk at (502) 589-8731. Per attendance policy, if you are 10 minutes or more late to a scheduled appointment, it will be considered a no-show and will need to be re-scheduled by calling (502) 589-8731.

Here's the information for our evaluation on 10/25 @ 10:00 😊

Join Zoom Meeting
https://sevencounties.zoom.us/j/97721994196

Meeting ID: 977 2199 4196

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, December 4, 2022 1:00 PM
To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4893.jpeg; IMG_4892.jpg; image.png; IMG_4891.jpg

There should already be a form for release on file at L.E.T. but if I need to fill out a separate one that is okay. We had finally gotten Jackie approved for ABA but then before we even had our first session, the ABA therapist decided she could not take on another client.

We had 2 sessions with a speech therapist but she is on maternity leave until March.

We are on a waiting list for Occupational Therapy and have been for months.

Jackie sees a talk therapist at Seven County Services named Lindsey Smith (ROI on file already for L.E.T.) but if you need one specifically for your name - I understand - just let me know.

I have my own fax number for medical records or whatever (502) 996-8246.

Thank you Akhilah.

John

p.s. I would love to see a therapy plan with goals that we could measure progress toward.

On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).
>
> We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.
>
> Either way, looking forward to collaborating with you all!
>
> On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Hi Akhilah!
> >
> > Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without

Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Thanks so much! I love big earrings :)
>
> If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.
>
> Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.
>
> Let me know your thoughts!
>
> Akhilah
>
> On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.
> >
> > I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.
> >
> > John
> >
> > On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> >
> > > Hey, John! Great seeing you all today :)
> > >
> > > I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar

of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and

we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

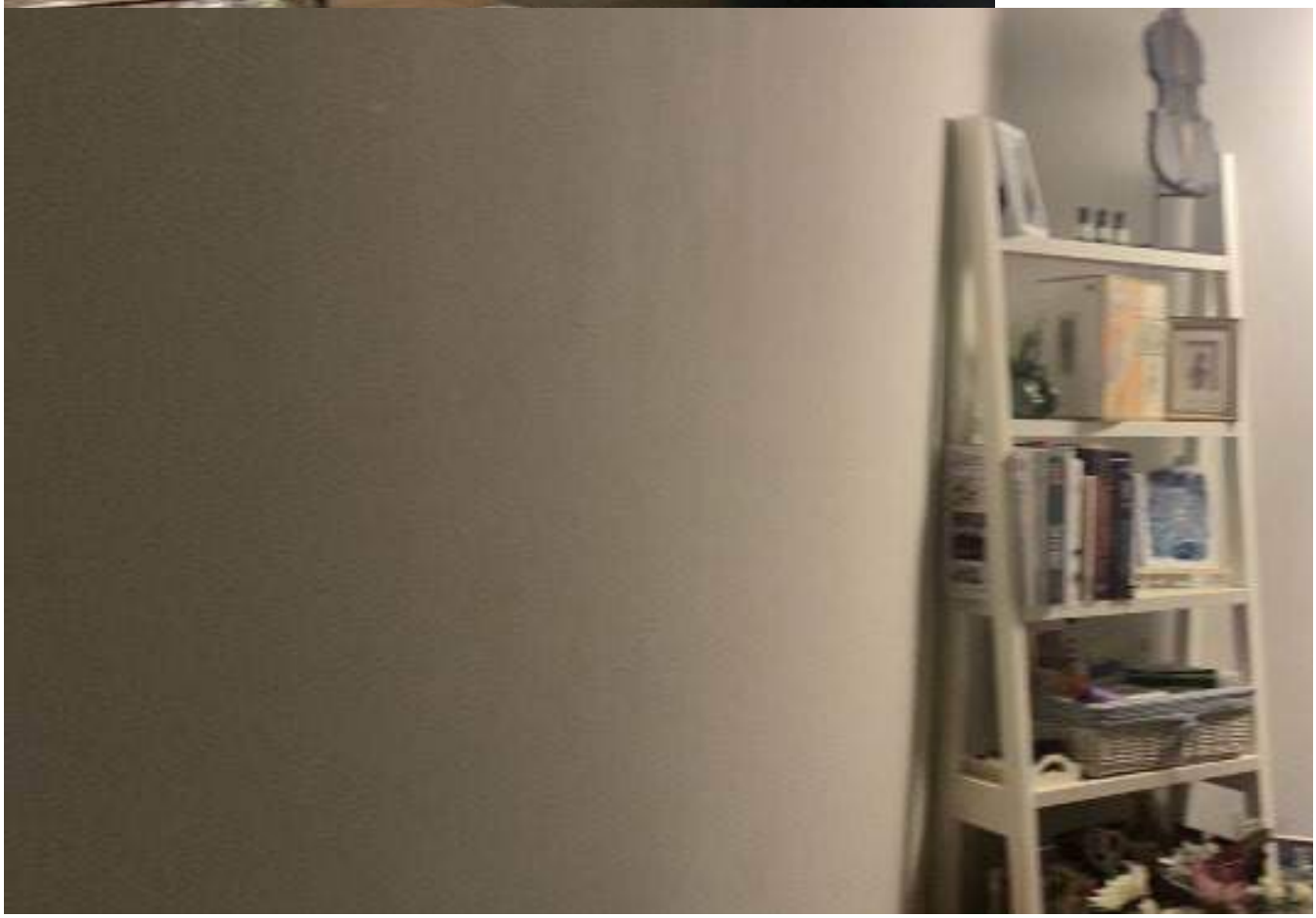
We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

**If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support*

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
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"Shining" in Service,

John R. Fouts, MBA

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2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, December 3, 2022 11:36 AM
To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4891.jpg; IMG_4893.jpeg; IMG_4892.jpg; image.png; IMG_4890.jpg

Hi Akhilah!

Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Thanks so much! I love big earrings :)
>
> If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.
>
> Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.
>
> Let me know your thoughts!
>
> Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

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Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

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December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
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April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an

occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support***

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12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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Dani Creamer

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Let me know what your thoughts are :)

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To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

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Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

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I look forward to my last sessions with JaF, and will see you tomorrow.

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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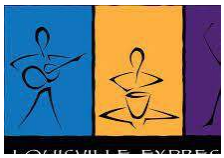
Akhilah Cherry, MA, LPCA (she/her/hers)

Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
Louisville Expressive Therapies **| 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support**

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 23, 2022 2:29 PM
To: Akhilah Cherry
Cc: Dani Creamer
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4892.jpg; IMG_4893.jpeg; IMG_4891.jpg

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

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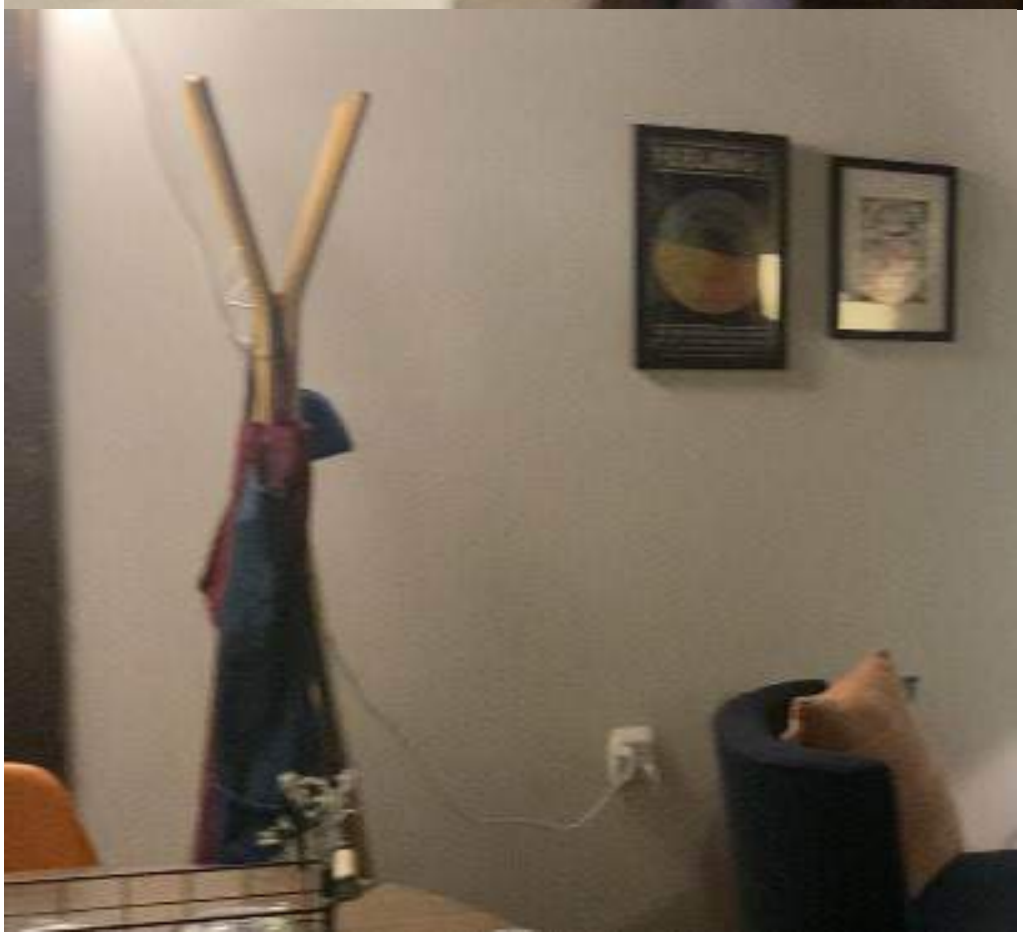

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Fax. 502.996.8246

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The place looks cool. Jackie takes nighttime meds at 5:30 that help Jackie wind down, so I don't think an evening spot would be helpful. The problem with Saturday is that Jackie has alternating Saturdays with me and Jackie's mom...and she does not like to bring Jackie to any appointments...and I feel strongly that Jackie needs weekly appointments. Let me talk to Jackie and get that perspective and get back to you.

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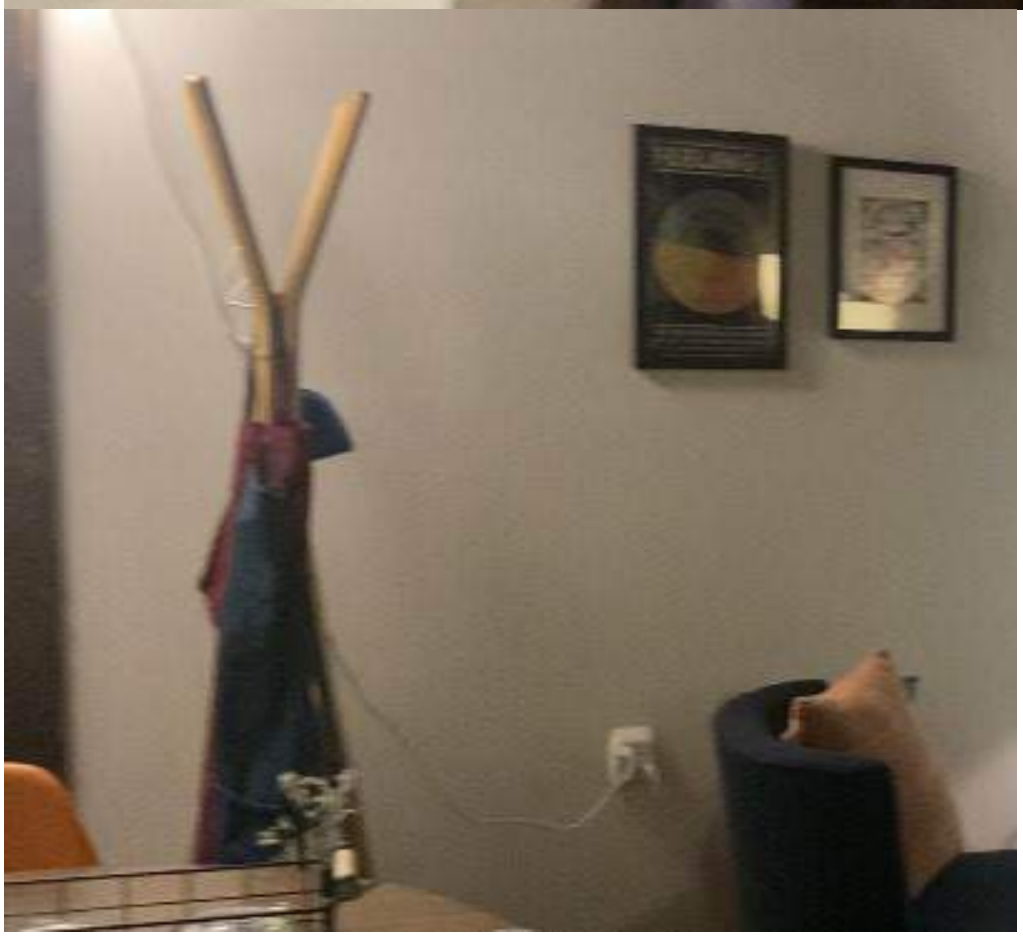

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Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

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Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

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Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

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Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

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However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206

1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
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fouts.john@gmail.com

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To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations

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Fax. 502.996.8246

fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 1, 2022 6:20 PM
To: Dani Creamer
Cc: John Fouts; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

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First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a

week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206

1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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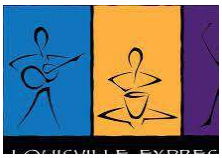
--
Akhilah Cherry, MA, LPCA (she/her/hers)

Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 1, 2022 6:20 PM
To: Dani Creamer
Cc: John Fouts; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a

week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

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Autism Service Providers - FEAT Louisville (featoflouisville.org)

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John R. Fouts, MBA

Fax. 502.996.8246

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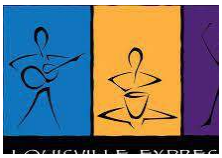

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 30, 2022 6:24 PM
To: Dani Creamer
Cc: Theresa Adamchik
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4892.jpg; IMG_4893.jpeg; IMG_4891.jpg

Thank you - I understand everything that you said. Part of the issue is that Jackie has such anger, and I don't know where it stems from, and I don't think Jackie really knows either. Today, on the ride to Bardstown and back for me for TMS....Jackie admitted that Jackie just takes Jackie's anger out on me (and not on anyone else). I told Jackie I appreciated that that was possible - to voice that out loud - and that I was proud of Jackie for realizing and acknowledging this. I also told Jackie that it is hard on me to absorb that negative energy (because it really is - it did not used to be)...before I got really sick it was not a big issue...but now...it is...so it is something that we need to work on...

Have not heard from Akhilah at all - I am concerned about the lack of communication - each time she is supposed to communicate, it seems that she doesn't. I am still waiting on her to get back to me from that email on Nov. 17th....it is 13 days later today - the holidays were in there...but still....it is concerning to me...I need to know if the every other week at 7:30pm is still going to work for her??? Can you find out since she has not communicated that? Can you find out please if she does not want to deal with Jackie or something? I want to make sure it is going to be a good fit.

John

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Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
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How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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Dani Creamer

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> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:

Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 30, 2022 4:35 PM
To: Dani Creamer
Cc: Akhilah Cherry; Theresa Adamchik
Subject: Re: Last session tomorrow

Okay Dani - I told Jackie - and Jackie understands

On Wed, Nov 30, 2022 at 10:34 AM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I hope you are well and JaF had a wonderful holiday last week. I wanted to reach out and state that Akhilah will be unable to attend in person tomorrow due to her other job needing her during JaF and my appointment time. I have asked Akhilah if she has 10 minutes to talk toward the end of the session, we could potentially meet via google meet. However, please inform JaF that Akhilah will not be present due to her other commitments. Please emphasize journaling, drawing, doing a puzzle, or playing a game to assist them if they become angered, or finding something to calm them down before communicating with you.
>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 23, 2022 11:55 AM
To: Dani Creamer
Subject: Re: Jackie left jacket in waiting room

Ok glad it is found! Thanks Dani!

On Wed, Nov 23, 2022, 10:12 AM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Yes I placed it on the coat hanger on the door in the hall leading to the art therapy room. Currently it looks like there might be clinicians in the office until 11:30, from 1-2, and 2:30-3:30 today. I will not be in the office today until Friday! Hope you have a wonderful holiday.
>
> Sincerely,
> Danielle Creamer
>
> On Wednesday, November 23, 2022, John Fouts <fouts.john@gmail.com> wrote:
>
> > Jackie left red Hoodie in waiting room yesterday. Do you all have a lost and found? It is the only jacket Jackie does not refuse to wear….zip up hoodie.
> >
> > John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 17, 2022 8:08 PM
To: Dani Creamer
Cc: Theresa Adamchik; Akhilah Cherry; Akhilah Cherry
Subject: Re: Transition after December and further recommendations

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 11, 2022 11:08 PM
To: Dani Creamer
Subject: Re: meeting new therapist for JaF

Thank you Dani. I just want to tell you how good of a therapist you are....already...well above and beyond the norm from my experience....and I am so deeply grateful for you caring so much for Jackie. I understand where you are coming from, and need you to be able to have that discussion with Jackie about how you will not have contact...it is going to be hard for Jackie to understand I think. Thank you for all that you have done to help Jackie.

John

On Fri, Nov 11, 2022 at 5:25 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Great question how you pronounce Ahkilah's name is (Ah-kee-lah), and I can also provide a line of contact for them once they meet JaF. For JaF contacting me after our time together, I will have a discussion with my supervisor as to how to have this conversation with JaF. Due to my time ending with JaF, I will no longer have contact information with them such as email, phone number, etc. Therefore, there will not be be a line accessible for me to be reached at. However, I can have this conversation with JaF in a different way to explore change, transition, and how we can overcome this challenge.
>
> Sincerely,
> Danielle Creamer

On Fri, Nov 11, 2022 at 4:03 PM John Fouts <fouts.john@gmail.com> wrote:

> Yes I would like to meet the new therapist (he/she?) - how do you pronounce their name?
>
> Also - Jackie wanted to know about how to keep in touch with you once you are no longer at LET.
>
> John

On Fri, Nov 11, 2022 at 3:53 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Next week during Jackie's appointment, I wanted to ask if you all would like to meet JaF's potential new therapist with LET after my transition on November 17th. We wanted the transition to be as smooth as possible for JaF and for them to get to know the therapist Akhilah before my leaving on December 2nd. Please let me know your thoughts.
>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 11, 2022 4:03 PM
To: Dani Creamer
Subject: Re: meeting new therapist for JaF

Yes I would like to meet the new therapist (he/she?) - how do you pronounce their name?

Also - Jackie wanted to know about how to keep in touch with you once you are no longer at LET.

John

On Fri, Nov 11, 2022 at 3:53 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Next week during Jackie's appointment, I wanted to ask if you all would like to meet JaF's potential new therapist with LET after my transition on November 17th. We wanted the transition to be as smooth as possible for JaF and for them to get to know the therapist Akhilah before my leaving on December 2nd. Please let me know your thoughts.
>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 10, 2022 12:04 PM
To: Dani Creamer
Subject: We have another appt at 1:15 so Jackie needs to wrap up by 12:50 today - thanks Dani

John

On Thu, Nov 10, 2022 at 11:42 AM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Here is the link for session below:
>
> https://video.simplepractice.com/appt-e2cd394b9df8ab91a813459bb85bed3f

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 10, 2022 11:57 AM
To: Dani Creamer
Subject: Re: link for session

Thank you! So sorry I did not get your message any sooner! I truly hope you feel better soon!

J

On Thu, Nov 10, 2022 at 11:42 AM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Here is the link for session below:
>
> https://video.simplepractice.com/appt-e2cd394b9df8ab91a813459bb85bed3f

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 24, 2022 4:11 PM
To: Dani Creamer
Subject: Re: Out November 24th

Yes that works. Thanks!

On Mon, Oct 24, 2022, 4:02 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I do not sadly, but I do have 12-1? Would that work?
>
> Sincerely,
> Danielle Creamer
>
> On Mon, Oct 24, 2022 at 3:54 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Hi Dani. I talked to Jackie. Jackie said that Tuesday would be good to see you. (Mondays I have IVIG....that only left Tue or Wed so I asked Jackie...and Tuesday it is...I normally have art therapy at 1 to 2 on Tuesdays....you wouldn't by chance have that exact time open on that Tuesday would you??) John
> >
> > On Mon, Oct 24, 2022 at 2:05 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
> >
> > > Hi John,
> > >
> > > I hope the beginning of your week is going well. I wanted to send an email in regards to that I will be taking off November 24th and 25th for the holidays to spend time with my family. Due to Jackie's appointment being on the 24th we can skip that week, or we can move it to a different day of that week. There will be some availability on Monday, Tuesday, and Wednesday before the holidays. Please let me know what you think so that we can schedule accordingly. See you this coming week.
> > >
> > > Sincerely,
> > > Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 24, 2022 3:54 PM
To: Dani Creamer
Subject: Re: Out November 24th

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>
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>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, October 21, 2022 3:00 PM
To: Dani Creamer
Cc: John Fouts
Subject: Re: Model for helping beliefs and perception

No worries about the letter John, we can take care of it on our end.
No, Medicaid cant cover these sessions with Dani because she is a student and doesn't have a license yet. We were doing them pro bono at this time.
I thought we could try and get more covered by Critically Loved, if they were willing to.

Thanks
Theresa

On Fri, Oct 21, 2022 at 12:54 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Great question related to numbness of the body. Often times the body can hold much of our energy as well as all things that encompass it including anxiety. I have found some resources that relate anxiety to numbness. Overstimulation increases anxiety tendencies and worsens somatic symptoms. Due to the experience demonstrated above, it is a potential cause. When they return, possibly try to have a chat with Jackie trying to get more information on how they felt, what was felt where, for how long did it stay, etc. I will provide the link below that provides some information on somatic symptoms related to overstimulation and anxiety. As well thinking back to our conversation related to dissociation, overstimulation can also cause dissociation (or a break for the brain to recharge).
>
> Sensory Problems Caused By Anxiety (calmclinic.com)
> Anxiety Numbness: Why It Happens and How to Deal (healthline.com)
> Sensory Overload: Symptoms, Causes, Related Conditions, and More (healthline.com)
>
> Recovery is a winding road with many pit stops along the way. However, taking in each step is part of the journey.
>
> Sincerely,
> Danielle Creamer

On Thu, Oct 20, 2022 at 5:41 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you Dani! Everything you send is very helpful. We had a bit of a scare this afternoon...I had to go to an orthodontic appt to pick up my retainer after we left your place....we ate lunch at home first...they had to remake the retainer while we were there...so I went over Jackie's math test...they did great on it! 81/96 before bonus and with bonus questions 106/96! I was trying to explain a few of the small

mistakes that were made, to Jackie, in the car while we waited the 20 minutes on the retainer remake. Jackie grew very upset and started crying, and then suddenly lost all feeling from the waist down, and lost proprioception waist down...slowly...it has begun to come back...is this anxiety related maybe? Jackie just left with their mom. I am hopeful that recovery continues.

John

On Thu, Oct 20, 2022, 2:52 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to send the model that I use, but also some helpful things to assist in discussing situations with Jackie regarding anger and providing a different perspective for them to assist in their problem-solving and communication. I will also be attaching some things about overstimulation and assisting Jackie in de-escalating.
>
> I now use the AHEM model in which provides roots, triggers, and thought processes when becoming angry, sad, or even positive emotions.
> First before, ask what emotion they are feeling and provide a safe and comfortable setting.
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> How to Cope With Your Child's Sensory Overload (verywellfamily.com)
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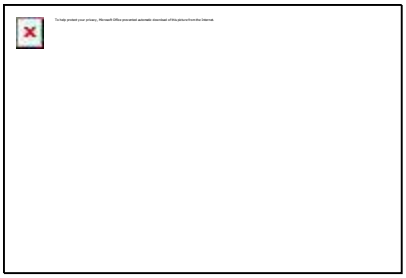
> Sincerely,
> Danielle Creamer

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, October 21, 2022 3:00 PM
To: Dani Creamer
Cc: John Fouts
Subject: Re: Model for helping beliefs and perception

No worries about the letter John, we can take care of it on our end.
No, Medicaid cant cover these sessions with Dani because she is a student and doesn't have a license yet. We were doing them pro bono at this time.
I thought we could try and get more covered by Critically Loved, if they were willing to.

Thanks
Theresa

On Fri, Oct 21, 2022 at 12:54 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Great question related to numbness of the body. Often times the body can hold much of our energy as well as all things that encompass it including anxiety. I have found some resources that relate anxiety to numbness. Overstimulation increases anxiety tendencies and worsens somatic symptoms. Due to the experience demonstrated above, it is a potential cause. When they return, possibly try to have a chat with Jackie trying to get more information on how they felt, what was felt where, for how long did it stay, etc. I will provide the link below that provides some information on somatic symptoms related to overstimulation and anxiety. As well thinking back to our conversation related to dissociation, overstimulation can also cause dissociation (or a break for the brain to recharge).
>
> Sensory Problems Caused By Anxiety (calmclinic.com)
> Anxiety Numbness: Why It Happens and How to Deal (healthline.com)
> Sensory Overload: Symptoms, Causes, Related Conditions, and More (healthline.com)
>
> Recovery is a winding road with many pit stops along the way. However, taking in each step is part of the journey.
>
> Sincerely,
> Danielle Creamer

On Thu, Oct 20, 2022 at 5:41 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you Dani! Everything you send is very helpful. We had a bit of a scare this afternoon...I had to go to an orthodontic appt to pick up my retainer after we left your place....we ate lunch at home first...they had to remake the retainer while we were there...so I went over Jackie's math test...they did great on it! 81/96 before bonus and with bonus questions 106/96! I was trying to explain a few of the small

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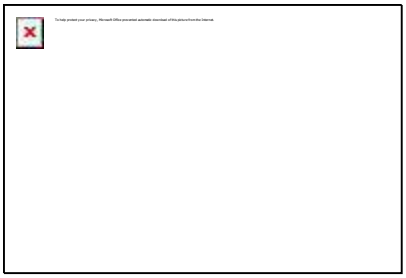

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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, October 21, 2022 8:53 AM
To: Dani Creamer
Cc: John Fouts
Subject: Re: Model for helping beliefs and perception

Thanks Dani, these are great resources!
Im also thinking of asking Critically Loved for another 5 sessions of expressive therapy.
Would you all consider writing letters explaining why JaF would benefit from more expressive therapies? This would include where he was at before therapy, what progress he has made and what things we need to work on.
This can be in letter format to the board of Critically Loved.
We can also include any assessments or diagnosis we have received too from other mental health providers.

Thanks Team!
Theresa

On Thu, Oct 20, 2022 at 2:52 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

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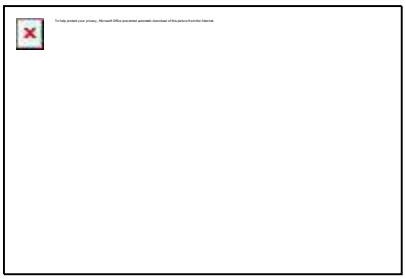

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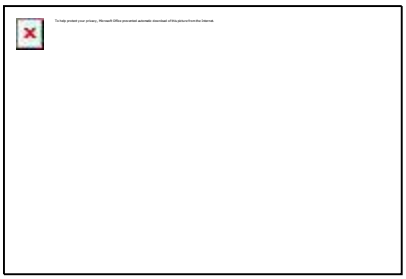

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, October 20, 2022 10:46 PM
To: Dani Creamer
Subject: Need to request Jack's Current Medical Records from LET please - 2022-10-20

Dani,

I need these records to keep all things together please for Jackie. If I need to fill out a records release form please let me know.

Thank you.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, October 20, 2022 5:42 PM
To: Dani Creamer
Subject: Re: Model for helping beliefs and perception

Thank you Dani! Everything you send is very helpful. We had a bit of a scare this afternoon...I had to go to an orthodontic appt to pick up my retainer after we left your place....we ate lunch at home first...they had to remake the retainer while we were there...so I went over Jackie's math test...they did great on it! 81/96 before bonus and with bonus questions 106/96! I was trying to explain a few of the small mistakes that were made, to Jackie, in the car while we waited the 20 minutes on the retainer remake. Jackie grew very upset and started crying, and then suddenly lost all feeling from the waist down, and lost proprioception waist down...slowly...it has begun to come back...is this anxiety related maybe? Jackie just left with their mom. I am hopeful that recovery continues.

John

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Sincerely,
Danielle Creamer

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 14, 2022 4:02 PM
To: Dani Creamer
Subject: Re: This is kind of interesting...Jackie's PCP won't order GeneSight testing...

Dani,

Thank you. Please send it to me when you get it and I will get it back to you asap.

John

On Fri, Oct 14, 2022 at 3:59 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
> I do not mind calling at all, but before calling, we have to receive authorization from you by signing a "release of information" document that allows us to contact the primary care physician and provide insight on Jackie's case and vice versa. I cc'd Theresa in this email because I do not have this document saved to my computer. Once we get it signed from you we should be good to go, and I can give a call right away!
>
> Sincerely,
> Danielle Creamer
>
> On Fri, Oct 14, 2022 at 3:08 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > I know you both have mentioned this at some time during verbal conversation to see what meds work best for Jackie...
> >
> > Jackie's provider stated she had no idea what GeneSight testing was, and so wouldn't order it....I told her the therapists have recommended it....she said she would consider it if perhaps you all talked to her about why it would be beneficial to see which medications would work best for Jackie based on Jackie's genetics...
> >
> > I need each of you, separately, to please call Dr. Mahajan, to explain to her why it would be beneficial to know which medications would work best for Jackie.
> >
> > I find this step to be a bit ridiculous, but she won't order it without hearing from you each...
> >
> > https://genesight.com/for-patients/
> >
> > Genesight testing link is above.
> >
> > Dr. Mahajan can be reached at:
> >
> > **Address: 230 E Broadway, Louisville, KY 40202**

Hours:
Open · Closes 5PM

Phone: (502) 629-8990

Please call ASAP as Dr. Mahajan is getting ready to go on maternity leave at any time.

Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, September 29, 2022 5:28 PM
To: Dani Creamer
Cc: Theresa Adamchik
Subject: Re: List of Medicaid psychiatrists, neuro-psychological evaluation, and crisis lines
Attachments: image001.png

Thank you Dani! Thank you Theresa!

Jack's therapist at Seven County Services is Lindsey Smith. If you can communicate with her, and let me know what I need to sign for Jack and allow free exchange of information between you all and Lindsey Smith that could lead to better help for Jack, that would be great. My fax # is 502.996.8246 for any records/forms/etc that I need to sign.

Here is Lindsey Smith's information:

Lindsey Smith (she/her/hers), LPCC, LPATA

Seven Counties Services

Family Connections Principal Therapist | Bloom Elementary School Based Therapist

914 E. Broadway, Louisville, KY 40204 – 2nd Floor

Office: (502) 589-8731

Crisis: (502) 589-8070

*******To ensure your needs are met, please call 502-589-8070 with any urgent issues or safety concerns. Emails are not always monitored in a timely manner.*******

lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter

On Thu, Sep 29, 2022 at 5:22 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

After our discussion today, and discussing the situation with Theresa, I wanted to provide resources of places that provide a neuropsychological evaluation that can be provided for Jack that accepts Medicaid. I believe this would be the best next step for JAF's to better help them grow in their therapeutic journey, including staying with the current safety plan, and have a better understanding of a diagnosis, potential medication, and counseling. Below is the following psychiatrists that can provide a neuropsych evaluation.

Erica Cecil, Psychiatric Nurse Practitioner, Louisville, KY, 40207 | Psychology Today
Dr. Reisha Caudill, APRN , FNP-C, PMHNPBC, Psychiatric Nurse Practitioner, Louisville, KY, 40207 | Psychology Today
Hagan Health, Psychiatrist, Louisville, KY, 40207 | Psychology Today
Psychiatry - Norton Healthcare Louisville, Ky.
Bridgehaven

Secondly, due to JAF's increase in anger incidents the safety of all family members is a priority. If there is an incident that is increased intensity, JAF can not calm down, and the safety of both you and JAF is jeopardized, please do not hesitate to use any of these crisis lines:

502-589-8070 child's crisis line
walk in children crisis team management: 914 E Broadway 2nd Fl 40204
2225 W Broadway 40211

Lastly, in case of emergencies such as yourself being hurt in an incident, JAF hurting themselves. Please do not hesitate to call 911 to protect each individual

Please feel free to reach out anytime to either me or Theresa! We are here to support each of you on your therapeutic journeys.

Sincerely,
Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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lsmith2@sevencounties.org

sevencounties.org | Facebook | Twitter

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Dr. Reisha Caudill, APRN , FNP-C, PMHNPBC, Psychiatric Nurse Practitioner, Louisville, KY, 40207 | Psychology Today
Hagan Health, Psychiatrist, Louisville, KY, 40207 | Psychology Today
Psychiatry - Norton Healthcare Louisville, Ky.
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Sincerely,
Danielle Creamer

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 28, 2022 12:01 AM
To: Dani Creamer
Subject: RE: Transition plan for client

I would like for Jack/ie to remain at LET. Jack/ie needs to not miss any weeks of sessions if that is at all a possibility during this time of transition. I just want to tell you thank you for working with Jack/ie very well, and while I wish you the very best in your life and endeavors, it also makes me sad that Jack/ie will not be able to continue with such a good therapist and fit.

J

Sent from Mail for Windows

From: Dani Creamer
Sent: Tuesday, September 27, 2022 9:36 AM
To: John Fouts
Subject: Transition plan for client

Hello John,

I am reaching out to all client families today to inform them that I am now in my midterm of internship, meaning that I have 9 weeks left at LET (meaning 9 individual sessions left or 4 or 5 bi weekly appointments). Due to all the upcoming holidays, breaks, and events I am reaching out to start creating a plan of transition for each client. I would like to know if you would like to continue services with LET after my leaving. Secondly, due to there not being any more interns, all clients will have to have to be seen by a licensed therapist and use insurance or private rates if wanting to stay at LET. They will be placed on a waiting list and have priority over new and incoming clients.I will also be contacting the therapist for availability in the end of October to November. Please let me know what you would like for Jack!

Sincerely,

Danielle Creamer

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, September 11, 2022 10:41 AM
To: Dani Creamer
Subject: Re: Shift in schedule.

Hi Dani.

I have IVIG on Mondays (think 8 hour IV appointment - with IV stuck in my arm). Sometimes I have side effects for a few days. Most of the time not too bad, but sometimes not so good. Also, I have art therapy myself on Tuesdays from 1 to 2pm. I don't feel like it would be fair on Jack to have him do art therapy on Tuesday from 11 to 12 then us eat lunch then have him go back to the art therapy building, and sit there for an hour while I do art therapy. I think it would be hard on him.

Fridays are not generally good because they are transition days and we are always struggling to get everything done that we need to do.

Also we have Physical Therapy appointments for both of us that have been added to our calendars that make it harder to schedule.

Wednesdays Jack has talk therapy from 12pm to 1pm and I have standing appointments with social workers that are trying to help me find some kind of resource to help us in terms of housing and assistance with utilities from 2pm to 3pm.

Right now, the spot Jack has with you is really the best thing for us - can we please keep that spot?

I'm also trying to get Jack scheduled for ABA therapy and Occupational Therapy - so it is hard to get things scheduled - please confirm that we can keep Jack's spot where it is with you (if possible at all). Thanks Dani

John

On Fri, Sep 9, 2022 at 2:41 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I hope you are doing well as well as Jack today. I wanted to email in regards to a shift in my schedule here as well as at school, and I wanted to see if I could potentially see Jack another day of the week starting the week of September 19th. If that is not possible, that is completely fine! The times I have available are below, I hope you both have a great weekend.
>
> Times I have available weekly:
> 11-12pm Tuesday
> 11-12, 12-1 Wednesday (available week of September 26th)
> 11-12, 2-3pm Friday
>
> Sincerely,

Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, August 24, 2022 12:42 PM
To: Dani Creamer
Subject: Re: More Resources?

Thanks!!

On Wed, Aug 24, 2022 at 12:29 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Thank you so much for the update and the email! I wanted to provide resources that may assist in helping with some the things that you wanted to implement at home such as their "mission statement", and potential to get a trophy.
>
> For Jack's interests, there are plenty of free or cheap opportunities for them to enjoy either at home or even close to home! I have found alot of free or one time payment classes that offer coding and game creating that they would really enjoy. The resources are below:
>
> Classes:
> Coding and tech classes for kids | Outschool
> Maker Lab Open Hours :: Events Calendar | Louisville Free Public Library (lfpl.org)
> Register for a free coding class with BYJU'S FutureSchool (byjusfutureschool.com)
> Apps for creation at home:
> My Child Wants to Make a Video Game: Where to Start? (funtech.co.uk)
>
> Implementation of homeschooling coding programs (unsure of pricing, however have used Khan academy and has free tutorials typically)
> Coding for Homeschoolers + Free Project | Homeschool.com
> However, for flying lessons i will have to look extensively for this type of resource!
>
> For Jack's resource about receiving a trophy I would look further into the reason why there is a need for a trophy? Is it for achievement, is to be part of a team, is it to get recognition? Once this may be answered the only thing I can think of is sports teams in which the YMCA provides a lot of different programs to allow Jack to participate in. However, if I run across a resource for this I will send it your way.
>
> Sincerely,
> Danielle Creamer
>
> On Mon, Aug 22, 2022 at 3:16 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Dani,
> >
> > If you have any resources that may be helpful from a financial perspective for kid's with autism / adhd / auditory processing ... both his mother....and me...struggle to be able to meet financial needs....

Also ... we are both going through our own life set of challenges which probably makes it harder on Jack. Just putting that out there - although - you seem very intuitive and probably already had gathered that.

I want to get Jack involved in something aiming toward his dreams and goals - he wants to be a gaming creator and a person that does walkthroughs on YouTube and gets paid and gets sponsorships. I gave him a "My Personal Mission Statement" assignment last week as part of his homeschool. Anything we can do to encourage that direction. He also wants to get flight lessons - which I have not figured out yet of course...in terms of money...and not sure of other implications...

I also want him to be able to do something where he can have the potential to earn a trophy. He has voiced many times that he feels terrible because he has not ever won a trophy. I don't know where that comes from.

Also - for therapy - he keeps saying how much people have made fun of him for his bad handwriting. I don't think his handwriting is bad. He needs to practice some, but I don't think it is bad really at all.

He also refuses to read out loud quite often and won't say why.

So extra things to work on in therapy - in addition to - recognizing tones that are there and not there, knowing where the line is between imagination and reality, recognizing social cues, facial expressions, meanings thereof, etc...

Thanks Dani!!

On Mon, Aug 22, 2022 at 12:13 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Thank you so much for the kind words. All people deserve time, care, and resources to increase growth both in session and normal day to day to life! Please if you need any more resources or provide updates to assist with Jack's treatment, please feel free to contact me!
>
> Sincerely,
> Danielle Creamer
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> On Fri, Aug 19, 2022 at 10:04 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Thank you Dani. I love that you took the time to put all of this together to help Jack. We do not have many provider or therapy encounters in which I feel like Jack gets the attention that he deserves, but you definitely exhibit a strong caring attitude toward him and to help him, and I am grateful for that. Thank you for doing what you do, and for being there for Jack!
> >
> > John
> >
> > On Fri, Aug 19, 2022 at 3:48 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
> >
> > > Hi John,

Provided below are some resources that assist with physical aggression, verbal aggression, and how to deescalate situations for your safety and Jack's safety. As well, because Jack absolutely loved emotional regulation, identification, and coping strategies games I will be attaching them below! These could help Jack be redirected into discussing emotions and feelings but in a playful and creative way! Let me know if you have any questions or concerns.

De-escalation strategies of aggression and physical outbursts:
18 Effective De-Escalation Strategies For Defusing Meltdowns (hes-extraordinary.com)
De Escalation Techniques to Calm Down Angry Kids and Teens (choosementalhealth.org)

Resources on children's physical aggression
How to Respond When Your Child Hits You (verywellfamily.com)
12 Effective Ways To Stop A Kid From Hitting (momjunction.com)
Helping Children with Hitting and Aggression - Hand in Hand Parenting

Games:
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Emotional Regulation Games - The OT Toolbox
Also looking on amazon under emotional regulation or emotional identification games gives you whole list of them!

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"Shining" in Service,

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 22, 2022 3:08 PM
To: Dani Creamer
Subject: Yes - please start weekly sessions with Jack this week - 2022-08-22 - Thank you!!

Yes - if we can start the weekly sessions this week, that would be really awesome! Thanks! Jack will be brought by his mother this week.

John

On Mon, Aug 22, 2022 at 12:00 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I am so thrilled that Jack is finding benefits in therapy, and I believe it would also be beneficial for them to start being seen weekly. I do have the available time of 12-1pm on Thursday every week available if that works for you! Let me know your thoughts or have any questions. Would you like to start having weekly sessions this week?
>
> Sincerely,
> Danielle Creamer
>
> On Fri, Aug 19, 2022 at 10:07 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > He was talking about how much it helped him, and said he would really like to do it every week. I talked to his mom (my ex-wife), and she said she is okay with it. I thought it was great that she was on board with the idea of weekly art therapy. Is there any way, that you would have the same time slot open every week for Jack instead of every other week?
> >
> > John
> >
> > --
> >
> > **"Shining" in Service,**
> >
> > **John R. Fouts, MBA**
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> > **Fax. 502.996.8246**

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> Danielle Creamer

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 12, 2022 4:01 PM
To: Dani Creamer
Subject: Re: New email address and phone number

Thanks Dani! - Just copying Jack on here too so he can also have your email address...

On Tue, Jul 12, 2022 at 3:41 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to touch base with you about my new email address that will be solely used for work and my office phone number and be used from here on out. Please let me know if you have any questions or concerns.
>
> Sincerely,
> Danielle Creamer
>
> email: dani@louisvilleexpressivetherapies.com
> phone: 502-509-3861

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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Sent: Tuesday, July 12, 2022 4:01 PM
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 23, 2022 8:50 AM
To: Dani Creamer; Theresa Adamchik
Subject: Jackie left jacket in waiting room

Jackie left red Hoodie in waiting room yesterday. Do you all have a lost and found? It is the only jacket Jackie does not refuse to wear….zip up hoodie.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, August 19, 2022 10:07 PM
To: Dani Creamer; Theresa Adamchik
Subject: Jack would like to start doing art therapy weekly - is that a possibility with your current schedule?

He was talking about how much it helped him, and said he would really like to do it every week. I talked to his mom (my ex-wife), and she said she is okay with it. I thought it was great that she was on board with the idea of weekly art therapy. Is there any way, that you would have the same time slot open every week for Jack instead of every other week?

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 14, 2022 3:08 PM
To: Dani Creamer; Theresa Adamchik; Lindsey Smith
Subject: This is kind of interesting...Jackie's PCP won't order GeneSight testing...

I know you both have mentioned this at some time during verbal conversation to see what meds work best for Jackie...

Jackie's provider stated she had no idea what GeneSight testing was, and so wouldn't order it....I told her the therapists have recommended it....she said she would consider it if perhaps you all talked to her about why it would be beneficial to see which medications would work best for Jackie based on Jackie's genetics...

I need each of you, separately, to please call Dr. Mahajan, to explain to her why it would be beneficial to know which medications would work best for Jackie.

I find this step to be a bit ridiculous, but she won't order it without hearing from you each...

https://genesight.com/for-patients/

Genesight testing link is above.

Dr. Mahajan can be reached at:

Address: 230 E Broadway, Louisville, KY 40202

Hours:
Open · Closes 5PM

Phone: (502) 629-8990

Please call ASAP as Dr. Mahajan is getting ready to go on maternity leave at any time.

Thank you.

--

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Thank you.

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fouts.john@gmail.com

From: AARP Rewards <email@email.aarp.org>
Sent: Friday, August 9, 2024 11:46 AM
To: fouts.john@gmail.com
Subject: Enter for a chance to win a $500 L.L. Bean gift card.

Friday, August 09, 2024
View in Browser

TOTAL SAVINGS	RECENT ACTIVITY: 08/08/24	YOUR BALANCE
$0	+ 15 PTS	5,855 PTS

Update Now, Pay Later!
Save 25% on your initial year in automatic renewal. Continue enjoying your benefits. Convenient & hassle-free. No charge until your current term expires.

Update Account

Open Your Eyes to the Benefits of Sleep

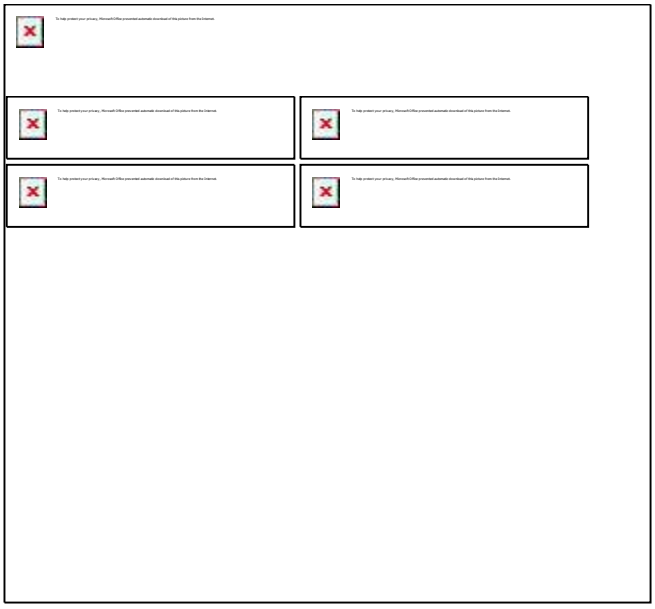
HEALTH AND WELL-BEING

To sleep perchance to dream. Hamlet was on to something. If you are feeling moody, stressed,

groggy, unfocused and even unsocial, you may not be getting enough sleep, which can lead to a nightmarish scenario. Instead, use these tips to create a good sleep pattern and enjoy those sweet REM dreams.

Sleep is crucial for learning, memory, mood and other important brain functions. Before you lose any more sleep over it, there are ways to improve your bedtime habits. Go to bed and wake up at about the same time every day. Avoid lying awake in bed for hours. If you can't sleep, get up to read a book or listen to music until you feel sleepy. Avoid smoking, caffeine or highly acidic foods two to three hours before bedtime. Finally, unplug from all electronic devices for at least 30 minutes before bedtime.

AARP Smart Guide to Better Sleep



INSTANT WIN

Daily Prizes,
Daily Winners!

Come back every day to enter our Instant Win for the chance to score popular gift cards from your favorite brands.

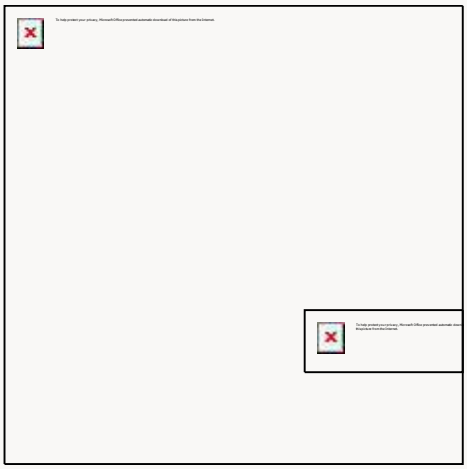
Redeem Now

Learn and Earn

Complete these activities for tips on improving your sleep and earn up to 750 points.

QUIZ

Do You Have Good Sleep Habits?



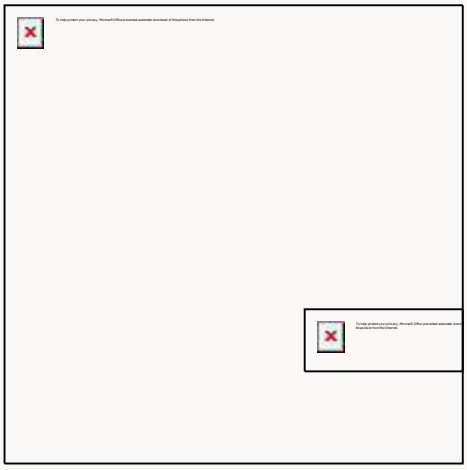
SLEEP ON

Are you catching enough Zzz's? Take this sleep quiz and then dream about what you will do with the AARP Rewards points you earn for your effort.

Take the Quiz

STAYING SHARP

Your Brain On Sleep



REBOOT MODE

When you're asleep, your brain is anything but. Think of it as in reboot mode, which is important to maintaining brain health. Watch this video, sleep well and dream about the AARP Rewards points you'll get.

Watch the Video

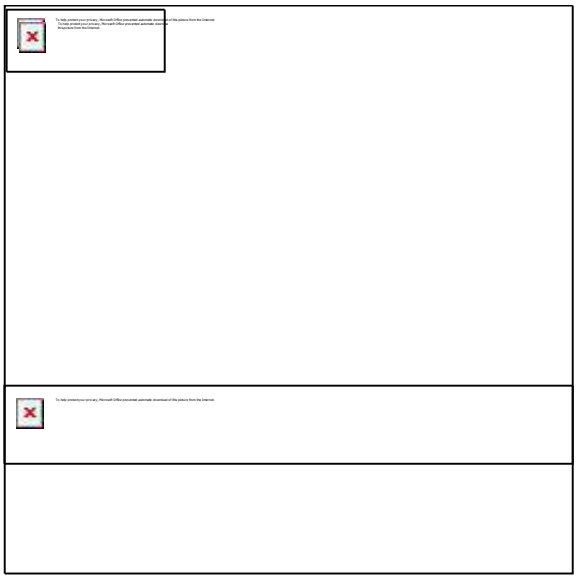
MORE OPPORTUNITIES TO LEARN AND EARN

QUIZ
Weekly News Quiz - 8/8/2024
Earn 450 Points

GAMES
Word Wipe
Earn 300 Points

NEW
Why Scammers Target Older Adults
Earn 300 Points

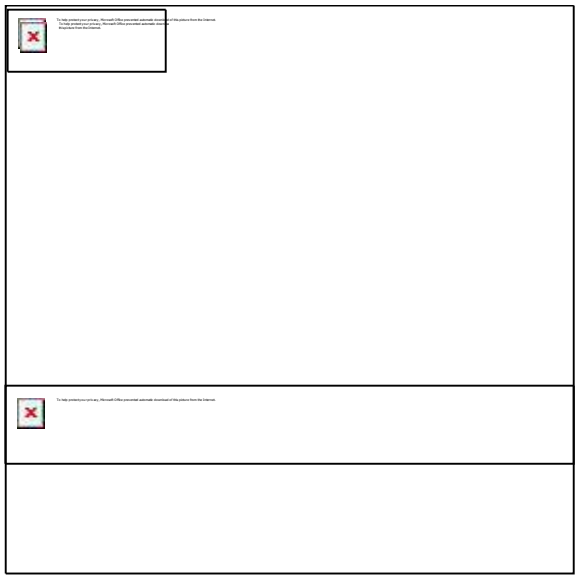
Discounted Gift Cards For Purchase



Hotels.com Gift Card

$95

$100 Value



Limited-Time Offer: Bath & Body Works Gift Card

$51

$60 Value

SWEEPSTAKES

$500 L.L. Bean E-Gift Card Sweepstakes*

Enter for a chance to be 1 of 5 winners.

Enter Now

*Official Rules Below. No Purchase Necessary.
Ends 08/31/2024.

See All Sweepstakes

The Power of Music Sweepstakes

Enter for a chance to win $1,000 cash and other fun musical prizes! Also, have fun exploring memory games, music playlists and more.

Enter Now

NO PURCHASE NECESSARY. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.), 18 AND OLDER WHO HAVE AN AARP.ORG ACCOUNT. VOID WHERE PROHIBITED. Promotion ends 9/2/24. See OFFICIAL RULES for complete details including sweepstakes and game odds and prize descriptions. Sponsor: AARP.

TRIVIA TIME

Sleep is crucial for learning, _____, mood and other important brain functions.

To answer the trivia question, click on the 'Enter Your Answer' button below. Then enter your answer in the promo code pop-up box and click submit.

Enter Your Answer

MEMORY

It's easy to put off doing today what you'll wish you had done tomorrow. We all do it. That's why we created AARP Rewards to inspire you to learn, prepare and get ahead of whatever life has ahead.

Your account info as of 08/08/24

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AARP REWARDS: Hotels.com is not a sponsor of the rewards or otherwise affiliated with this company. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions.

Bath & Body Works is not a sponsor of the rewards or otherwise affiliated with this company. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions.

SWEEPSTAKES: No Purchase Necessary. Open to AARP Rewards members/participants residing in the 50 U.S. (D.C.), who are at least 18 years old. Entry by 08/31/2024 at 11:59 p.m. ET. *See Official Rules for all details, including how to enter by mail. Void in Guam, PR and USVI.

Renew AARP AARP.org Contact Us

Manage Your Account Unsubscribe From This Type of Email Unsubscribe From All AARP Email

Unused AARP Rewards points expire 12 months after they are earned, in monthly batches on a rolling basis.

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fouts.john@gmail.com

From: AARP Rewards <email@email.aarp.org>
Sent: Tuesday, July 2, 2024 11:48 AM
To: fouts.john@gmail.com
Subject: Enter for a chance to win a $500 Lowe's gift card.

Tuesday, July 02, 2024
View in Browser

TOTAL SAVINGS
$0

RECENT ACTIVITY: 07/01/24
+ 15 PTS

YOUR BALANCE
5,660 PTS

Go Digital with AARP
Switch to get AARP The Magazine, the AARP Bulletin and your membership card delivered digitally instead of in your mailbox

Switch Now

Key Home Warranty Benefits

PAID CONTENT

SAVINGS, CONVENIENCE, AND MORE

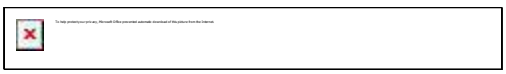
The average annual cost for home repairs is $3,000, according to Homelight.com. Setting aside 1-3% of

your home's value for repairs and maintenance is a good rule of thumb. An American Home Shield® warranty helps protect your money with coverage for the major parts of the covered home appliances and systems you rely on most.

With an AHS® home warranty, you can choose a plan that suits your budget and needs. Once your coverage begins, you can start a service request and pay your service fee at the click of a button. You'll have peace of mind knowing a Pro is ready to help.

Plus, you'll save $136* or more when you use your AARP member benefit. This discount can be combined with any valid statewide promotional offer for additional savings.

See Offer



Early Access: $100 Uber/Uber Eats for $90

As a valued Rewards newsletter subscriber, you can save early and even more! For a limted time, get 10% off (usually 8% off) on your next Uber ride or Uber Eats delivery. Hurry, grab your discounted gift card before this offer opens on our website this Friday! Limited inventory available.

Redeem Now

Learn and Earn

Complete these activities and earn up to 750 points!

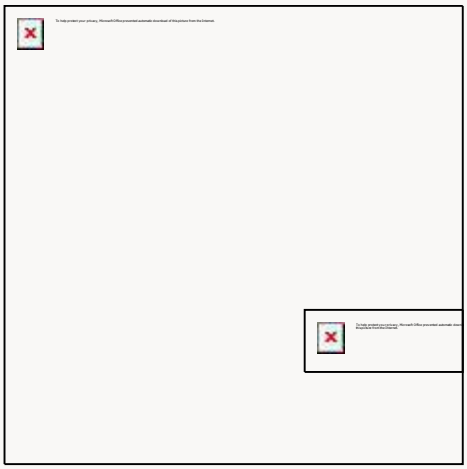
QUIZ

Test Your 4th Of July Knowledge

TEST YOUR KNOWLEDGE

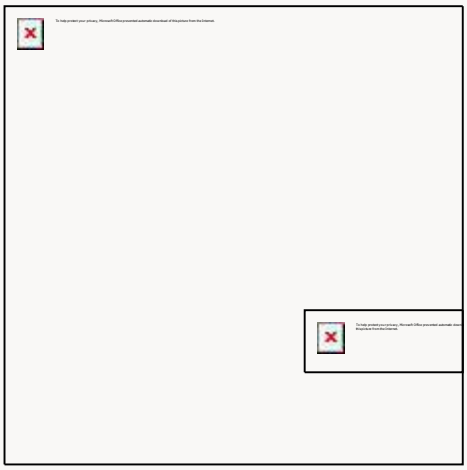
July Fourth, or Independence Day, is a national holiday, as well as a perfect reason to host barbecues, parades and fireworks. But how much do you really know about its origins? Take this quiz to find out.

Take the Quiz



VIDEO

Smart Home Devices That Make Your Life Easier



UPGRADE YOUR HOME

Remember when we thought turning on lights with a clap was cool? Smart Home devices are way better, an easy way to operate just about anything in your home either from an app or by voice control. You will still need to click on this video!

Watch the Video

NEW LEARN AND EARN ACTIVITIES

VIDEO

5 Things You Need To Know This Week

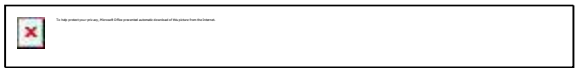
Earn 300 Points

NEW

How To Spot Symptoms Of A Stroke

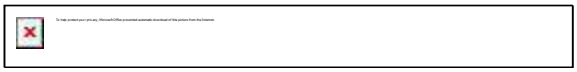
Earn 300 Points

Points-Only Rewards



Independence Day E-Greeting Card

500 points

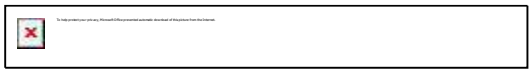


Thrive Guide College Prep Bundle

5,300 points

AARP Rewards Daily Deals

New Daily Deals are available Monday through Friday, from noon to 2 p.m. ET, or while supplies last.



Today, July 2

Cold Stone Creamery

$10

Buy for $8 (20% OFF)

Check out what's coming up:

Wednesday, July 3

Applebee's

$10

Buy for $8 (20% OFF)

Thursday, July 4

Lowe's

$20

Buy for $16 (20% OFF)

Friday, July 5

babyGap

$10

Buy for $8 (20% OFF)

Disclaimer: The Daily Deal is subject to change.

SWEEPSTAKES

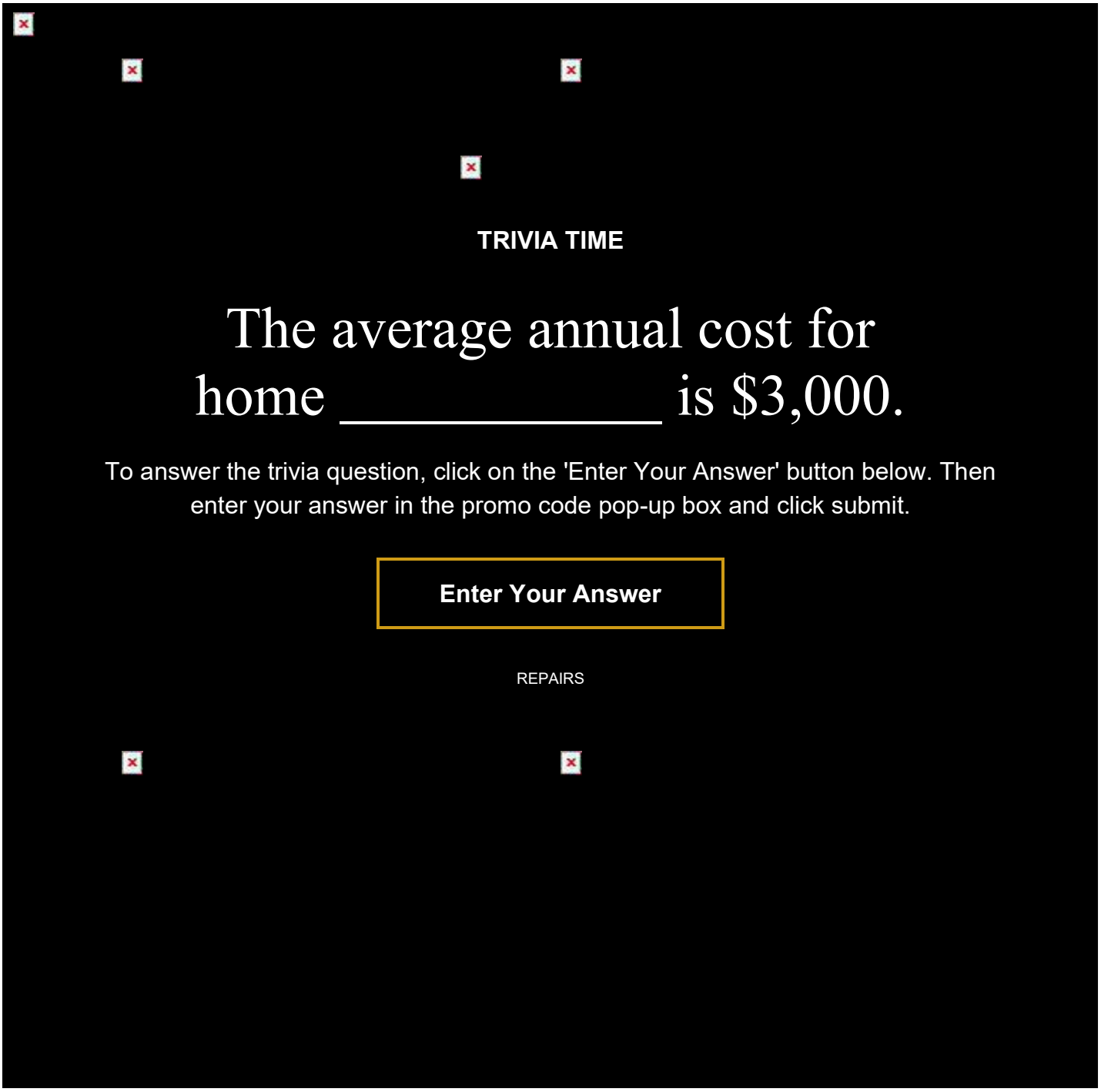
$500 Lowe's eGift Card Sweepstakes*

Enter for a chance to be 1 of 5 winners.

Enter Now

*Official Rules Below. No Purchase Necessary. Ends 07/31/2024.

See All Sweepstakes



Advertisement

It's easy to put off doing today what you'll wish you had done tomorrow. We all do it. That's why we created AARP Rewards to inspire you to learn, prepare and get ahead of whatever life has ahead.

Your account info as of 07/01/24

*Available to new American Home Shield members only; discount cannot be applied to previous purchases. Not valid in conjunction with a real estate transaction or renewal. Discount only available for single-family homes under 5,000 sq. ft. (includes condos and townhomes). Coverage may not be available in all areas.

See the plan agreement for coverage details, including service fees, limitations, and exclusions. Charges for non-covered items may apply.

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Unused AARP Rewards points expire 12 months after they are earned, in monthly batches on a rolling basis.

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fouts.john@gmail.com

From: AARP Rewards <email@email.aarp.org>
Sent: Tuesday, May 28, 2024 12:01 PM
To: fouts.john@gmail.com
Subject: Enter for a chance to win a $500 Amazon gift card.

Tuesday, May 28, 2024
View in Browser

TOTAL SAVINGS
$0

RECENT ACTIVITY: 05/27/24
+ 15 PTS

YOUR BALANCE
5,680 PTS

Gas & Auto Benefits
Explore car buying resources, maintenance tips and safety tools — plus, savings on gas and oil changes

Explore Benefits

Find Allergen Relief This Season

PAID CONTENT

TIME FOR SPRING CLEANING!

Hello, spring allergies. There's not much you can do about everything blooming outside. But you *can* reduce allergens lurking inside your own house. Here's how to cut down on common culprits like dust, dander, and fragrances – for a clean indoors.

GET RID OF DUST

Clean furniture, ceiling fans, and blinds with a microfiber cloth, which traps dust instead of brushing it into the air. Vacuum sofas, mattresses, and curtains, using a high-efficiency particulate air (HEPA) filter.

IMPROVE AIR FILTRATION

Make sure air filters in central air conditioners or other units are fresh. HEPA filters will do the most efficient job. Reduce mold by using exhaust fans in high-moisture areas, like bathrooms.

PREVENT PET DANDER AND POLLEN

Brush and bathe pets regularly to reduce dander and shedding. Wash pets' toys and bedding. After walks or time outside, wipe off pets' paws with a damp cloth.

PAY ATTENTION TO YOUR LAUNDRY DETERGENT

Some detergents contain fragrances and dyes that can cause irritation for sensitive skin. A hypoallergenic detergent, like all® free clear, removes 99% of seasonal allergens* from fabrics.

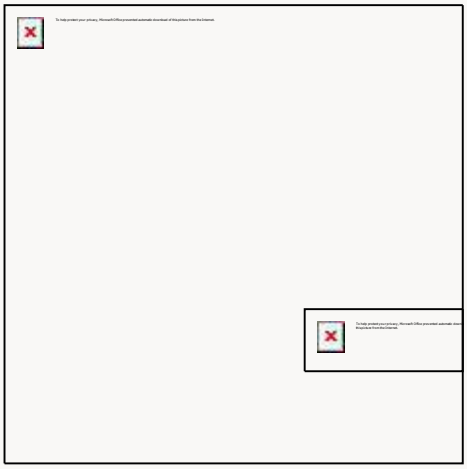
Learn More

Cleaning House

Learn about cleaning hacks and laundry myths and earn up to 750 points!

QUIZ

Do You Know These Cleaning Hacks?



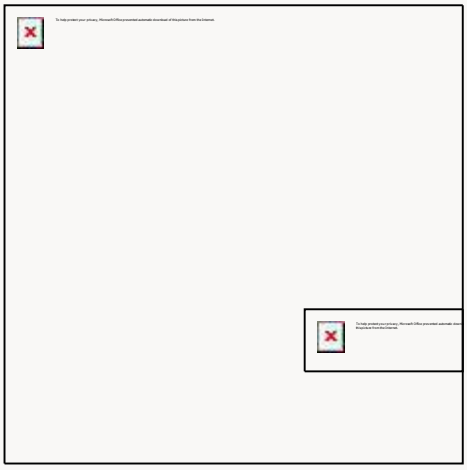
KEEP IT CLEAN

Aside from being a cathartic ritual to bid winter farewell, spring cleaning is an important undertaking to keep your home in tip top shape. Take this quiz to see how much you know about this seasonal cleaning project.

Take the Quiz

VIDEO

How To Bust Common Laundry Myths



LAUNDRY LIST

There's a bunch of laundry myths out there that leave a stain on this inescapable chore. Watch the video to wash away any misconceptions you may have that can ultimately save your clothes and money.

Watch the Video

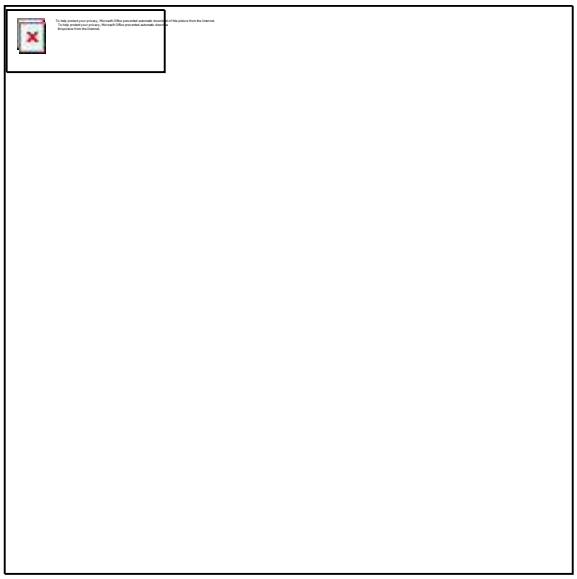
MORE OPPORTUNITIES TO LEARN AND EARN

VIDEO
5 Things You Need To Know This Week
Earn 300 Points

QUIZ
How Clean Is Your Home?
Earn 450 Points

NEW
How Crypto Investment Scams Work
Earn 300 Points

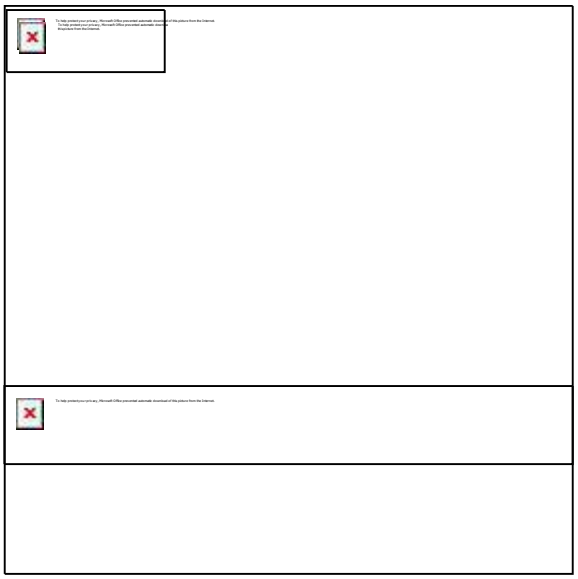
Discounted Gift Cards For Purchase



Best Buy Gift Card

$95

$100 Value



Lowe's eGift Card

$23

$25 Value

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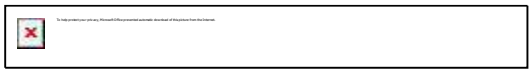


Today, May 28

Cold Stone Creamery

$20

Buy for $14 (30% OFF)

Check out what's coming up:

Wednesday, May 29

L.L. Bean

$20

Buy for $14 (30% OFF)

Thursday, May 30

DoorDash

$20

Buy for $14 (30% OFF)

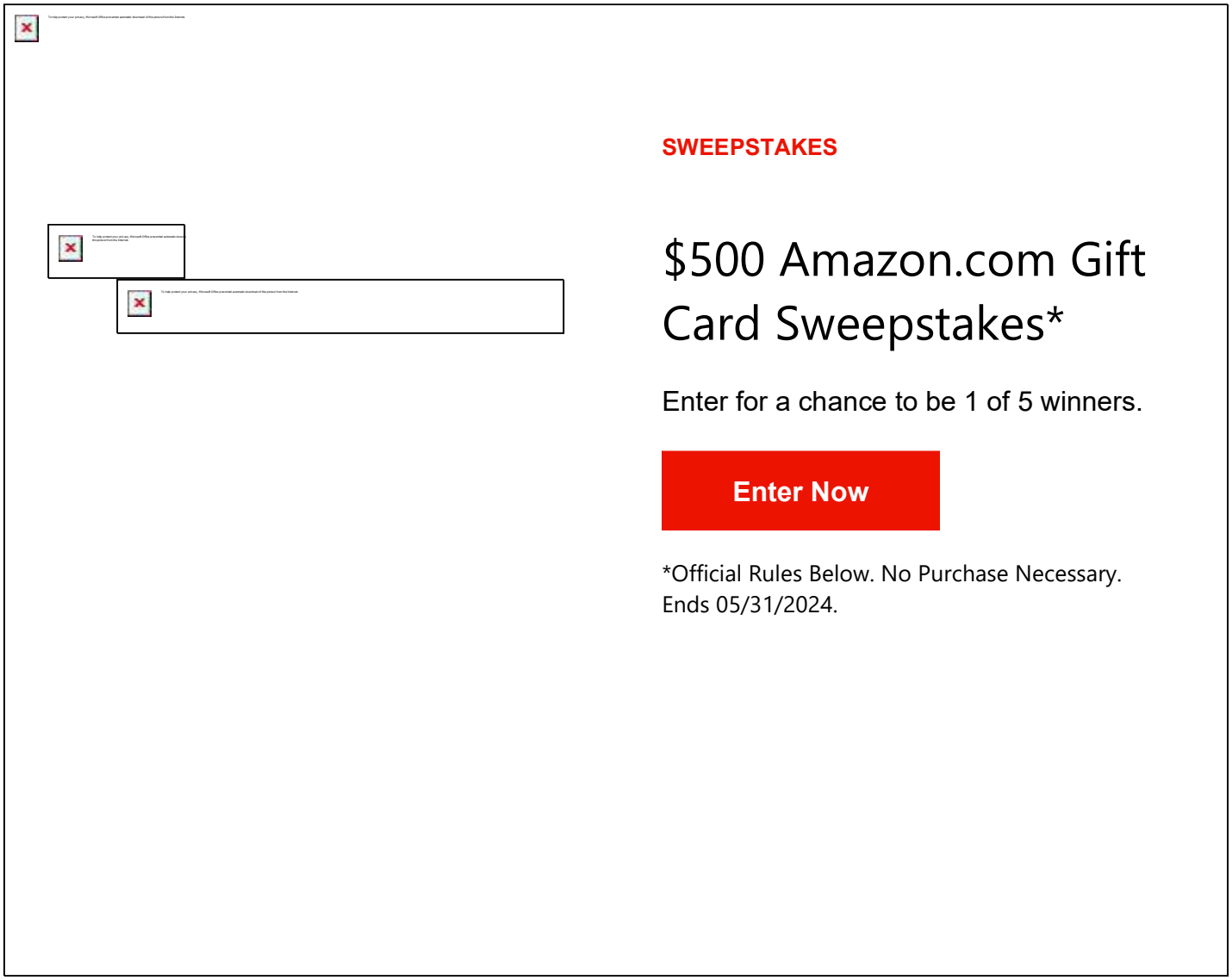
Friday, May 31

Burlington

$20

Buy for $14 (30% OFF)

Disclaimer: The Daily Deal is subject to change.


SWEEPSTAKES
$500 Amazon.com Gift Card Sweepstakes*
Enter for a chance to be 1 of 5 winners.
Enter Now
*Official Rules Below. No Purchase Necessary.
Ends 05/31/2024.
See All Sweepstakes

Embrace Your Inner Dragon Sweepstakes

In honor of the legacy of *Enter the Dragon*, you can enter the Embrace Your Inner Dragon Sweepstakes for a chance to win a trip for two to Los Angeles for a special anniversary screening of the film.

Enter Now

*Click Enter Now to see link to Official Rules for prize details. NO PURCHASE NECESSARY. Ends 5/31/24. Void where prohibited.

TRIVIA TIME

Today's newsletter provides tips for reducing these inside your home.

To answer the trivia question, click on the 'Enter Your Answer' button below. Then enter your answer in the promo code pop-up box and click submit.

Enter Your Answer

ALLERGENS

Advertisement

It's easy to put off doing today what you'll wish you had done tomorrow. We all do it. That's why we created AARP Rewards to inspire you to learn, prepare and get ahead of whatever life has ahead.

Your account info as of 05/27/24

*Dog and cat dander, dust mite matter, ragweed pollen, grass/tree pollen. all® free clear is not intended to prevent or treat allergies.

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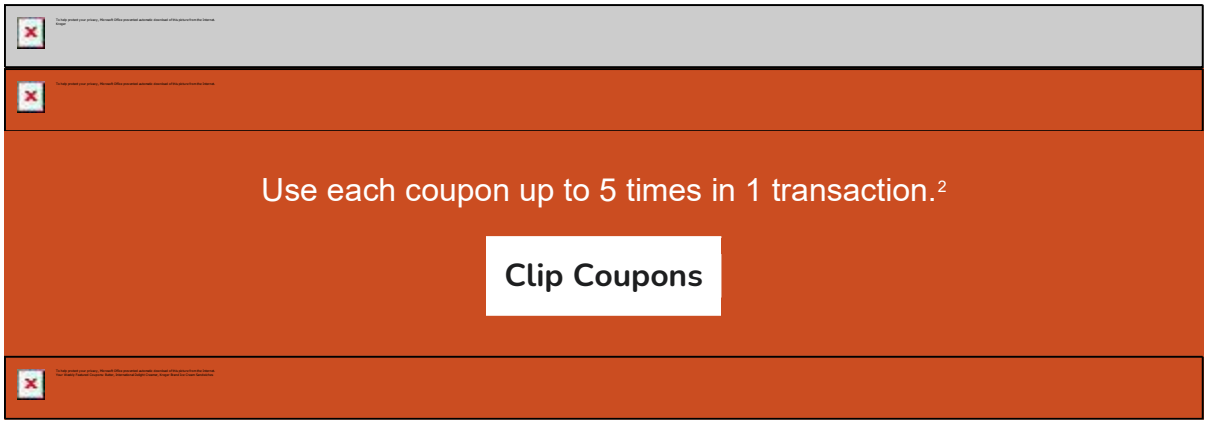
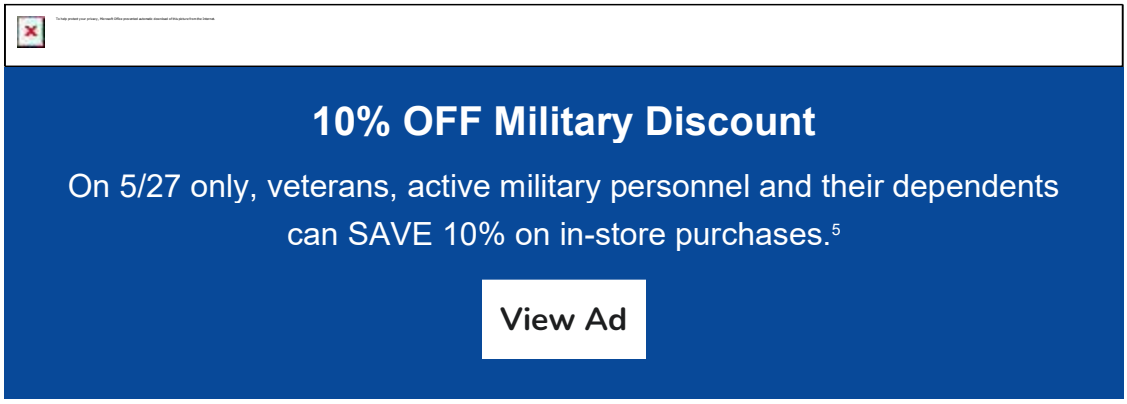
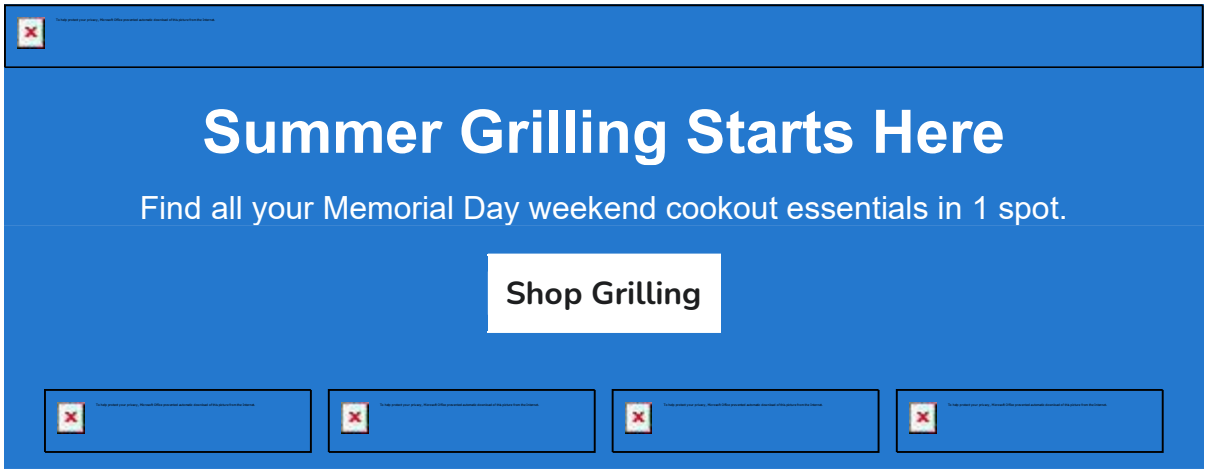
Sent: Friday, May 24, 2024 8:06 AM
To: fouts.john@gmail.com
Subject: Fresh New Weekly Digital Coupons 👀 | 5/27: 10% OFF Military Discount

Plus, find all your Memorial Day weekend cookout essentials in 1 spot. View in your browser







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Bring home the crunch and SAVE on select apples. Sweet, crispy and the perfect anytime snack.

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Enjoy FREE grocery delivery†, 2X Fuel Points^ and more.
Start Your 30-day Free Trial‡ »

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[2]Product selection may vary by store.
[5]Exclusions apply. In-store only.
†$35 order minimum. Restrictions apply. Subject to availability. Delivery time not guaranteed.
^Restrictions apply.
‡ Eligible for free grocery delivery on orders $35 or more and 2X Fuel Points on grocery and general merchandise purchases in-store and online. One-time offer of over $100 savings on Our Specialty Brands is not eligible during free trial. Must provide payment

information to activate free trial. Once free trial expires, your credit/debit card will be charged for an annual membership unless canceled prior to the end of the trial period. You can cancel any time before the end of the 30-day trial at kroger.com/membership. If you decide to cancel, your current Boost benefits will be available until the end of your free trial period. Eligible for one free trial only per household.

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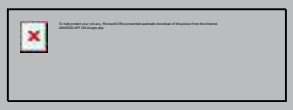

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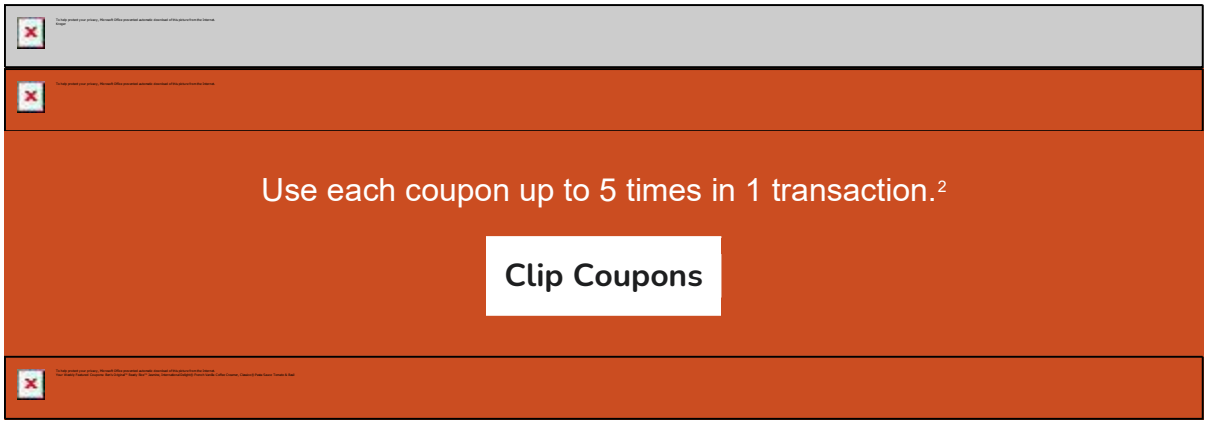
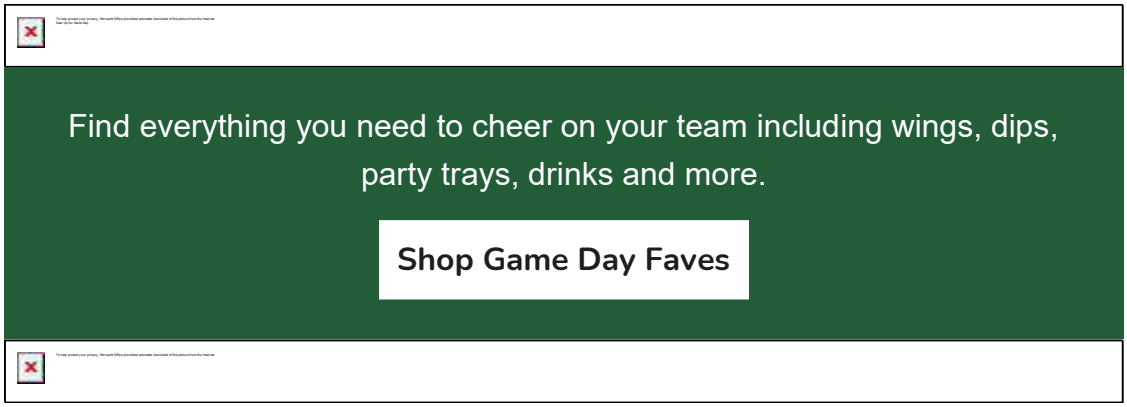
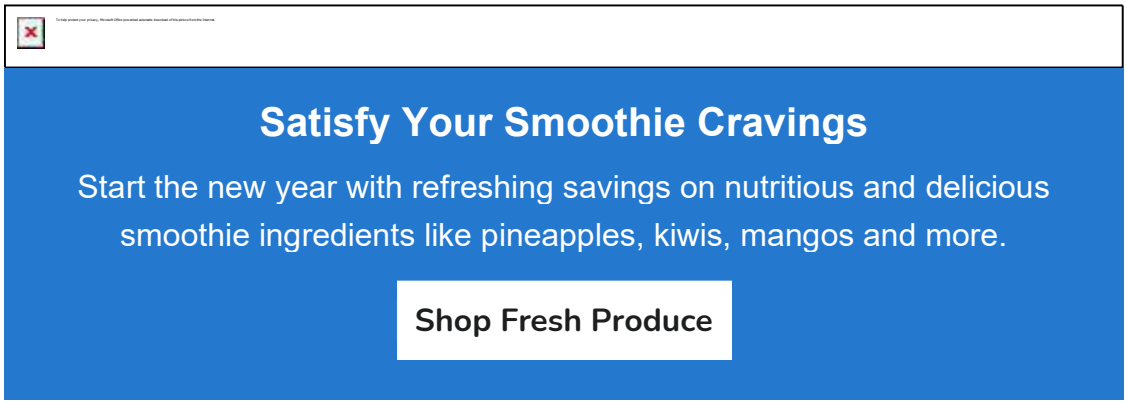
From: Kroger Friday Deals <email@e.krogermail.com>
Sent: Friday, January 5, 2024 9:06 AM
To: fouts.john@gmail.com
Subject: Your Weekly Digital Coupons Are Here 🏈 | Your Game Day Headquarters 🏈

Catch game-changing deals on all your faves. View in your browser







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Clip your digital coupon for extra savings on Storage during the year's biggest sale.

Clip Coupon

Celebrate with Pickup

Now that you can order balloons for pickup, any occasion can be a one-stop celebration.

Shop Balloons

SAVE on Simple Truth®

SAVE $1 each when you buy 5 or more participating items, free from artificial colors and flavors.

Shop Now

Enjoy FREE grocery delivery†, 2X Fuel Pointsˆ and more.
Start Your 30-day Free Trial‡ »

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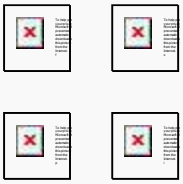

[2]Product selection may vary by store.
[†]$35 order minimum. Restrictions apply. Subject to availability. Delivery time not guaranteed.
[^]Restrictions apply.
[‡]Eligible for free grocery delivery on orders $35 or more and 2X Fuel Points on grocery and general merchandise purchases in-store and online. One-time offer of over $100 savings on Our Specialty Brands is not eligible during free trial. Must provide payment information to activate free trial. Once free trial expires, your credit/debit card will be charged for an annual membership unless canceled prior to the end of the trial period. You can cancel any time before the end of the 30-day trial at kroger.com/membership. If you decide to cancel, your current Boost benefits will be available until the end of your free trial period. Eligible for one free trial only per household.

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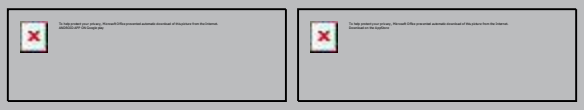
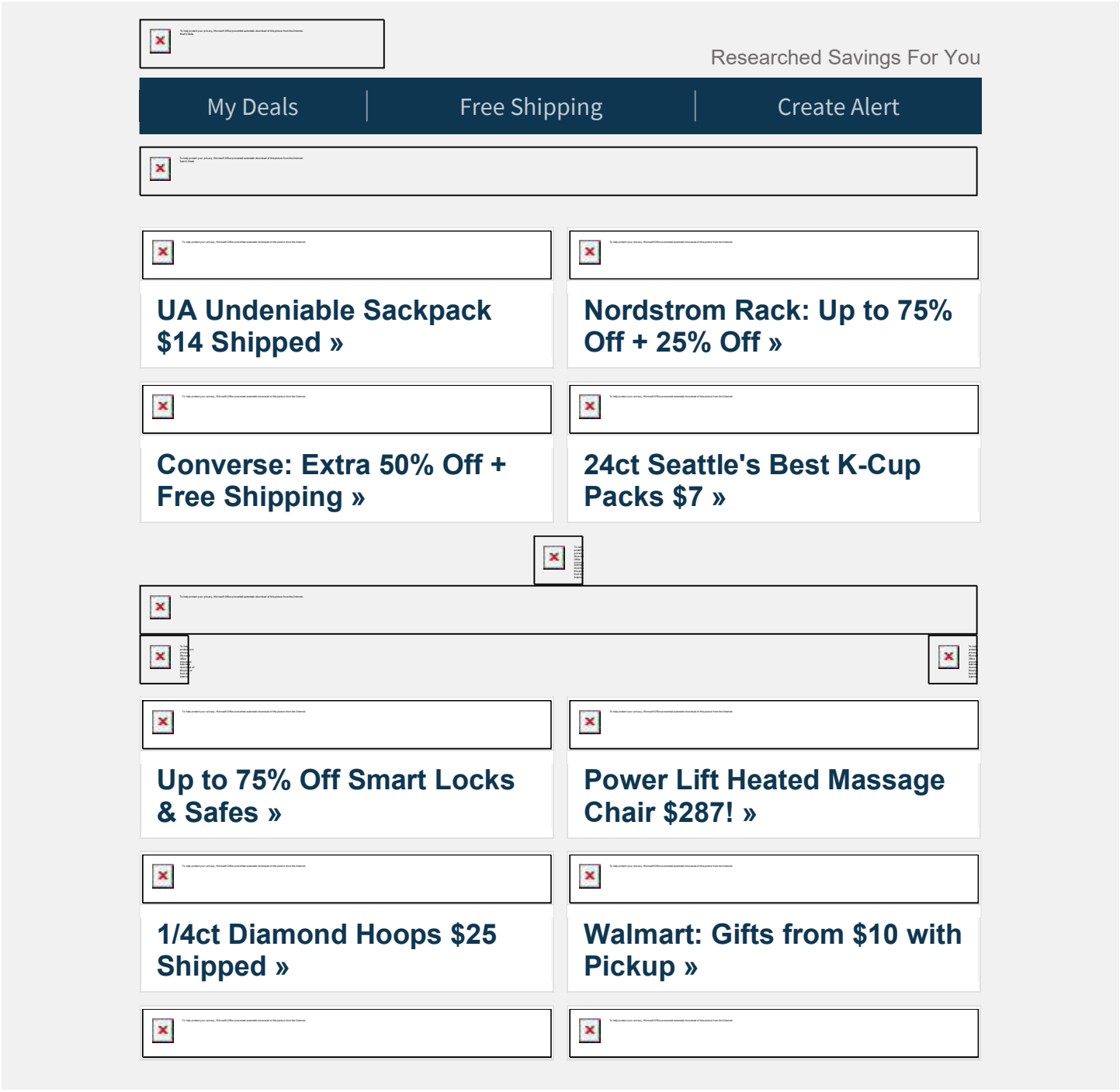


fouts.john@gmail.com

From: Brad's Deals <shop@bradsdeals.com>
Sent: Friday, December 22, 2023 12:44 PM
To: fouts.john@gmail.com
Subject: $14 UA Sackpack | 75% Off Nordstrom Rack | 50% Off Converse | $7 24ct K-Cups | 55% Off NFL Hoodies



Timberland Waterproof Boots $48 Shipped »

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Up to 60% Off Godinger Crystal »

50-68% Off Men's Jeans at Macy's »

UA Men's Hovr Intake Shoes $36 Shipped »

Refurb Robot Vacuum & Mop $180 Shipped »

St. John's Bay Pants $20 »

50-70% Off + 20% Off Effy Jewelry »

Fanatics: Up to 55% Off NFL Hoodies »

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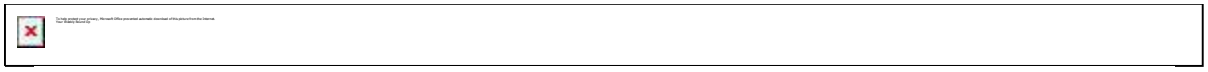
Subject: John: these deals are made for you.

Shop online



Here's a weekly round up of Ibotta's best savings made just for you!

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$0.10 cash back

$0.25 cash back

$0.20 cash back

$1.20 cash back

$0.10 cash back

See more offers

Grocery Pickup & Delivery

Skip the lines and earn on 500+ exclusive offers available for pickup and delivery at Sam's Club, Walmart Online, and more.

Check it out

Round up cash back at your favorite retailers both online and in the app!

Shop online

Need more convincing?

With deals at hundreds of fan-favorite stores, Savers who shop online with Ibotta can earn up to $200 a year!

Get started

Refer a friend and get $5*

Your referral code: SASAGAF

Invite friends

Browser extension Invite friends

How it works Get text alerts Email preferences Help center

*Savers will earn a $5 referral bonus when the Saver refers friends who (i) are new users to Ibotta ("New Users"); and (ii) the New Users redeem a qualifying offer within 45 days of registering with a referral code. The New User will earn a $5 bonus when they redeem a qualifying offer within 45 days of registering with a referral code. A

qualifying offer includes an offer, Any Brand, or Any Receipt offer. Online Shopping transactions are not considered a qualifying offer until the offer pending period is complete and the offer is credited to a New User's account. Ibotta reserves the right to adjust these terms or the bonus amount at any time. All accounts are subject to review. Additional terms and conditions may apply.

All prices, offers, cash back, and bonuses may vary and are subject to change with or without notice. Additional terms apply, check the app for details.

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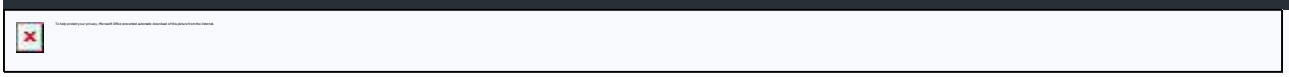
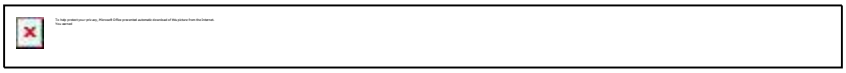


fouts.john@gmail.com

From: Ibotta <users@t.ibotta.com>
Sent: Sunday, December 10, 2023 9:44 PM
To: fouts.john@gmail.com
Subject: Nice! You've got cash back 💵

Shop online



$7.20

at Walmart

You earned $0.20
Any Receipt

You earned $1.00
Vermont Creamery Butter (x2)

You earned $1.00
MTN Dew

You earned $1.50
MTN Dew

You earned $2.25

Gatorlyte Rapid Rehydration (x3)

You earned $1.25

Against the Grain Gourmet Gluten-Free Pizza

See earnings

Missing cash back?

Not to worry — our Care team is here to help.

Submit a ticket

Bonus progress

Weekend Warrior

$5.00

60%

Toys and Trinkets

$5.00

26%

Get text alerts from Ibotta

Don’t miss out on text alerts from Ibotta. Be the first to know about new bonuses, offers, retailers, and all our ways to save.

Sign up

You might like

$1.00 cash back

Pillsbury™ Refrigerated Baked Goods

See offer

$0.10 cash back

Any Brand Walnuts

See offer

$0.45 cash back

Philadelphia Cream Cheese

See offer

Invite friends

Your referral code: SASAGAF

Invite friends

Browser extension **Invite friends**

How it works **Get text alerts** **Email preferences** **Help center**

*By signing up for Ibotta's Text Alerts program, you agree to receive text messages from Ibotta related to new bonuses, offers, and special deals. Consent to receive text messages is not required as a condition of any purchase. These text messages may be considered marketing under applicable law, and they may be made using an autodialer. Reply HELP to 68316 for help, STOP to 68316 to cancel. Message and data rates may apply. Ibotta Text Alerts program is valid in the U.S. only. See Terms & Conditions, Privacy Policy, and Terms of Use for more information.

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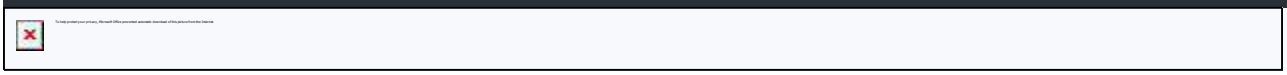

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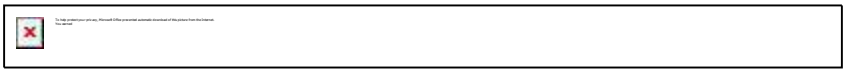

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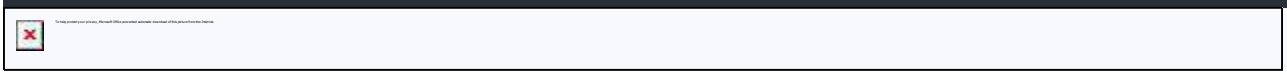
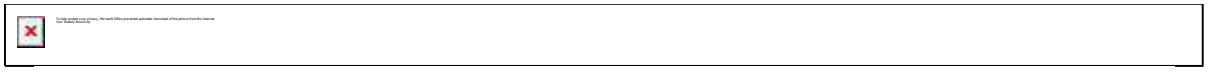


fouts.john@gmail.com

From: Ibotta <newsletter@ibotta.com>
Sent: Friday, December 1, 2023 6:28 AM
To: fouts.john@gmail.com
Subject: John: these deals are made for you.

Shop online



Here's a weekly round up of Ibotta's best savings made just for you!

Lasso up these offers by adding them to Your List in the app

$0.10 cash back

$0.10 cash back

$0.10 cash back

$0.10 cash back

$0.20 cash back

$0.10 cash back

See more offers

Not seeing what you are looking for?

Take advantage of our Any Brand offers. Earn cash back on a product from any brand of your choice. Easy as that!

Check it out

Round up cash back at your favorite retailers both online and in the app!

Shop online

Psst, want to know more?

Find all the hottest giveaways, tips, and tricks to make every purchase rewarding in one place. Check out our blog to learn how to make the most out of your Ibotta experience.

Check it out

Earn more bucks when you complete these bonuses

$5.00 cash back

Toy Chest

$5.00 cash back

Weekend Warrior

Find more

Refer a friend and get $5*

Your referral code: SASAGAF

Invite friends

Browser extension **Invite friends**

How it works **Get text alerts** **Email preferences** **Help center**

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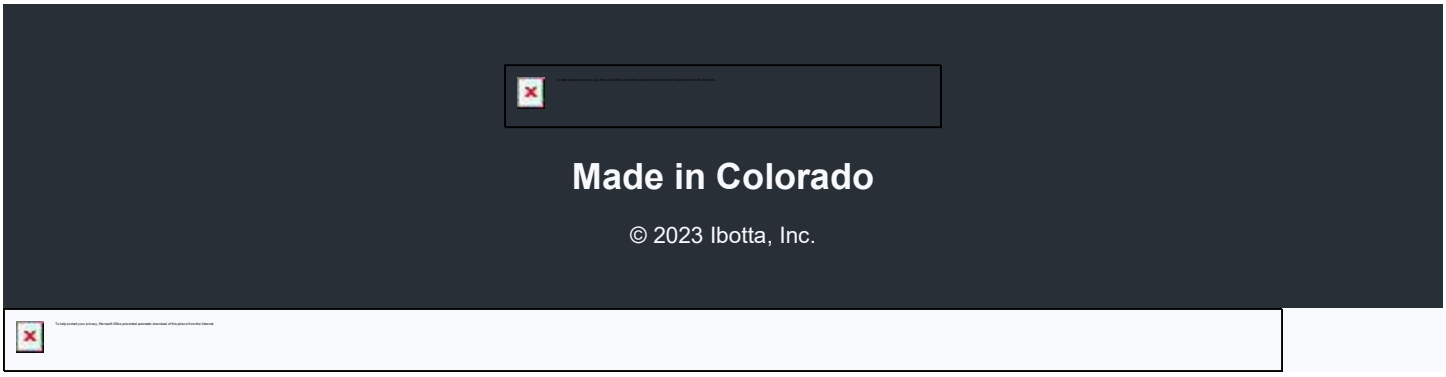
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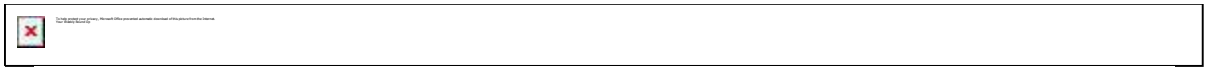
fouts.john@gmail.com

From: Ibotta <newsletter@ibotta.com>
Sent: Friday, October 27, 2023 6:56 AM
To: fouts.john@gmail.com
Subject: John: these deals are made for you.

Shop online



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Lasso up these offers by adding them to Your List in the app

$0.25 cash back

$1.00 cash back

$0.25 cash back

$1.50 cash back

$0.75 cash back

$0.50 cash back

See more offers

Grocery Pickup & Delivery

Skip the lines and earn on 500+ exclusive offers available for pickup and delivery at Sam's Club, Walmart Online, and more.

Check it out

Round up cash back at your favorite retailers both online and in the app!

Shop online

Need more convincing?

With deals at hundreds of fan-favorite stores, Savers who shop online with Ibotta can earn up to $200 a year!

Get started

Earn more bucks when you complete these bonuses

$5.00 cash back

Weekend Warrior

$2.00 cash back

Dr. Scholl's®

Find more

Refer a friend and get $10*

Your referral code: SASAGAF

Invite friends

Browser extension **Invite friends**

How it works **Get text alerts** **Email preferences** **Help center**

*Savers will earn a $10 referral bonus when the Saver refers friends who (i) are new users to Ibotta ("New Users"); and (ii) the New Users redeem a qualifying offer within 45 days of registering with a referral code. The New User will earn a $5 bonus when they redeem a qualifying offer within 45 days of registering with a referral code. A qualifying offer includes an offer, Any Brand, or Any Receipt offer. Online Shopping transactions are not considered a qualifying offer until the offer pending period is complete and the offer is credited to a New User's account. Ibotta reserves the right to adjust these terms or the bonus amount at any time. All accounts are subject to review. Additional terms and conditions may apply.

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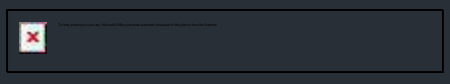

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fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Friday, August 19, 2022 3:48 PM
To: fouts.john@gmail.com
Cc: Theresa Adamchik
Subject: Resources for JF

Hi John,

Provided below are some resources that assist with physical aggression, verbal aggression, and how to deescalate situations for your safety and Jack's safety. As well, because Jack absolutely loved emotional regulation, identification, and coping strategies games I will be attaching them below! These could help Jack be redirected into discussing emotions and feelings but in a playful and creative way! Let me know if you have any questions or concerns.

De-escalation strategies of aggression and physical outbursts:
18 Effective De-Escalation Strategies For Defusing Meltdowns (hes-extraordinary.com)
De Escalation Techniques to Calm Down Angry Kids and Teens (choosementalhealth.org)

Resources on children's physical aggression
How to Respond When Your Child Hits You (verywellfamily.com)
12 Effective Ways To Stop A Kid From Hitting (momjunction.com)
Helping Children with Hitting and Aggression - Hand in Hand Parenting

Games:
8 Games & Activities to Improve Emotional Intelligence | MentalUP
Emotional Regulation Games - The OT Toolbox
Also looking on amazon under emotional regulation or emotional identification games gives you whole list of them!

Sincerely,
Danielle Creamer

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Friday, August 19, 2022 3:48 PM
To: fouts.john@gmail.com
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Games:
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Emotional Regulation Games - The OT Toolbox
Also looking on amazon under emotional regulation or emotional identification games gives you whole list of them!

Sincerely,
Danielle Creamer

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Thursday, August 4, 2022 11:59 AM
To: fouts.john@gmail.com
Subject: Jack's video link

https://video.simplepractice.com/appt-28169a81215ec92132e45b2b8fce1aef

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Thursday, August 4, 2022 11:59 AM
To: fouts.john@gmail.com
Subject: Jack's video link

https://video.simplepractice.com/appt-28169a81215ec92132e45b2b8fce1aef

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Tuesday, July 12, 2022 3:41 PM
To: fouts.john@gmail.com
Cc: Theresa Adamchik
Subject: New email address and phone number

Hi John,

I wanted to touch base with you about my new email address that will be solely used for work and my office phone number and be used from here on out. Please let me know if you have any questions or concerns.

Sincerely,
Danielle Creamer

email: dani@louisvilleexpressivetherapies.com
phone: 502-509-3861

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Tuesday, July 12, 2022 3:41 PM
To: fouts.john@gmail.com
Cc: Theresa Adamchik
Subject: New email address and phone number

Hi John,

I wanted to touch base with you about my new email address that will be solely used for work and my office phone number and be used from here on out. Please let me know if you have any questions or concerns.

Sincerely,
Danielle Creamer

email: dani@louisvilleexpressivetherapies.com
phone: 502-509-3861

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 10, 2022 11:57 AM
To: Jack Fouts
Subject: Fwd: link for session

---------- Forwarded message ---------
From: **Dani Creamer** <dani@louisvilleexpressivetherapies.com>
Date: Thu, Nov 10, 2022 at 11:42 AM
Subject: link for session
To: John Fouts <fouts.john@gmail.com>

Hi John,

Here is the link for session below:

https://video.simplepractice.com/appt-e2cd394b9df8ab91a813459bb85bed3f

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, September 22, 2022 12:02 PM
To: Jack Fouts
Subject: Fwd: link for JF session

---------- Forwarded message ---------
From: **Dani Creamer** <dani@louisvilleexpressivetherapies.com>
Date: Thu, Sep 22, 2022, 12:01 PM
Subject: link for JF session
To: John Fouts <fouts.john@gmail.com>

https://video.simplepractice.com/appt-a34685add96201d6545d9269ce7a18a6

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, August 4, 2022 12:00 PM
To: Jack Fouts
Subject: Fwd: Jack's video link

---------- Forwarded message ---------
From: **Dani Creamer** <dani@louisvilleexpressivetherapies.com>
Date: Thu, Aug 4, 2022 at 11:58 AM
Subject: Jack's video link
To: <fouts.john@gmail.com>

https://video.simplepractice.com/appt-28169a81215ec92132e45b2b8fce1aef

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, December 5, 2022 9:33 AM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Ahh, gotcha. Thanks so much! I will double check to be sure. See you all in a few days :)

On Sun, Dec 4, 2022 at 1:00 PM John Fouts <fouts.john@gmail.com> wrote:
> There should already be a form for release on file at L.E.T. but if I need to fill out a separate one that is okay. We had finally gotten Jackie approved for ABA but then before we even had our first session, the ABA therapist decided she could not take on another client.
>
> We had 2 sessions with a speech therapist but she is on maternity leave until March.
>
> We are on a waiting list for Occupational Therapy and have been for months.
>
> Jackie sees a talk therapist at Seven County Services named Lindsey Smith (ROI on file already for L.E.T.) but if you need one specifically for your name - I understand - just let me know.
>
> I have my own fax number for medical records or whatever (502) 996-8246.
>
> Thank you Akhilah.
>
> John
>
> p.s. I would love to see a therapy plan with goals that we could measure progress toward.
>
> On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> > Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).
> >
> > We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.
> >
> > Either way, looking forward to collaborating with you all!
> >
> > On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:
> > > Hi Akhilah!
> > >
> > > Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for

actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Thanks so much! I love big earrings :)
>
> If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.
>
> Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.
>
> Let me know your thoughts!
>
> Akhilah
>
> On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.
> >
> > I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.
> >
> > John
> >
> > On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> >
> > > Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
> For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states,

starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work

moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...
>
> Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!
>
> John
>
> On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
>
> > Hi John,
> >
> > I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
> >
> > First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be

transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support**

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1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, December 5, 2022 9:33 AM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Ahh, gotcha. Thanks so much! I will double check to be sure. See you all in a few days :)

On Sun, Dec 4, 2022 at 1:00 PM John Fouts <fouts.john@gmail.com> wrote:
> There should already be a form for release on file at L.E.T. but if I need to fill out a separate one that is okay. We had finally gotten Jackie approved for ABA but then before we even had our first session, the ABA therapist decided she could not take on another client.
>
> We had 2 sessions with a speech therapist but she is on maternity leave until March.
>
> We are on a waiting list for Occupational Therapy and have been for months.
>
> Jackie sees a talk therapist at Seven County Services named Lindsey Smith (ROI on file already for L.E.T.) but if you need one specifically for your name - I understand - just let me know.
>
> I have my own fax number for medical records or whatever (502) 996-8246.
>
> Thank you Akhilah.
>
> John
>
> p.s. I would love to see a therapy plan with goals that we could measure progress toward.
>
> On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> > Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).
> >
> > We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.
> >
> > Either way, looking forward to collaborating with you all!
> >
> > On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:
> > > Hi Akhilah!
> > >
> > > Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for

actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

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6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work

moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be

transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support**

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Therapist

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John R. Fouts, MBA

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:20 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Sorry, I meant to say **Release of Information (ROI) Form (I believe that is the correct for for me to be able to communicate with their other therapists and vice versa. Again, no worries if you are uncomfortable with that. Just wanted to get your thoughts :)

On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Akhilah!

Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022

January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

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> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
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> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
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> Jackie said the Portland office looked 'too fancy'..
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> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
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> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

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> Hey again, John!
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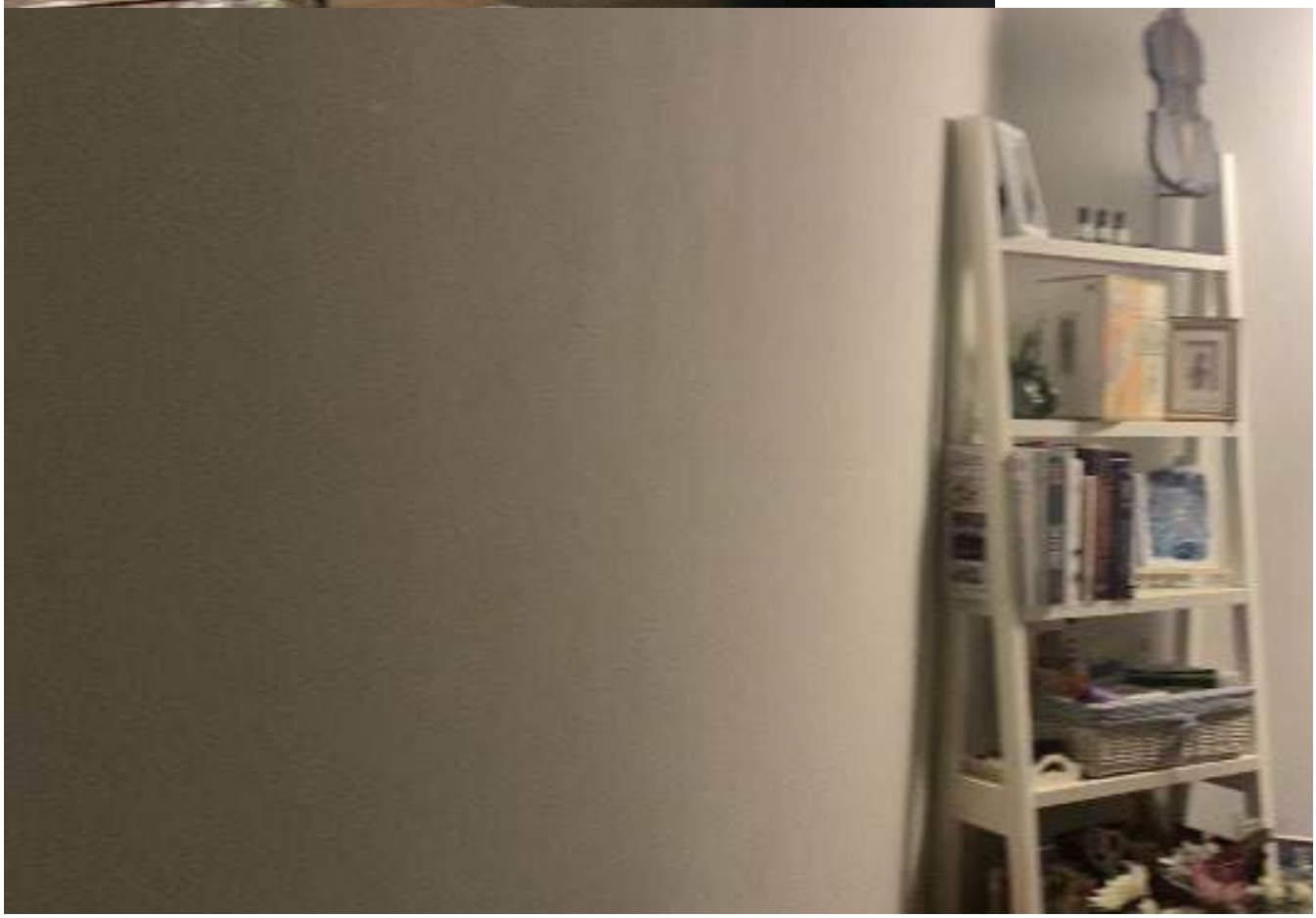
> https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

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To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

**If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support*

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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https://youtu.be/ayVIHreph9Y

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:20 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Sorry, I meant to say **Release of Information (ROI) Form (I believe that is the correct for for me to be able to communicate with their other therapists and vice versa. Again, no worries if you are uncomfortable with that. Just wanted to get your thoughts :)

On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Akhilah!

Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022

January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

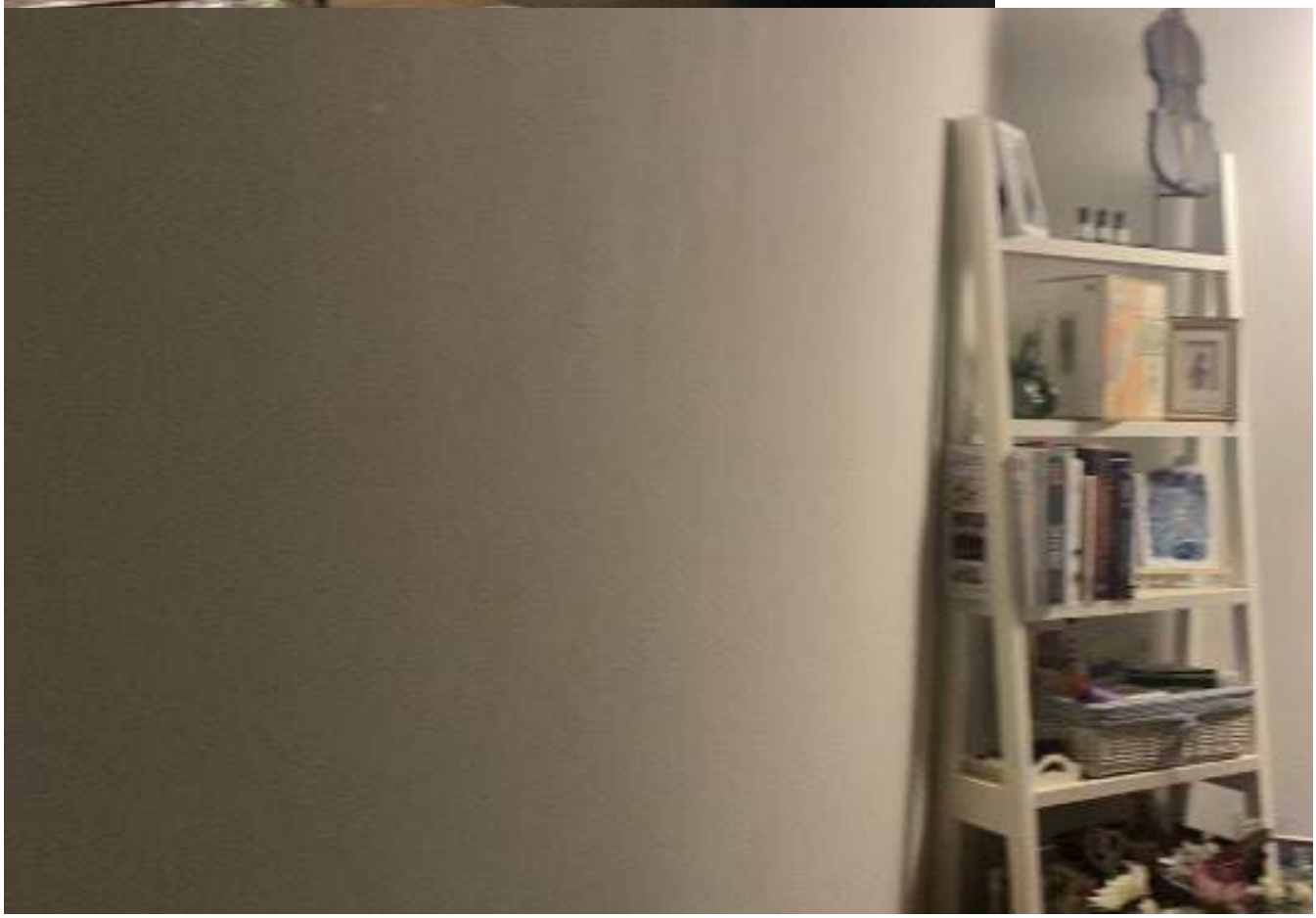
We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

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I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

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If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

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Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

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Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
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1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

**If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support*

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." - ***Tupac Amuru Shakur***

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https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:17 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:

> Hi Akhilah!
>
> Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.
>
> I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.
>
> John
>
> On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm

March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of

running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?
>
> How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?
>
> Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The

Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

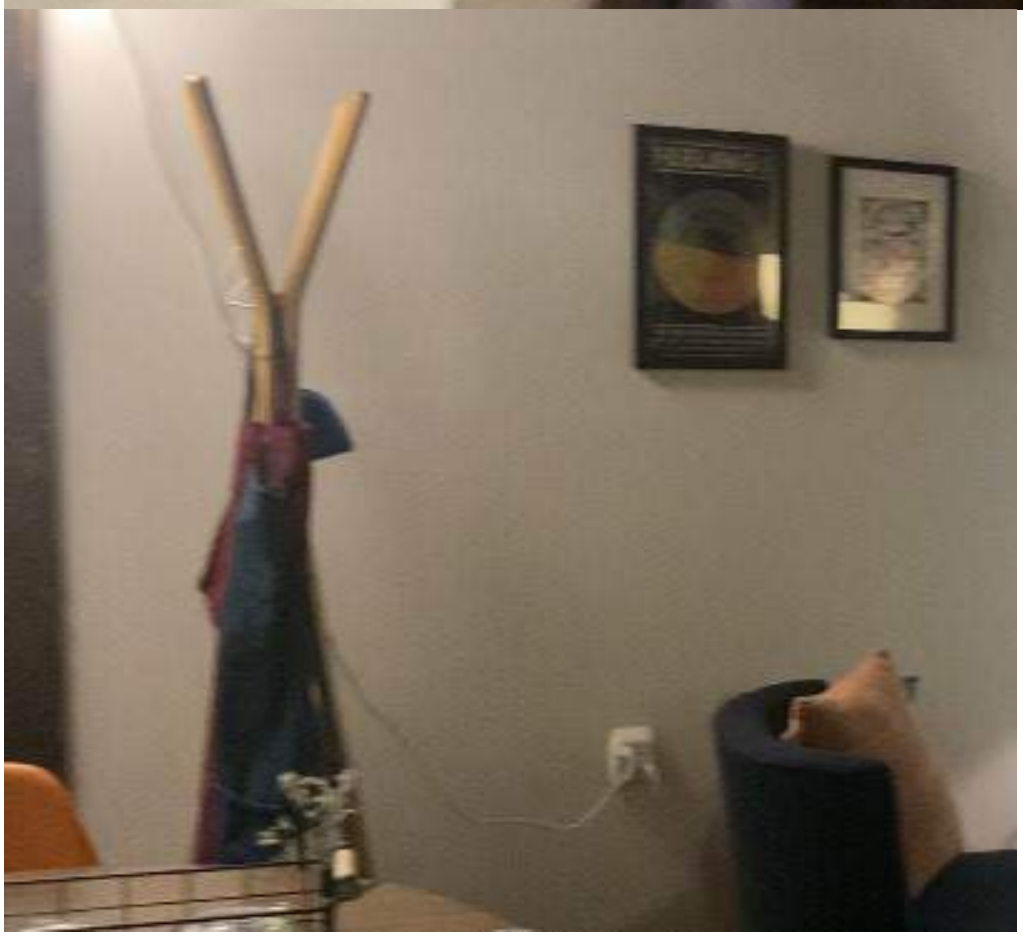
I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially

see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

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Fax. 502.996.8246

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• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:17 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:

> Hi Akhilah!
>
> Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.
>
> I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.
>
> John
>
> On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm

March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of

running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?
>
> How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?
>
> Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The

Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

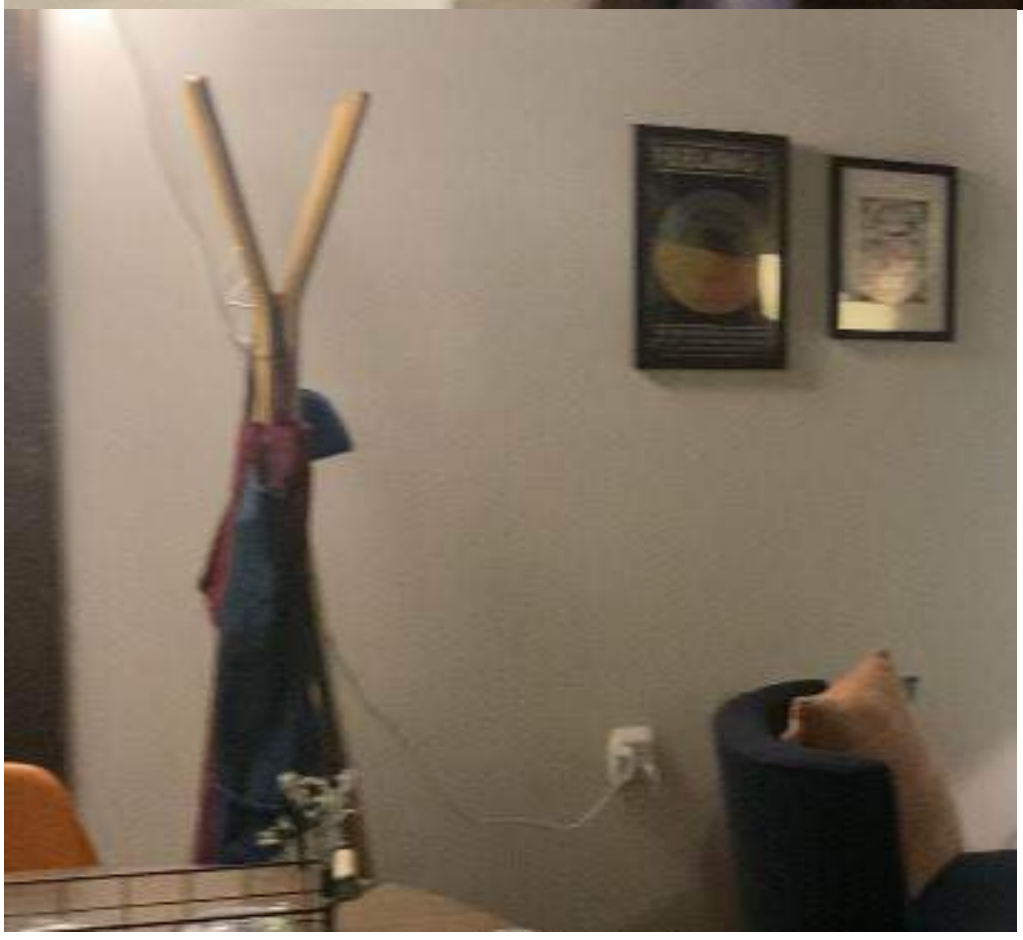
I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially

see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below.
Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, December 2, 2022 11:30 PM
To: John Fouts
Cc: Dani Creamer; Emily Ibershoff; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Thanks so much! I love big earrings :)

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Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

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Hey, John! Great seeing you all today :)

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I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
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May 11	7:30 pm - 8:20 pm
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Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
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Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.
>
> Sincerely,
> Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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fouts.john@gmail.com

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Sent: Friday, December 2, 2022 11:30 PM
To: John Fouts
Cc: Dani Creamer; Emily Ibershoff; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

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Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
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Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
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> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
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> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
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> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
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> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.
>
> Sincerely,
> Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Wednesday, November 30, 2022 10:35 AM
To: John Fouts
Cc: Akhilah Cherry; Theresa Adamchik
Subject: Last session tomorrow

Hi John,

I hope you are well and JaF had a wonderful holiday last week. I wanted to reach out and state that Akhilah will be unable to attend in person tomorrow due to her other job needing her during JaF and my appointment time. I have asked Akhilah if she has 10 minutes to talk toward the end of the session, we could potentially meet via google meet. However, please inform JaF that Akhilah will not be present due to her other commitments. Please emphasize journaling, drawing, doing a puzzle, or playing a game to assist them if they become angered, or finding something to calm them down before communicating with you.

Sincerely,
Danielle Creamer

fouts.john@gmail.com

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Sincerely,
Danielle Creamer

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Monday, November 28, 2022 12:33 PM
To: John Fouts
Cc: Akhilah Cherry; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.

6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

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I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.

6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

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If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

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To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

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Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

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week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
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Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

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John R. Fouts, MBA

Fax. 502.996.8246

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Attachments: IMG_4814.mov; IMG_4814.mov; video-output-D6CB6FFD-FF0D-48DC-AAE9-874792324908.mov

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Subject: Re: Jackie left jacket in waiting room

Hi John,

Yes I placed it on the coat hanger on the door in the hall leading to the art therapy room. Currently it looks like there might be clinicians in the office until 11:30, from 1-2, and 2:30-3:30 today. I will not be in the office today until Friday! Hope you have a wonderful holiday.

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Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Thursday, November 17, 2022 5:17 PM
To: John Fouts
Cc: Theresa Adamchik; Akhilah Cherry; Akhilah Cherry
Subject: Transition after December and further recommendations

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Friday, November 11, 2022 5:25 PM
To: John Fouts
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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Thursday, November 10, 2022 11:43 AM
To: John Fouts
Subject: link for session

Hi John,

Here is the link for session below:

https://video.simplepractice.com/appt-e2cd394b9df8ab91a813459bb85bed3f

fouts.john@gmail.com

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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Monday, October 24, 2022 4:02 PM
To: John Fouts
Subject: Re: Out November 24th

Hi John,

I do not sadly, but I do have 12-1? Would that work?

Sincerely,
Danielle Creamer

On Mon, Oct 24, 2022 at 3:54 PM John Fouts <fouts.john@gmail.com> wrote:

> Hi Dani. I talked to Jackie. Jackie said that Tuesday would be good to see you. (Mondays I have IVIG....that only left Tue or Wed so I asked Jackie...and Tuesday it is...I normally have art therapy at 1 to 2 on Tuesdays....you wouldn't by chance have that exact time open on that Tuesday would you??) John
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> On Mon, Oct 24, 2022 at 2:05 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Friday, October 21, 2022 12:54 PM
To: John Fouts
Cc: Theresa Adamchik
Subject: Re: Model for helping beliefs and perception

Hi John,

Great question related to numbness of the body. Often times the body can hold much of our energy as well as all things that encompass it including anxiety. I have found some resources that relate anxiety to numbness. Overstimulation increases anxiety tendencies and worsens somatic symptoms. Due to the experience demonstrated above, it is a potential cause. When they return, possibly try to have a chat with Jackie trying to get more information on how they felt, what was felt where, for how long did it stay, etc. I will provide the link below that provides some information on somatic symptoms related to overstimulation and anxiety. As well thinking back to our conversation related to dissociation, overstimulation can also cause dissociation (or a break for the brain to recharge).

Sensory Problems Caused By Anxiety (calmclinic.com)
Anxiety Numbness: Why It Happens and How to Deal (healthline.com)
Sensory Overload: Symptoms, Causes, Related Conditions, and More (healthline.com)

Recovery is a winding road with many pit stops along the way. However, taking in each step is part of the journey.

Sincerely,
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On Thu, Oct 20, 2022 at 5:41 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you Dani! Everything you send is very helpful. We had a bit of a scare this afternoon…I had to go to an orthodontic appt to pick up my retainer after we left your place….we ate lunch at home first…they had to remake the retainer while we were there…so I went over Jackie's math test…they did great on it! 81/96 before bonus and with bonus questions 106/96! I was trying to explain a few of the small mistakes that were made, to Jackie, in the car while we waited the 20 minutes on the retainer remake. Jackie grew very upset and started crying, and then suddenly lost all feeling from the waist down, and lost proprioception waist down…slowly…it has begun to come back…is this anxiety related maybe? Jackie just left with their mom. I am hopeful that recovery continues.
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I now use the AHEM model in which provides roots, triggers, and thought processes when becoming angry, sad, or even positive emotions.
First before, ask what emotion they are feeling and provide a safe and comfortable setting.
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3. Ask what needs were not met? Were they need of being comforted, being supported, not being alone? Go over what they needed in this situation.
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Here is also some tools to use that can provide Jackie with some useful tools to take charge of those emotions and thoughts.
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Autism: Managing Over-stimulation and Stress (mycanopy.org)
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Some signs of overstimulation for Jackie include: running/pacing around, fleeting thoughts, fidgeting, etc.

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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Friday, October 14, 2022 3:59 PM
To: John Fouts
Cc: Theresa Adamchik
Subject: Re: This is kind of interesting...Jackie's PCP won't order GeneSight testing...

Hi John,
I do not mind calling at all, but before calling, we have to receive authorization from you by signing a "release of information" document that allows us to contact the primary care physician and provide insight on Jackie's case and vice versa. I cc'd Theresa in this email because I do not have this document saved to my computer. Once we get it signed from you we should be good to go, and I can give a call right away!

Sincerely,
Danielle Creamer

On Fri, Oct 14, 2022 at 3:08 PM John Fouts <fouts.john@gmail.com> wrote:

> I know you both have mentioned this at some time during verbal conversation to see what meds work best for Jackie...
>
> Jackie's provider stated she had no idea what GeneSight testing was, and so wouldn't order it....I told her the therapists have recommended it....she said she would consider it if perhaps you all talked to her about why it would be beneficial to see which medications would work best for Jackie based on Jackie's genetics...
>
> I need each of you, separately, to please call Dr. Mahajan, to explain to her why it would be beneficial to know which medications would work best for Jackie.
>
> I find this step to be a bit ridiculous, but she won't order it without hearing from you each...
>
> https://genesight.com/for-patients/
>
> Genesight testing link is above.
>
> Dr. Mahajan can be reached at:
>
> **Address: 230 E Broadway, Louisville, KY 40202**
>
> **Hours:**
> **Open · Closes 5PM**
>
> **Phone: (502) 629-8990**
>
> Please call ASAP as Dr. Mahajan is getting ready to go on maternity leave at any time.

Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Friday, October 14, 2022 3:59 PM
To: John Fouts
Cc: Theresa Adamchik
Subject: Re: This is kind of interesting...Jackie's PCP won't order GeneSight testing...

Hi John,
I do not mind calling at all, but before calling, we have to receive authorization from you by signing a "release of information" document that allows us to contact the primary care physician and provide insight on Jackie's case and vice versa. I cc'd Theresa in this email because I do not have this document saved to my computer. Once we get it signed from you we should be good to go, and I can give a call right away!

Sincerely,
Danielle Creamer

On Fri, Oct 14, 2022 at 3:08 PM John Fouts <fouts.john@gmail.com> wrote:

> I know you both have mentioned this at some time during verbal conversation to see what meds work best for Jackie...
>
> Jackie's provider stated she had no idea what GeneSight testing was, and so wouldn't order it....I told her the therapists have recommended it....she said she would consider it if perhaps you all talked to her about why it would be beneficial to see which medications would work best for Jackie based on Jackie's genetics...
>
> I need each of you, separately, to please call Dr. Mahajan, to explain to her why it would be beneficial to know which medications would work best for Jackie.
>
> I find this step to be a bit ridiculous, but she won't order it without hearing from you each...
>
> https://genesight.com/for-patients/
>
> Genesight testing link is above.
>
> Dr. Mahajan can be reached at:
>
> **Address: 230 E Broadway, Louisville, KY 40202**
>
> **Hours:**
> **Open · Closes 5PM**
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Sent: Friday, September 30, 2022 7:50 AM
To: John Fouts
Cc: Dani Creamer
Subject: Re: List of Medicaid psychiatrists, neuro-psychological evaluation, and crisis lines

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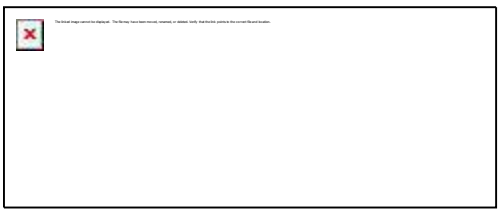

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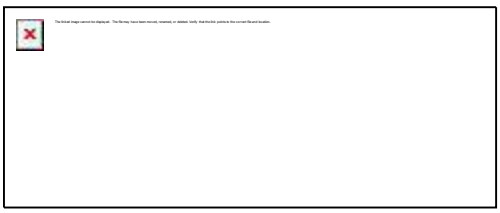

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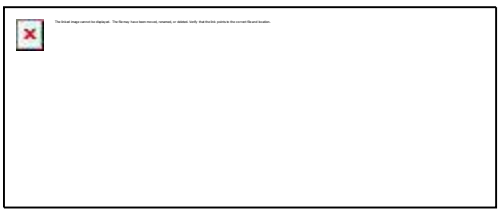

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On Wed, Sep 28, 2022 at 12:01 AM John Fouts <fouts.john@gmail.com> wrote:

> I would like for Jack/ie to remain at LET. Jack/ie needs to not miss any weeks of sessions if that is at all a possibility during this time of transition. I just want to tell you thank you for working with Jack/ie very well, and while I wish you the very best in your life and endeavors, it also makes me sad that Jack/ie will not be able to continue with such a good therapist and fit.
>
> J
>
> Sent from Mail for Windows
>
> **From:** Dani Creamer
> **Sent:** Tuesday, September 27, 2022 9:36 AM
> **To:** John Fouts
> **Subject:** Transition plan for client
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> Hello John,

I am reaching out to all client families today to inform them that I am now in my midterm of internship, meaning that I have 9 weeks left at LET (meaning 9 individual sessions left or 4 or 5 bi weekly appointments). Due to all the upcoming holidays, breaks, and events I am reaching out to start creating a plan of transition for each client. I would like to know if you would like to continue services with LET after my leaving. Secondly, due to there not being any more interns, all clients will have to have to be seen by a licensed therapist and use insurance or private rates if wanting to stay at LET. They will be placed on a waiting list and have priority over new and incoming clients.I will also be contacting the therapist for availability in the end of October to November. Please let me know what you would like for Jack!

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> I would like for Jack/ie to remain at LET. Jack/ie needs to not miss any weeks of sessions if that is at all a possibility during this time of transition. I just want to tell you thank you for working with Jack/ie very well, and while I wish you the very best in your life and endeavors, it also makes me sad that Jack/ie will not be able to continue with such a good therapist and fit.
>
> J
>
> Sent from Mail for Windows
>
> **From:** Dani Creamer
> **Sent:** Tuesday, September 27, 2022 9:36 AM
> **To:** John Fouts
> **Subject:** Transition plan for client
>
> Hello John,

I am reaching out to all client families today to inform them that I am now in my midterm of internship, meaning that I have 9 weeks left at LET (meaning 9 individual sessions left or 4 or 5 bi weekly appointments). Due to all the upcoming holidays, breaks, and events I am reaching out to start creating a plan of transition for each client. I would like to know if you would like to continue services with LET after my leaving. Secondly, due to there not being any more interns, all clients will have to have to be seen by a licensed therapist and use insurance or private rates if wanting to stay at LET. They will be placed on a waiting list and have priority over new and incoming clients.I will also be contacting the therapist for availability in the end of October to November. Please let me know what you would like for Jack!

Sincerely,

Danielle Creamer

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Tuesday, September 27, 2022 9:37 AM
To: John Fouts
Subject: Transition plan for client

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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Thursday, September 22, 2022 12:01 PM
To: John Fouts
Subject: link for JF session

https://video.simplepractice.com/appt-a34685add96201d6545d9269ce7a18a6

fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Monday, September 12, 2022 3:15 PM
To: John Fouts
Subject: Re: Shift in schedule.

Hi John,

Of course, we can keep Jack's time and day the same! Thank you for checking your schedule just in case.

Sincerely,
Danielle Creamer

On Sun, Sep 11, 2022 at 10:41 AM John Fouts <fouts.john@gmail.com> wrote:

> Hi Dani.
>
> I have IVIG on Mondays (think 8 hour IV appointment - with IV stuck in my arm). Sometimes I have side effects for a few days. Most of the time not too bad, but sometimes not so good. Also, I have art therapy myself on Tuesdays from 1 to 2pm. I don't feel like it would be fair on Jack to have him do art therapy on Tuesday from 11 to 12 then us eat lunch then have him go back to the art therapy building, and sit there for an hour while I do art therapy. I think it would be hard on him.
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> Fridays are not generally good because they are transition days and we are always struggling to get everything done that we need to do.
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> Also we have Physical Therapy appointments for both of us that have been added to our calendars that make it harder to schedule.
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> Wednesdays Jack has talk therapy from 12pm to 1pm and I have standing appointments with social workers that are trying to help me find some kind of resource to help us in terms of housing and assistance with utilities from 2pm to 3pm.
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starting the week of September 19th. If that is not possible, that is completely fine! The times I have available are below, I hope you both have a great weekend.

Times I have available weekly:
11-12pm Tuesday
11-12, 12-1 Wednesday (available week of September 26th)
11-12, 2-3pm Friday

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Wednesday, August 31, 2022 1:36 PM
To: John Fouts
Subject: Fwd: Resources

Hi John,

I found some great videos that explore the differences between gender identity, gender expression, and pronouns. I hope this can assist in Jack's journey with you and their gender identity and pronouns.

Sincerely,
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https://www.npr.org/2021/06/02/996319297/gender-identity-pronouns-expression-guide-lgbtq

https://www.youtube.com/watch?v=Vlx9iZ9g_9I

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From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Wednesday, August 24, 2022 12:29 PM
To: John Fouts
Subject: Re: More Resources?

Hi John,

Thank you so much for the update and the email! I wanted to provide resources that may assist in helping with some the things that you wanted to implement at home such as their "mission statement", and potential to get a trophy.

For Jack's interests, there are plenty of free or cheap opportunities for them to enjoy either at home or even close to home! I have found alot of free or one time payment classes that offer coding and game creating that they would really enjoy. The resources are below:

Classes:
Coding and tech classes for kids | Outschool
Maker Lab Open Hours :: Events Calendar | Louisville Free Public Library (lfpl.org)
Register for a free coding class with BYJU'S FutureSchool (byjusfutureschool.com)
Apps for creation at home:
My Child Wants to Make a Video Game: Where to Start? (funtech.co.uk)

Implementation of homeschooling coding programs (unsure of pricing, however have used Khan academy and has free tutorials typically)
Coding for Homeschoolers + Free Project | Homeschool.com
However, for flying lessons i will have to look extensively for this type of resource!

For Jack's resource about receiving a trophy I would look further into the reason why there is a need for a trophy? Is it for achievement, is to be part of a team, is it to get recognition? Once this may be answered the only thing I can think of is sports teams in which the YMCA provides a lot of different programs to allow Jack to participate in. However, if I run across a resource for this I will send it your way.

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On Mon, Aug 22, 2022 at 3:16 PM John Fouts <fouts.john@gmail.com> wrote:

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> If you have any resources that may be helpful from a financial perspective for kid's with autism / adhd / auditory processing ... both his mother....and me...struggle to be able to meet financial needs....
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> Also ... we are both going through our own life set of challenges which probably makes it harder on Jack. Just putting that out there - although - you seem very intuitive and probably already had gathered that.

I want to get Jack involved in something aiming toward his dreams and goals - he wants to be a gaming creator and a person that does walkthroughs on YouTube and gets paid and gets sponsorships. I gave him a "My Personal Mission Statement" assignment last week as part of his homeschool. Anything we can do to encourage that direction. He also wants to get flight lessons - which I have not figured out yet of course...in terms of money...and not sure of other implications...

I also want him to be able to do something where he can have the potential to earn a trophy. He has voiced many times that he feels terrible because he has not ever won a trophy. I don't know where that comes from.

Also - for therapy - he keeps saying how much people have made fun of him for his bad handwriting. I don't think his handwriting is bad. He needs to practice some, but I don't think it is bad really at all.

He also refuses to read out loud quite often and won't say why.

So extra things to work on in therapy - in addition to - recognizing tones that are there and not there, knowing where the line is between imagination and reality, recognizing social cues, facial expressions, meanings thereof, etc...

Thanks Dani!!

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To: John Fouts
Subject: Re: Jack would like to start doing art therapy weekly - is that a possibility with your current schedule?

Hi John,

I am so thrilled that Jack is finding benefits in therapy, and I believe it would also be beneficial for them to start being seen weekly. I do have the available time of 12-1pm on Thursday every week available if that works for you! Let me know your thoughts or have any questions. Would you like to start having weekly sessions this week?

Sincerely,
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On Fri, Aug 19, 2022 at 10:07 PM John Fouts <fouts.john@gmail.com> wrote:

> He was talking about how much it helped him, and said he would really like to do it every week. I talked to his mom (my ex-wife), and she said she is okay with it. I thought it was great that she was on board with the idea of weekly art therapy. Is there any way, that you would have the same time slot open every week for Jack instead of every other week?
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I am so thrilled that Jack is finding benefits in therapy, and I believe it would also be beneficial for them to start being seen weekly. I do have the available time of 12-1pm on Thursday every week available if that works for you! Let me know your thoughts or have any questions. Would you like to start having weekly sessions this week?

Sincerely,
Danielle Creamer

On Fri, Aug 19, 2022 at 10:07 PM John Fouts <fouts.john@gmail.com> wrote:

> He was talking about how much it helped him, and said he would really like to do it every week. I talked to his mom (my ex-wife), and she said she is okay with it. I thought it was great that she was on board with the idea of weekly art therapy. Is there any way, that you would have the same time slot open every week for Jack instead of every other week?
>
> John
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Wednesday, November 30, 2022 7:32 PM
To: John Fouts; Dani Creamer
Subject: Re: Transition after December and further recommendations

Hi John and Dani
Let me check in with Akhilah and make sure we are squared away.
Ill get back to you.

Thanks
T

On Wed, Nov 30, 2022 at 6:23 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you - I understand everything that you said. Part of the issue is that Jackie has such anger, and I don't know where it stems from, and I don't think Jackie really knows either. Today, on the ride to Bardstown and back for me for TMS....Jackie admitted that Jackie just takes Jackie's anger out on me (and not on anyone else). I told Jackie I appreciated that that was possible - to voice that out loud - and that I was proud of Jackie for realizing and acknowledging this. I also told Jackie that it is hard on me to absorb that negative energy (because it really is - it did not used to be)...before I got really sick it was not a big issue...but now...it is...so it is something that we need to work on...
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6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

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How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

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> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
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As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.
>
> Sincerely,
> Danielle Creamer
>
> Resources:

Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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Fax. 502.996.8246

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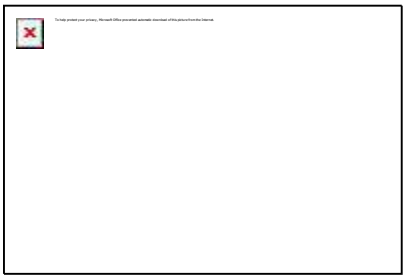
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor

Louisville, KY 40206

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Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.
>
> Sincerely,
> Danielle Creamer
>
> Resources:

Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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"Shining" in Service,

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--
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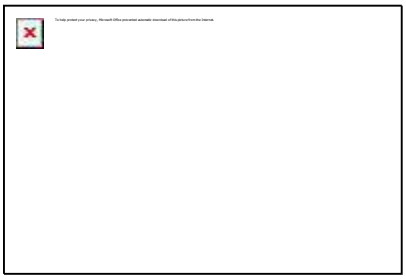
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor

Louisville, KY 40206

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, November 15, 2021 1:42 PM
To: Linda Uhl
Subject: Re: Touching base
Attachments: 2021-11-10-DWSilks-Sales-Rep-Regions-ADFX-LLC-For-Woo-Commerce-Export-Orders-By-Region-Missy-Updates-Included.xlsx

Linda,

I so wanted to go in today but I woke up feeling like I got slammed by a truck. I should have written to you first-thing, to let you know. I don't know what is wrong with me - but I think I might have some kind of infection - my body doesn't react right though. Could be just super exhausted also from everything going on with Jack - my worry from that alone would be enough...he is still struggling.

Update on DW Silks:
Missy got back to me late last week and said that in California, the state was split with one rep being North of Fresno (including Fresno) and the other rep taking everything South of Fresno. The only way for me to put this together was to look at all zip codes for all counties in California, and divide out by zip code. *Most* zip codes were able to be split using 92301 as an identifier but there were some misfits on both sides (some North in the South and some South in the North).

In Texas, I had to find a way to split things out also and I was still waiting for more information until earlier this morning - she said one rep had Northeast TX and one had Southwest TX - but that does not give me enough information to be able to split - I need to know where, by DW Silks' definition, that NE and SW start and end in TX.

One Rep takes care of the Caribbean, South America, and Central America - but the country codes are not being used in their database (In DW Silks' db) - so I asked her which countries were being sold into so I did not set up countries that were not relevant. She wrote back a little while ago this morning and asked if it would be helpful if we added 'Country' to their online customer account registration form. I think this absolutely would be beneficial with the way they are starting to look at their data. I haven't yet sent her a response.

One of the other weird things is that all of their orders are listed as on-hold in their database so that is something else I need to resolve. For now, in TX, I told her I set it up so that both reps will receive the whole state. In New Jersey, there is the same situation as is in Texas - don't know where the split between reps occurs. She is working on getting the information for TX and NJ.

I've attached a spreadsheet I put together that shows the items I've needed to work on in order to develop the reports.

I'll be looking at the reports again for them a bit after lunch as Missy provided some information on frequency / interval of reporting now so I will go in and update that.

I will be adding the Caribbean and Canada into the spreadsheet - I am not yet sure how to identify those regions entirely in the most expeditious way - but I will find one.

The way I have the reports set up - because I cannot look at 'completed' orders because they are not marking the orders as complete it would appear, is to pull a list of Year To Date orders. The order date is included on the order report. The way the accounts reports are set up for each rep is I pull a list of YTD accounts that have placed orders with only the account information - so new accounts will show up if a new account places an order.

She told me a little while ago that she wants the reports to be run weekly, and wants to be copied on them. I have her copied on them already and need to schedule the tasks for them to be run.

I have low iron again could be why I feel so tired. Most likely I am going to be receiving Copper infusions - not sure of frequency but I think once every 3 to 4 weeks - I know very little still right now. That doctor will be back in the office again tomorrow and I will have more information then. All I know is I keep having to gasp for air and it is very uncomfortable to feel that way.

I'll be heading to lunch at 1:45 - I did not realize how late it had gotten. I've been going through still trying to clean out iNode items every now and then. We need to update the server software at HostGator - but it fails because there is not enough room. I am going to contact them this afternoon to see about them temporarily increasing the storage until the update can be installed. Will keep you posted on that as well.

John

On Mon, Nov 15, 2021 at 12:44 PM Linda Uhl <linda@adfxllc.com> wrote:

> Hi John,
>
> Thought I might see you today since there were no appointments, so I am hoping you are feeling ok.
>
> Have you received the answers from Missy that you needed in order to finish up DW Silks? If you need me to reach out to her to help, I am happy to do so.
>
> Is there anything I need to know about any other accounts?
>
> Thanks!
>
> Linda

Linda Clark Uhl

President

ADFX LLC

118 South Sherrin Avenue

Louisville, KY 40207

502-897-0552

https://adfxllc.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, September 30, 2022 6:55 PM
To: Lindsay Fouts
Subject: Please see notes per Jackie - 2022-09-30

1.) Jack is going by Jackie and using they/them only pronouns now.
2.) I talked to my parents about this change, please talk to yours about this change. Please try to get them to be as accepting as they are capable of being - it is vital to Jackie's mental health struggles.
3.) Dr. Mahajan thinks Jackie is struggling with long COVID symptoms because they seem to fit the pediatric definition of that - way more fatigue - onset of additional headaches - memory loss challenges [less common but she said she has seen this as part of long COVID symptoms]
4.) Jackie may have had Enterovirus-D68 this past weekend - not sure - they had some kind of allergic/respiratory virus with a really croupy cough. Jackie even in their sleep, was asking for their inhaler, and has continued to need to use it very often - may need a nebulizer treatment at some point. Doing 2 puffs of inhaler every 20 minutes for 1 hour is equivalent to 1 nebulizer treatment. Watch blue/grey around mouth area and listen to sounds of breathing.
5.) Genetic counselor suggested to me to get Jackie enrolled in the Undiagnosed Diseases Network program for some of the other physical health manifestations that are being experienced by Jackie. I have not had time to do this, and may not for some time, but may try to bring this more to the forefront.
6.) Going to move to online homeschool program of some kind - not one that is 100% Christian based...many are....trying to steer clear of JCPS too...looking for a special needs program.
7.) Jackie hurt me when they were angry - badly - to the point that I had to lock myself in my room, and then Jackie tried to break down the door, and it was not a safe experience. Please talk to Jackie about how to handle anger. Aggressiveness is escalating at times - and the reasons why are unclear.
8.) Continue to work on honesty and valuing the truth, and talking about how it is not okay to lie. Jackie did a much better job of telling the truth post safety incident of slamming me in the door on purpose.
9.) Please pay attention to dissociation episodes Jackie may have (he has them) - but we are supposed to be trying to get a better handle on how many they may have, and if there are lapses in memory.
10.) Work with Jackie on positive praise and reasons to exist, and how much Jackie is loved, and provide words of affirmation statements and compliments as often as possible to help with self image, self-esteem, ego building, etc...

I know that is a lot - at least I feel like it is. I thought it best to write all that out for us both.

Oh yes - and art therapist Dani Creamer suggested strongly that Jackie have another neuropsychiatric evaluation to see if any diagnoses are missing - especially due to onset of hallucinations and delusions, and suicidal ideation.

Also, a youth group has been suggested multiple times, and I think also, that Jackie would benefit from peer-to-peer support basically. Here is the link:

https://louisvilleyouthgroup.org/

There is a focus on LGBTQIA+ and 100% acceptance. I think it would be great for Jackie to experience the love of others that also feel that acceptance from people in their lives may not be as strong as it could be in regards to some relationships with extended family members.

Jackie needs a replacement phone cord. Is there any way that you can purchase one? We should each keep a charger at our houses, so that Jackie does not have a need to trek them back and forth.

Jackie wants new dresses and clothing. I would have taken them, but we ran out of time.

**** I think that some of Jackie's meds may be interfering with clear thinking and making Jackie feel worse. I think Adderall may cause hallucinations in Jackie's case.

Please watch this short video:
https://www.youtube.com/watch?v=jhBJKV7LgLo

ALSO VERY IMPORTANT:
Basically it says that teens and younger children, can develop psychosis if/when taking amphetamine medications....it can cause hallucinations...delusions...can cause you to see things that are not there....can cause paranoia.....I think, strongly, that we need to have Jackie stop taking the Adderall and see what we have in terms of those psychosis symptoms afterward. I feel so strongly about that, that I am going to write to Jackie's doctor, and see what weaning schedule we may need to follow.

I will let you know what Dr. Mahajan and/or Dr. Rogers says when I write to them.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 22, 2022 3:09 PM
To: Lindsay Fouts
Subject: Jack is starting weekly art therapy sessions this week - the time slot was available!

He can be seen every week from 12 to 1 on Thursdays at Louisville Expressive Therapies on Frankfort Ave.

John

---------- Forwarded message ---------
From: **Dani Creamer** <dani@louisvilleexpressivetherapies.com>
Date: Mon, Aug 22, 2022 at 12:00 PM
Subject: Re: Jack would like to start doing art therapy weekly - is that a possibility with your current schedule?
To: John Fouts <fouts.john@gmail.com>

Hi John,

I am so thrilled that Jack is finding benefits in therapy, and I believe it would also be beneficial for them to start being seen weekly. I do have the available time of 12-1pm on Thursday every week available if that works for you! Let me know your thoughts or have any questions. Would you like to start having weekly sessions this week?

Sincerely,
Danielle Creamer

On Fri, Aug 19, 2022 at 10:07 PM John Fouts <fouts.john@gmail.com> wrote:

> He was talking about how much it helped him, and said he would really like to do it every week. I talked to his mom (my ex-wife), and she said she is okay with it. I thought it was great that she was on board with the idea of weekly art therapy. Is there any way, that you would have the same time slot open every week for Jack instead of every other week?
>
> John
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, August 19, 2022 10:06 PM
To: Lindsay Fouts
Subject: Fwd: Resources for JF (Jack Fouts) - Emotional Regulation/Dysregulation Coping Strategies / Games / Other

This is from Jack's art therapist. I will ask if he can start attending there weekly. I am sure it won't be a problem, but I don't know if it will be at the same time slot.

These resources are going to be important to help Jack. We need to work on them together.

John

---------- Forwarded message ---------
From: **Dani Creamer** <dani@louisvilleexpressivetherapies.com>
Date: Fri, Aug 19, 2022 at 3:48 PM
Subject: Resources for JF
To: <fouts.john@gmail.com>
Cc: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>

Hi John,

Provided below are some resources that assist with physical aggression, verbal aggression, and how to deescalate situations for your safety and Jack's safety. As well, because Jack absolutely loved emotional regulation, identification, and coping strategies games I will be attaching them below! These could help Jack be redirected into discussing emotions and feelings but in a playful and creative way! Let me know if you have any questions or concerns.

De-escalation strategies of aggression and physical outbursts:
18 Effective De-Escalation Strategies For Defusing Meltdowns (hes-extraordinary.com)
De Escalation Techniques to Calm Down Angry Kids and Teens (choosementalhealth.org)

Resources on children's physical aggression
How to Respond When Your Child Hits You (verywellfamily.com)
12 Effective Ways To Stop A Kid From Hitting (momjunction.com)
Helping Children with Hitting and Aggression - Hand in Hand Parenting

Games:
8 Games & Activities to Improve Emotional Intelligence | MentalUP
Emotional Regulation Games - The OT Toolbox
Also looking on amazon under emotional regulation or emotional identification games gives you whole list of them!

Sincerely,

Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, June 14, 2024 12:18 PM
To: Megan B Clark
Subject: Re: Touching Base -- 2024-06-13
Attachments: ky25themailsignatureiconfinal_logo6_f39a141c-667b-43db-b466-c94c9007c45b.png; ky25thanniversaryemailsignature_e6802fdb-38fe-4b01-8e92-5270c7851864.jpg; emailsignatureicon_05850d2d-8466-4aca-9b8d-9caaf081b7dd.jpg

Okay well let me know if I can help in any way.

==========
Below, I've listed out phone numbers for Jackie's current and former providers
==========

Jackie current providers:

Dr. Eli Pendleton (Baptist) - PCP
(502) 451-5955

Dr. Abigail Stocker or NP Lindsay McElmurray - U of L GI -- Motility Center -- Gastroenterology
(502) 588-4600

Dr. Julie Manche - Beyond the Ear - Performed confirmatory Auditory Processing Disorder evaluation
(502) 276-5755

Dr. David Charles - Meridian Behavioral Health - Performed confirmatory neuropsychiatric testing showing ASD Level II and ADHD
(502) 409-6993

Dr. Stephen Pollard - Family Allergy and Asthma - Asthma and allergy issues - we saw a diff provider in same practice last Summer - they had to change us to allow us to be seen more quickly (had to have a note for school about Jackie's inhaler)
(800) 999-1249

Dr. Rogers - Norton - Novak Center - Neurology

(502) 588-3650

Dr. Singer - Norton - Sleep Neurologist - we need to schedule Jackie for an overnight sleep study per Dr. Singer.
(502) 588-3650

Darcie Taggart - Current therapist - Creating Connection Therapy & Counseling
(502) 354-2699

Dr. Strickley - Associates in Dermatology - Audobon location
(502) 583-1749

==========
Former Providers
==========

Former GI doctors
Dr. Troy Gibbons (at UK Clinic in Lexington - Pediatric Clinic) -- Motility Center
(859) 323-6211

Dr. El-Chammas (Cincinnati Children's Hospital) -- Motility Center
(513) 636-4415

Former Dermatologist
Dr. Patricia Todd
(502) 588-9581

Former PCP
Dr. Mahajan - Norton
(502) 629-8990

Former psychological testing
Dr. Tonya Stockhammer - StrongMinds
(502) 614-7600

Former developmental pediatrician evaluation
Dr. Judith Axelrod - SquareOneMD
(502) 896-2606

Former provider of ABA Therapy services
Dr. Rashai Reynolds - Spring Health Behavioral - Assessed Jackie initially
(317) 452-6279

Susan McConnell, BCBA - ABA therapist assigned by Spring Health Behavioral and Dr. Reynolds
(502) 291-2139

Former therapists

Lindsey Smith - Seven Counties - she left that company
(502) 589-1100

Theresa Adamchik - Louisville Expressive Therapies - Jackie transitioned care to Dani Creamer at L.E.T.
(502) 509-5380

Dani Creamer - Louisville Expressive Therapies - Jackie transitioned care to Akilah Cherry at L.E.T.
(502) 509-5380

Ms. Sanchez - Bloom Elementary School in school therapy services - Seven Counties
(502) 485-8211

Dr. Lara West - Corydon, IN
(317) 956-2030

==========

On Fri, Jun 14, 2024 at 10:14 AM Megan B Clark <mbclark@kvc.org> wrote:
I still have to contact some of her doctors to confirm diagnosis's , I appreciate the information.

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvcky.org
Join us on Facebook | Instagram | LinkedIn | YouTube | Twitter

---

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:14 PM
To: Megan B Clark <mbclark@kvc.org>
Subject: Touching Base -- 2024-06-13

Hi Megan.

I realize you are probably already gone from your office, but I wanted to check to see if you were able to get everything you needed to close your open case.

Please let me know. Thank you.

John R. Fouts

On Wed, Jun 5, 2024 at 10:04 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Megan.

Of course. I left you a message after you called last week, but I hadn't heard back from you. The only report that I am aware of is from 2017, and involved a charge of child abuse against my ex-wife, and was filed in Colorado. Is that still open?? After 7 years??

I didn't see your email until today.

So you know, my son is now my daughter (male to female transgender). She goes by Jackie and prefers the full name Jaqquelyn. We have not made the official legal name change yet, however, so legally, as of now, still, Jackie is Jack A. Fouts. So when you talk to her, please refer to her as Jackie and use she/her pronouns.

John R. Fouts

On Mon, Jun 3, 2024 at 10:03 AM Megan B Clark <mbclark@kvc.org> wrote:

Hey John, I am reaching out to schedule a time to chat or come by your home. You're family has a open report and I'm needing to discuss it with you as well as see your son. I am free 11-1pm or after 2pm anytime the rest of the week . Feel free to give me a call when you have a moment 859 436 8503

Get Outlook for iOS

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvckentucky.org
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:59 PM
To: Megan B Clark
Subject: Some of other things....

Thought of these after you had left, but still relevant.

In 2022, Jackie's then PCP, Dr. Mahajan, at Norton, had told us that Jackie was exhibiting symptoms of Long Covid, and Jackie was indeed....especially with an exacerbation of pain, exacerbation of headaches, newer onset worse short term memory (which Dr. Mahajan had said she'd seen in a number of children), and extreme fatigue. She had us go to a Cardiologist, to Physical Rehabilitation Medicine, and Pulmonology for Jackie. Jackie already has established care at a Family Allergy and Asthma practice. Jackie already sees a Neurologist - Dr. Rogers at Norton, Gastroenterologist - Dr. Stocker or NP Lindsay McElmurray at U of L Motility Department....Jackie was first diagnosed with Gastroparesis around the age of 3 or 4 I think...that was a long time ago...the diagnosis was done at Cincinnati Children's Hospital using the gold standard test....the nuclear imaging looking for delayed gastric emptying....Jackie has delayed gastric emptying in phases 2 and 4 of digestion according to that test.....I have had Jackie in therapy since Jackie was a small child because I always knew something was not the same as other children....

Jackie was very sensitive, and still is, to light at times...to sound....sensory inputs....Jackie saw Dr. Tonya Stockhammer (Psychologist at StrongMinds) when Jackie was 5 or 6....prior to that...Jackie saw Dr. Lara West in Corydon....Dr. Stockhammer advised us to see Dr. Judith Axelrod at SquareOne MD (one of the best physicians / developmental pediatricians in the region)....Dr. Axelrod confirmed ADHD when Jackie was 6 I believe...Jackie was in therapy at school that I had arranged in 2019 or 2020. I had asked also, if Jackie could be seen by an in-school therapist...and...by an out of school therapist...because Jackie was struggling with some things (and weren't we all....it was the time of the great pandemic of COVID)...which was not so great a time. I was able to get that set up through Seven Counties...so Jackie was seeing Ms. Sanchez at school...and was seeing Lindsey Smith outside of school, so was having therapy sessions 2 times per week...this went on into 2022...at which time, Jackie began being homeschooled - on 2/22/2022 (easy date to remember at least)... Jackie had been having issues with migraines, cluster headaches, and cyclical vomiting syndrome in addition to her anxiety and depression. She was also struggling with pain issues and invisible disability issues....Jackie was seeing Lindsey Smith well into 2022 (I believe through the end of the year)...Jackie had also been enrolled in Art Therapy as of then. Jack was in art therapy through Louisville Expressive Therapies from around August 2022 through February 2023.

At L.E.T., Jackie initially saw Theresa Adamchik, later Dani Creamer (intern), and after that saw Akilah Cherry. Jackie enjoyed art therapy, but Akhilah said she was not able to continue seeing Jackie due to not feeling comfortable dealing with transgender issues which she had not been trained on if I remember correctly - or maybe was just not comfortable tackling transgenderism with everything else.

So Lindsey Smith had left Seven Counties, and Akilah had not felt comfortable with gender affirming therapy, nor was she able to provide what was needed for Jackie to begin receiving appropriate transgender care -- we needed a specific letter from a gender-affirming therapy group to be able to get

Jackie into the P.A.G.E. clinic at the NOVAK Center downtown (specialized in Endocrinology, etc....)...oh...at the end of 2022 and in the Summer 2022...and maybe even somewhat earlier in the year, I had also finally been able to get Jackie into ABA therapy...which was recommended for Jackie since Jackie was younger...

When Jackie was younger...it was not affordable at $200 an hour with a recommended 20 to 40 hours per week....that would have been $4000 to $8000 per week out of pocket or $16000 to $32000 per month out of pocket...and was not a feasible solution in the past...at least not for any family I have ever known. Finally, in 2022 when I was able to receive Medicaid, and Jackie was also, ABA therapy was a covered benefit. In early 2022, I had met with the coordinator for the ABA company...and we had been on the waiting list for a long time....6 months to a year....still...even after meeting with the coordinator...it took months before we were assigned an ABA therapist.....so in 2022...Jackie was seeing an art therapist, a regular psychotherapist at 7 Counties, and an ABA Therapist....I think in the 3rd quarter of 2023 is when the ABA therapist left the company she'd been with, so we were again left adrift trying to find services.

When I spoke to the psychiatry department through Norton, they asked about medications, service providers (physicians), therapists, and stated there was no need for Jackie to have any additional psychiatric help...and they strongly complimented me on my parenting and doing everything possible to take the best care of Jackie that was possible.

In 2023....Lindsey, the Seven Counties therapist left to go elsewhere...and the art therapist had stopped seeing Jackie....we were struggling to find appropriate gender-affirming care for Jackie to get the needed letter for the PAGE clinic...we were referred to a therapy agency that operates solely via telehealth...and after being shuffled through therapists...that 'they' assigned Jackie to....they decided to not see Jackie...it was a big let down....

Darcie Taggart began seeing Jackie shortly after that. From my calendar, it looks like Jackie began seeing Darcie around August of 2023....Jackie's neuropsychiatric evaluation that I had done in 2022 in the middle of the year also came back showing Jackie as having Autism Spectrum Disorder Level 2 and ADHD. It was done by Dr. David Charles at Meridian Behavioral Health.

In late 2022....we had whole genome sequencing done with the results coming back in early 2023 showing that Jackie had one copy of a pathogenic gene, and I had 2 copies of it....the defective gene shows both of us have a primary immune deficiency disorder or inborn error of immunity. That pathogenicity can lead to some of the things Jackie was...and...is....experiencing health-wise.

I'd also applied for Jackie to receive SSI due to all of the mental and physical health issues that she was experiencing, and she was found disabled as of May 2023....now....however...she is listed through SSA as just falling under the umbrella of the disability benefit that I am receiving due to her being the child of a disabled worker...which means a small but slightly larger amount than if she were only collecting SSI. Jackie is on the waiting list, also, for the Michelle P. Waiver, but the list is several years long, so I don't know if she will even be able to access waiver services.

Jackie continues to see Darcie and Darcie has been really a good fit for Jackie.

Please let me know once you have officially closed the case, and please provide documentation to me once that has occurred. I think you said you would, but I want to make sure I ask for that for my records, please.

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 10:18 AM
To: Stacy Polk
Subject: Therapy Goals for Jackie that will likely continue at Seven County Services - 2023-07-26

Stacy,

Thank you again for everything, and nice to see you this morning. I am so sorry that it takes me a little time to be able to move around in the a.m.

I pasted the therapies goals that Jaqquelyn had at Louisville Expressive Therapies below -- that will likely carry over to continuation of therapy at 7 Counties.

I have yet another appointment today at 11 -- it should not take long -- I will be calling 7 Counties after that - and will update you on date and time scheduled for Jaqquelyn.

John

Client: Jack Fouts (Jackie Fouts)

DOB: 04/26/2011

Provider: Emily Ibershoff (Louisville Expressive Therapies - Akhilah's Supervisor) -- Akhilah Cherry was Jaqquelyn's former therapist...at L.E.T. and before that, Dani Creamer was
Jackie's therapist there, and before that Theresa Adamchik was Jackie's therapist there...

Provider License: LPCC #162201

Diagnosis and treatment plan

Diagnosis

F43.22 - Adjustment disorder with anxiety
H93.25 - Central auditory processing disorder
F84.0 - Autistic disorder
F90.1 - Attention-deficit hyperactivity disorder, predominantly hyperactive type

---

Presenting Problem

Display of negative emotions, particularly anger and trouble identifying empathy.

Goal

To develop coping strategies for negative emotions; in particular anger Increase of emotional expression Increase in social
cues, empathy, and acceptance of supportive boundaries.

To handle structured tasks pertaining to school work and chores regularly.

To reduce fear and anxiety, over all.

Objective

Client will use expressive arts mediums 1-2 times per month to explore emotions, particularly with anger, as well as
empathy.

Client will use mindfulness exercises 3-5 times per week to increase positive self talk, and work through negative emotions.

Client will break down goals into smaller tasks, to aid in processing and implementing over all goal(s) effectively, daily.

Client will break down goals surrounding structure into smaller tasks, to aid in over all processing and implementing of
goals pertaining to structure, daily.

Treatment frequency: Every week

I will ask for these same treatment goals to be carried over to 7 Counties for Jackie.

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 21, 2022 5:43 PM
To: Theresa Adamchik
Subject: Re: Model for helping beliefs and perception

If you need me to do something, please let me know. I am just grabbing at straws left and right trying to apply for whatever I can in terms of housing, autism resources, any help for me resources in terms of teaching - Jackie is very defiant and very angry and aggressive toward me...it makes me very sad...

I'm happy to do whatever I need to in order for you all to get paid though...Dani has been of a great help to Jackie.

On Fri, Oct 21, 2022 at 3:00 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> No worries about the letter John, we can take care of it on our end.
> No, Medicaid cant cover these sessions with Dani because she is a student and doesn't have a license yet. We were doing them pro bono at this time.
> I thought we could try and get more covered by Critically Loved, if they were willing to.
>
> Thanks
> Theresa

On Fri, Oct 21, 2022 at 12:54 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Great question related to numbness of the body. Often times the body can hold much of our energy as well as all things that encompass it including anxiety. I have found some resources that relate anxiety to numbness. Overstimulation increases anxiety tendencies and worsens somatic symptoms. Due to the experience demonstrated above, it is a potential cause. When they return, possibly try to have a chat with Jackie trying to get more information on how they felt, what was felt where, for how long did it stay, etc. I will provide the link below that provides some information on somatic symptoms related to overstimulation and anxiety. As well thinking back to our conversation related to dissociation, overstimulation can also cause dissociation (or a break for the brain to recharge).
>
> Sensory Problems Caused By Anxiety (calmclinic.com)
> Anxiety Numbness: Why It Happens and How to Deal (healthline.com)
> Sensory Overload: Symptoms, Causes, Related Conditions, and More (healthline.com)
>
> Recovery is a winding road with many pit stops along the way. However, taking in each step is part of the journey.
>
> Sincerely,
> Danielle Creamer

On Thu, Oct 20, 2022 at 5:41 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Dani! Everything you send is very helpful. We had a bit of a scare this afternoon...I had to go to an orthodontic appt to pick up my retainer after we left your place....we ate lunch at home first...they had to remake the retainer while we were there...so I went over Jackie's math test...they did great on it! 81/96 before bonus and with bonus questions 106/96! I was trying to explain a few of the small mistakes that were made, to Jackie, in the car while we waited the 20 minutes on the retainer remake. Jackie grew very upset and started crying, and then suddenly lost all feeling from the waist down, and lost proprioception waist down...slowly...it has begun to come back...is this anxiety related maybe? Jackie just left with their mom. I am hopeful that recovery continues.

John

On Thu, Oct 20, 2022, 2:52 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to send the model that I use, but also some helpful things to assist in discussing situations with Jackie regarding anger and providing a different perspective for them to assist in their problem-solving and communication. I will also be attaching some things about overstimulation and assisting Jackie in de-escalating.

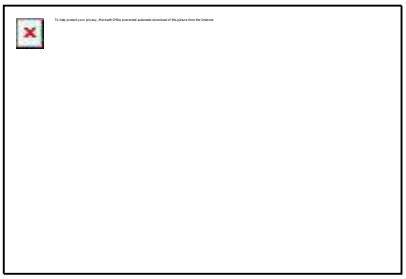
I now use the AHEM model in which provides roots, triggers, and thought processes when becoming angry, sad, or even positive emotions.
First before, ask what emotion they are feeling and provide a safe and comfortable setting.
1. Did the experience hurt them? Did it hurt them physically, emotionally, spiritually, etc.
2. Did you have expectations of what should happen? Just as did they wish for a different outcome but did not receive it.
3. Ask what needs were not met? Were they need of being comforted, being supported, not being alone? Go over what they needed in this situation.
4. What action was taken? Was it the best decision? If you would alter the outcome, what would it be?

Here is also some tools to use that can provide Jackie with some useful tools to take charge of those emotions and thoughts.
Anger Management - The A-B-C-D Model (tutorialspoint.com)
What to do When your Child is Overstimulated • Alverson Pediatric Therapy
How to Cope With Your Child's Sensory Overload (verywellfamily.com)
Autism: Managing Over-stimulation and Stress (mycanopy.org)
6 Ways in Which Children with Autism Handle Overstimulation - Littlegate Publishing

Some signs of overstimulation for Jackie include: running/pacing around, fleeting thoughts, fidgeting, etc.

Sincerely,
Danielle Creamer

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 21, 2022 12:28 PM
To: Theresa Adamchik
Cc: Dani Creamer
Subject: Re: Model for helping beliefs and perception

I do not mind writing more letters but I am a bit covered up right now with hundreds of pages of things to do administratively, so it might be a little while before I can get to that. Shouldn't Medicaid be covering the services at this point? (as of July 1)? If I need to write letters I will try to do so asap - just let me know so I can try to find the time and the energy to get them done. Jackie's well-being is my overall number 1 priority!

John

On Fri, Oct 21, 2022 at 8:53 AM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> Thanks Dani, these are great resources!
> Im also thinking of asking Critically Loved for another 5 sessions of expressive therapy.
> Would you all consider writing letters explaining why JaF would benefit from more expressive therapies? This would include where he was at before therapy, what progress he has made and what things we need to work on.
> This can be in letter format to the board of Critically Loved.
> We can also include any assessments or diagnosis we have received too from other mental health providers.
>
> Thanks Team!
> Theresa

On Thu, Oct 20, 2022 at 2:52 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to send the model that I use, but also some helpful things to assist in discussing situations with Jackie regarding anger and providing a different perspective for them to assist in their problem-solving and communication. I will also be attaching some things about overstimulation and assisting Jackie in de-escalating.
>
> I now use the AHEM model in which provides roots, triggers, and thought processes when becoming angry, sad, or even positive emotions.
> First before, ask what emotion they are feeling and provide a safe and comfortable setting.
> 1. Did the experience hurt them? Did it hurt them physically, emotionally, spiritually, etc.

2. Did you have expectations of what should happen? Just as did they wish for a different outcome but did not receive it.
3. Ask what needs were not met? Were they need of being comforted, being supported, not being alone? Go over what they needed in this situation.
4. What action was taken? Was it the best decision? If you would alter the outcome, what would it be?

Here is also some tools to use that can provide Jackie with some useful tools to take charge of those emotions and thoughts.
Anger Management - The A-B-C-D Model (tutorialspoint.com)
What to do When your Child is Overstimulated • Alverson Pediatric Therapy
How to Cope With Your Child's Sensory Overload (verywellfamily.com)
Autism: Managing Over-stimulation and Stress (mycanopy.org)
6 Ways in Which Children with Autism Handle Overstimulation - Littlegate Publishing

Some signs of overstimulation for Jackie include: running/pacing around, fleeting thoughts, fidgeting, etc.

Sincerely,
Danielle Creamer

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
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Business 502-509-5380

www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, October 15, 2022 2:45 PM
To: Theresa Adamchik; Dani Creamer
Subject: Historical For Jackie
Attachments: 2022-10-14-CO-Social-History.pdf; JackBruise.JPG

I just wanted to share this with you all, but I do ask that you keep it confidential. If my ex-wife knew I was sending this to you, she would become very hateful toward me (even more than she already is at times), and probably take out her anger on Jackie....still...since this is part of Jackie's history....I feel it important that you all know about it...

I was gone for maybe 2 hours tops...looking for a place to live in CO....I came home to my ex-wife saying she wanted to die.....and Jack was crying and very upset....I told my ex-wife I did not want anything to happen to her, but that I needed to take care of Jack first.....I had to console Jack for a long time back then before he would tell me what happened....

My ex-wife, of course, was very angry that I did not take care of her, instead of Jack....that is a whole other thing that is still upsetting to me...

Anyway - I don't know how to tell if the information still shows up for Lindsay (ex-wife) in the TRAILS system...

Please keep all of this, of course, confidential...I am only sharing it because I believe it may be relevant to Jackie's ongoing mental health concerns.

Also, side note, Jackie told me a few times this week so far, that Jackie believes that Jackie has 'never had a positive relationship with me, since the day Jackie was born'. It actually really hurts me to hear Jackie say that, but I'd like to understand where it is coming from. I could not get Jackie to elaborate on that statement at all...it may be something that Jackie can talk about at therapy as well.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: noreply@mail.hellosign.com on behalf of Dropbox Sign <noreply@mail.hellosign.com>
Sent: Wednesday, July 26, 2023 3:26 PM
To: fouts.john@gmail.com
Subject: You just signed J. Fouts - KY - ROI
Attachments: J._Fouts_-_KY_-_ROI.pdf

You have successfully signed your document

DOCUMENT

J. Fouts - KY - ROI

You can view the document as an attachment below (if it's under 25 MB) or by clicking this link. This document and others may also be accessed on Dropbox Sign by creating an account.

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Thanks,
The Dropbox Sign team

fouts.john@gmail.com

From: noreply@mail.hellosign.com on behalf of Dropbox Sign <noreply@mail.hellosign.com>
Sent: Wednesday, July 26, 2023 3:26 PM
To: fouts.john@gmail.com
Subject: You just signed J. Fouts - KY - ROI
Attachments: J._Fouts_-_KY_-_ROI.pdf

You have successfully signed your document

DOCUMENT

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Thanks,
The Dropbox Sign team

fouts.john@gmail.com

From: noreply@mail.hellosign.com on behalf of RaShai Reynolds <noreply@mail.hellosign.com>
Sent: Wednesday, July 26, 2023 12:27 PM
To: fouts.john@gmail.com
Subject: J. Fouts - KY - ROI - Signature requested by RaShai Reynolds

ACTION REQUESTED

RaShai Reynolds (rashai.reynolds@springhealthbehavioral.com) has requested a signature

Review & sign

Document

J. Fouts - KY - ROI

Message from RaShai Reynolds (rashai.reynolds@springhealthbehavioral.com)

Please complete this form to authorize springhealth to speak to the desired party.

Reply to sender

Thanks, The Dropbox Sign team

Warning: To prevent others from accessing your document, please do not forward this email.

fouts.john@gmail.com

From: noreply@mail.hellosign.com on behalf of RaShai Reynolds <noreply@mail.hellosign.com>
Sent: Wednesday, July 26, 2023 12:27 PM
To: fouts.john@gmail.com
Subject: J. Fouts - KY - ROI - Signature requested by RaShai Reynolds

ACTION REQUESTED

RaShai Reynolds (rashai.reynolds@springhealthbehavioral.com) has requested a signature

Review & sign

Document

J. Fouts - KY - ROI

Message from RaShai Reynolds (rashai.reynolds@springhealthbehavioral.com)

Please complete this form to authorize springhealth to speak to the desired party.

Reply to sender

Thanks, The Dropbox Sign team

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Wednesday, July 26, 2023 3:50 PM
To: John Fouts
Subject: Re: Scheduling Updates

I received the completed form. Thank you!

I would be happy to try for staffing at school. Please remind me what school she will be attending. If you would like to proceed with school, you'll need to ask the school if they will allow a therapist in, and if so, how much?

Her insurance will allow for 20 hours per week. We don't have to utilize all 20; however, the more hours, the better it would be to find a staff.

Let me know!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 3:25 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

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I am super glad that you are able to help out with the information -- there was nothing attached so I don't have anything I can sign for you yet. Please send when possible.

As far as the hours go...I think it is absolutely wonderful that Jackie is going back to the school system (it was no longer working regarding homeschooling with Jackie showing so much resentment toward me for homeschooling on mom's weeks -- although that was her choice to have Jackie be with me during the day on her weeks - but Jackie resented me strongly for it..... that all being said....we are going to be back to a more equal and even schedule (which will be really good for Jackie/Jaqquelyn). I am trying to get used to using Jaqquelyn, but I am not used to it yet.

School hours are 8:40 to 3:20....so...with commute just say 8 to 4....I don't know if there would be a way to do some hours at school. I am trying to get school therapy set up presently too (with 7 county services - to maintain the case worker). The therapy will probably be 1 hour per week at school. I think Jackie is going to need more support than that so it would be great to have some ABA at school...and maybe on Mondays (because transitioning from the weekend to the school week can be hard...and because especially on my weeks...I have IVIG on Mondays...)....

Please let me know your thoughts. I know nothing about Jackie's mom's weeks other than she works from home on Tue, Wed, and Friday now...

John

On Wed, Jul 26, 2023 at 9:20 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi -
>
> Yes, I can but will need a release of information on file. I can send this to you to electronically sign in a moment.
>
> If 10 hours per week will work, can you please let me know the desired schedule for those hours (days, times, and location).
>
> If we can begin with a few parent training hours within the month, please let me know if you are open to that and I will see if I have an available BCBA to do that with you.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279
> www.springhealthbehavioral.com
>
> 3-Year Accreditation

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 25, 2023 4:27 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

I don't want to discharge - let's aim for the 10 hours per week. I understand it is a lot. I thought we had finally started getting somewhere when Susan was regularly coming over here - now I feel like that progress has been lost.

Can you please send a note to Stacy Polk at 7 County Services stating that we have been receiving services from your organization during the time Susan came here, and that we have been awaiting a therapist for ABA since then?

Her email address is: spolk@sevencounties.org

I appreciate you. John

On Mon, Jul 24, 2023 at 8:23 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Thank you for the information. Unfortunately, our minimum therapy service is 10 hours per week.

If the school will allow - we can look at having an RBT that can attend school if you are interested in that.

If you would prefer to discharge at this time and reach out when scheduling is better for you all, I am happy to do that as well.

Please let me know.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, July 20, 2023 1:56 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Well, Jaqquelyn (please note spelling) is going to The Phoenix School starting in August - for 7th grade - that will be 8:20 am to 2:20 pm.... We are going to have to leave where I live by like 7:40 am at the latest to get there on time....and the earliest we will be back is 3:00 pm. School starts, I think, on August 12th. I have IVIG on Mondays and am out of commission by the afternoon on most days after an 8 hour long infusion -- sometimes I can barely make it to the grocery store or something if we need food desperately on a Monday. Fridays are transitional days so I'd like to avoid those because they are already so hard for Jackie. 10 to 15 hours seems like too much - we need something in between 0 and that much...

Lindsay, Jaqquelyn's mom, just got a new apartment right next to the Phoenix School - I think that will help Jackie out a lot.

On Thu, Jul 13, 2023 at 6:37 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hello Mr. Fouts -
>
> With the fall coming, I wanted to check in with your family to see if any scheduling changes would allow Jacqueline to engage in at least 10-15 hours per week of ABA therapy?
>
> Please let me know.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279
> www.springhealthbehavioral.com

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"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Wednesday, July 26, 2023 3:50 PM
To: John Fouts
Subject: Re: Scheduling Updates

I received the completed form. Thank you!

I would be happy to try for staffing at school. Please remind me what school she will be attending. If you would like to proceed with school, you'll need to ask the school if they will allow a therapist in, and if so, how much?

Her insurance will allow for 20 hours per week. We don't have to utilize all 20; however, the more hours, the better it would be to find a staff.

Let me know!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 3:25 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

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I am super glad that you are able to help out with the information -- there was nothing attached so I don't have anything I can sign for you yet. Please send when possible.

As far as the hours go...I think it is absolutely wonderful that Jackie is going back to the school system (it was no longer working regarding homeschooling with Jackie showing so much resentment toward me for homeschooling on mom's weeks -- although that was her choice to have Jackie be with me during the day on her weeks - but Jackie resented me strongly for it..... that all being said....we are going to be back to a more equal and even schedule (which will be really good for Jackie/Jaqquelyn). I am trying to get used to using Jaqquelyn, but I am not used to it yet.

School hours are 8:40 to 3:20....so...with commute just say 8 to 4....I don't know if there would be a way to do some hours at school. I am trying to get school therapy set up presently too (with 7 county services - to maintain the case worker). The therapy will probably be 1 hour per week at school. I think Jackie is going to need more support than that so it would be great to have some ABA at school...and maybe on Mondays (because transitioning from the weekend to the school week can be hard...and because especially on my weeks...I have IVIG on Mondays...)....

Please let me know your thoughts. I know nothing about Jackie's mom's weeks other than she works from home on Tue, Wed, and Friday now...

John

On Wed, Jul 26, 2023 at 9:20 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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If we can begin with a few parent training hours within the month, please let me know if you are open to that and I will see if I have an available BCBA to do that with you.

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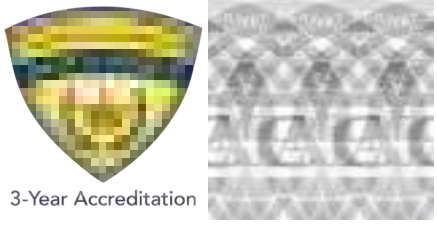

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Her email address is: spolk@sevencounties.org

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On Mon, Jul 24, 2023 at 8:23 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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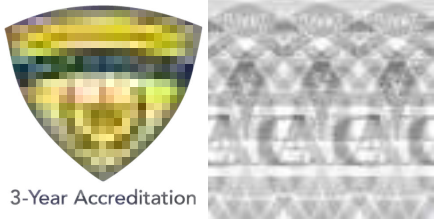

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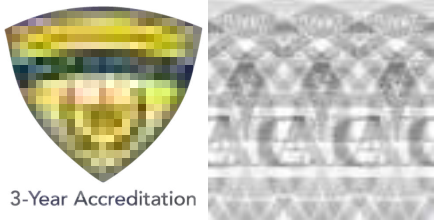
> 
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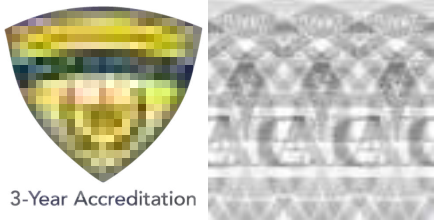
> 
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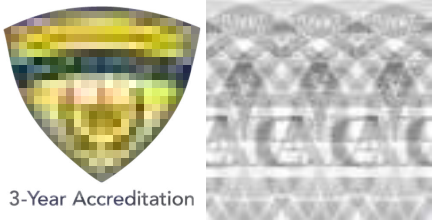

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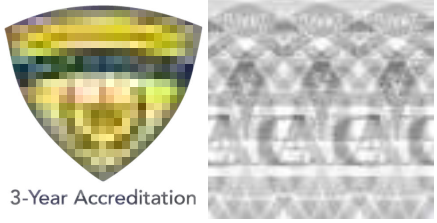

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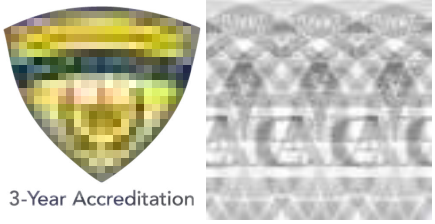

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get there on time....and the earliest we will be back is 3:00 pm. School starts, I think, on August 12th. I have IVIG on Mondays and am out of commission by the afternoon on most days after an 8 hour long infusion -- sometimes I can barely make it to the grocery store or something if we need food desperately on a Monday. Fridays are transitional days so I'd like to avoid those because they are already so hard for Jackie. 10 to 15 hours seems like too much - we need something in between 0 and that much...

Lindsay, Jaqquelyn's mom, just got a new apartment right next to the Phoenix School - I think that will help Jackie out a lot.

On Thu, Jul 13, 2023 at 6:37 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hello Mr. Fouts -

With the fall coming, I wanted to check in with your family to see if any scheduling changes would allow Jacqueline to engage in at least 10-15 hours per week of ABA therapy?

Please let me know.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
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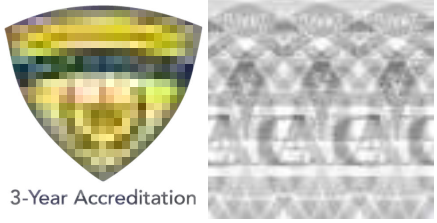

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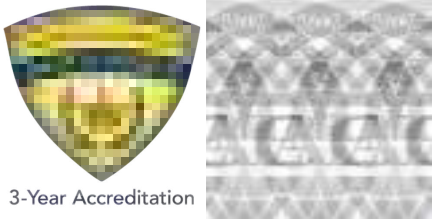

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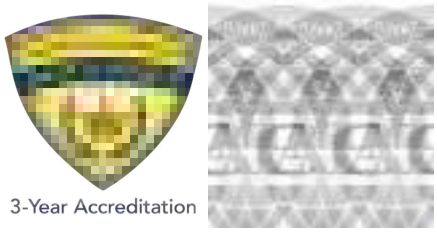

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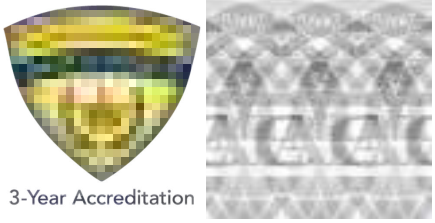

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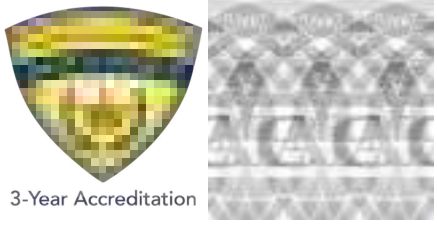

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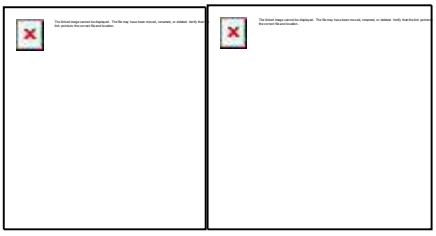

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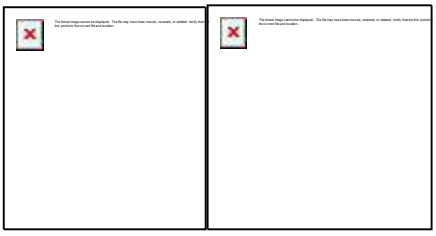

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2022
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To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: RBT Availability June 5 - June 12

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I have art therapy (Telehealth) on Tuesdays from home. If she wanted to come for a couple of hours on Tuesday the 13th - like from 12:00 to 2:00 that would be great for Jackie (who is now going by the full name Jaqquelyn). She is growing into herself - you know?

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p.s. Sorry about the delay - I have a pretty severe UTI at the moment and am having a hard time doing anything really.

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Please let me know.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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"Shining" in Service,

John R. Fouts, MBA

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Thank you. I will see if the technician can do 1200p – 200p on Tuesday, June 13th.

I may have the BCBA accompany her if she can.

I will keep you posted!

Glad to hear about Jaqquelyn!

RaShai Reynolds, Ph.D., BCBA-D, LBA
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BHCOE ACCREDITED
2022
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I have a BCBA who is likely available to provide parent training. If you are open to it and let me know – I can link you all to create a schedule. This person would replace Susan.

Thank you!

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To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

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Yes - they said they could not do it either. That is why I asked you.

On Mon, May 15, 2023 at 9:06 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
>
> After looking over the document, unfortunately – our services do not warrant this type of recommendation. You will need someone who provided therapeutic mental health services to provide this recommendation letter. Does Jackie see an actual mental health therapist?
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, May 11, 2023 at 4:31 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

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I'm so sorry - that is what I get for trying to multitask.

On Thu, May 11, 2023, 4:16 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
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> What would the contents of the letter be? I didn't see a guideline attached.
>
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Pronouns: she/her

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Error! Filename not specified.Error! Filename not specified.

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, May 11, 2023 at 3:33 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

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Novak Center at Norton sent this template for providers to use to write a letter on Jackie's behalf. Can you write one for us?

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, May 2, 2023 2:20 PM
To: John Fouts
Subject: Re: Susan McConnel - Update 5.2.23

Always. I have a well-informed, season analyst in the pipeline. I will keep you posted.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
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From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, May 2, 2023 at 2:18 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Susan McConnel - Update 5.2.23

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Well, thanks for letting me know. I appreciate you keeping me updated.

John

On Tue, May 2, 2023, 2:13 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> I hope you are well. I wanted to let you know that Susan is no longer contracted with the company. She no longer works for us.
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> I apologize for any inconvenience that this may cause. I am working to re-staff and provide a new BCBA for Jackie.

Please call me with any questions or concerns.

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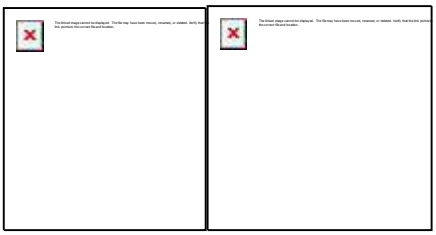

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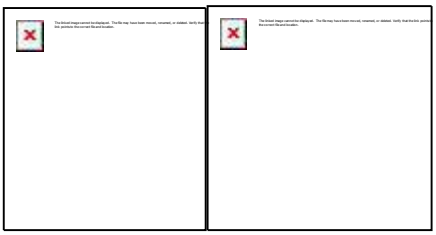

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Friday, March 31, 2023 1:18 PM
To: John Fouts
Subject: Re: Direct Therapy Schedule Updates

Hi –

I am sorry to hear. Yes, we can start with 8 hours, given the circumstances. No problem.

I have an interview today for a technician and as soon as I have someone, I will let you know.

RaShai Reynolds, Ph.D., BCBA-D, LBA
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Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

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Dr. Reynolds - thanks for following up. I promise I have not forgotten about getting back to you. I am really continuing to struggle a great deal with my health....with life in general....with my ex-wife's on-going mental health hospital inpatient stays and how they affect Jackie etc...

I would like to know if we could start off by aiming for 1:00 to 5:00 on Tuesdays and Wednesdays. We need to ease into it some for Jackie. Can we please start with this - 8 hours per week?

Thursdays are pretty full for Jackie already with Susan coming, and with Art Therapy in the evenings.

John

On Wed, Mar 29, 2023 at 2:36 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi

I am following up.

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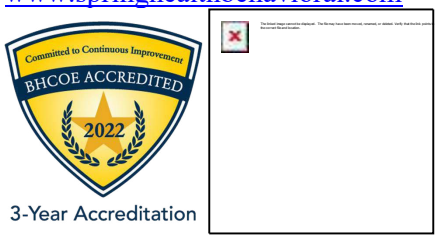

From: RaShai Reynolds
Sent: Tuesday, March 21, 2023 2:37 PM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: Direct Therapy Schedule Updates

Sure - I'll reach out then.

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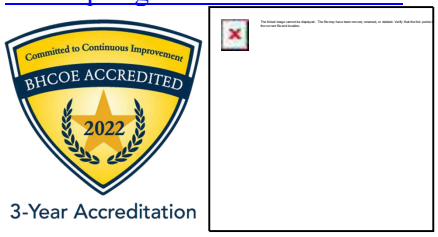

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I see. Thanks for bearing with me as I gain further understanding of the process. It is complicated because we are living at my parents' house, and not at my own home or place of residence. It complicates things in many ways.

May I ask you, please, to reach out to me early next week? I recently learned I have a spinal tumor in a bone of my vertebrae, and I am scheduled to see an Oncologist this Thursday, and my mind is somewhat preoccupied at the moment. Could I ask you, please, to reach out to me again early next week? I am not trying to put you off - I have a lot on my mind at the moment.

John

On Fri, Mar 17, 2023 at 4:19 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> ABA therapy is a tiered delivery model.
>
> Susan creates a treatment plan that has goals for Jackie. The RBT (registered behavior technician) works 1:1 with Jackie on these goals. Susan continues to come and consult as normal. However, the RBT is there more frequently doing 1:1 sessions.
>
> Let me know is that makes sense.
>
> Thanks
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
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What is an RBT and how does this impact the schedule with Susan? We are going to need to adjust the time some probably. Please answer when possible. Thank you.

John

On Thu, Mar 16, 2023 at 5:42 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts!
>
> I wanted to check in with you to verify that the schedule for a 1:1 rbt is the same as when you first initiated services.
>
> I have:
>
> Dad Home Schedule:
> T. = 330pm to 700p (3.5)
> W. = 330p – 700p (3.5)
> Th. = 330p – 700p (3.5)
>
> Is this still correct?

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Friday, March 31, 2023 1:18 PM
To: John Fouts
Subject: Re: Direct Therapy Schedule Updates

Hi –

I am sorry to hear. Yes, we can start with 8 hours, given the circumstances. No problem.

I have an interview today for a technician and as soon as I have someone, I will let you know.

RaShai Reynolds, Ph.D., BCBA-D, LBA
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Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

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Dr. Reynolds - thanks for following up. I promise I have not forgotten about getting back to you. I am really continuing to struggle a great deal with my health....with life in general....with my ex-wife's on-going mental health hospital inpatient stays and how they affect Jackie etc...

I would like to know if we could start off by aiming for 1:00 to 5:00 on Tuesdays and Wednesdays. We need to ease into it some for Jackie. Can we please start with this - 8 hours per week?

Thursdays are pretty full for Jackie already with Susan coming, and with Art Therapy in the evenings.

John

On Wed, Mar 29, 2023 at 2:36 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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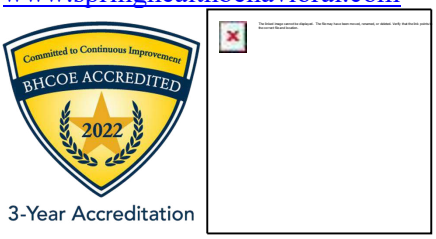

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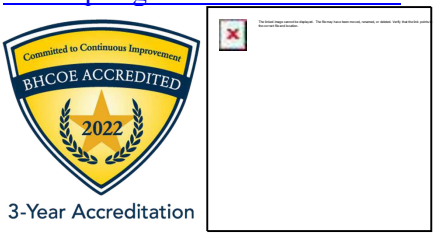

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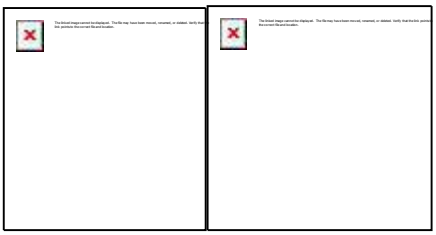

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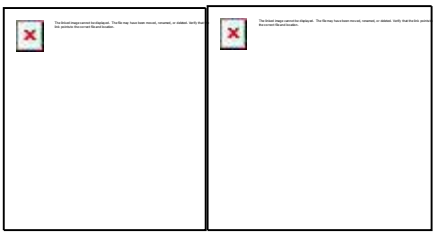

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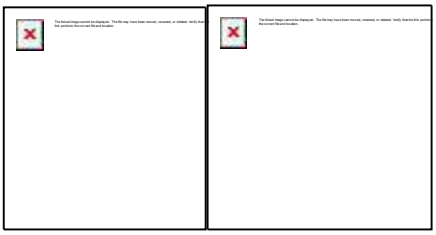

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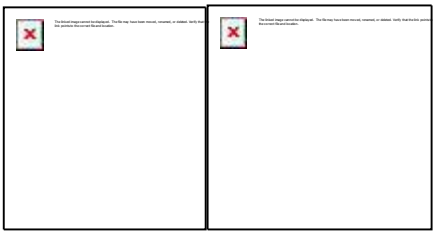

From: John Fouts <fouts.john@gmail.com>
Date: Friday, March 17, 2023 at 4:17 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Direct Therapy Schedule Updates

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What is an RBT and how does this impact the schedule with Susan? We are going to need to adjust the time some probably. Please answer when possible. Thank you.

John

On Thu, Mar 16, 2023 at 5:42 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts!
>
> I wanted to check in with you to verify that the schedule for a 1:1 rbt is the same as when you first initiated services.
>
> I have:
>
> Dad Home Schedule:
> T. = 330pm to 700p (3.5)
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>
> Is this still correct?
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

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Sent: Friday, March 17, 2023 4:19 PM
To: John Fouts
Subject: Re: Direct Therapy Schedule Updates

ABA therapy is a tiered delivery model.

Susan creates a treatment plan that has goals for Jackie. The RBT (registered behavior technician) works 1:1 with Jackie on these goals. Susan continues to come and consult as normal. However, the RBT is there more frequently doing 1:1 sessions.

Let me know is that makes sense.

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2022
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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Monday, January 30, 2023 11:09 AM
To: John Fouts
Subject: Re: visit

Hello John and Jackie,
Would you be available to meet this Thursday around the same time? I need to get more information and get to know Jackie better.
Let me know if this will work.
THanks
Susan

Susan Mcconnell, BCBA, LBA
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 17, 2023 9:59 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Forgot to confirm with you that I received your email. I'm sorry I did not get back with you sooner. See you on Thursday

On Fri, Jan 13, 2023 at 9:29 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Good morning. Great. Let's say 1:30. The visit will be about 2 hours max. Long enough to meet and discuss your concerns and to meet Jackie.
>
> Look forward to meeting you.
> Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Either time works, just let me know. Also please let me know how much time to budget for the meeting. Thank you.

John

On Wed, Jan 11, 2023, 10:24 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

Hi John,
Im pretty clear about your temporary situation. I will of course be flexible. Yes, Thursday works.
How about 1:30? Or, do you prefer 1? That should give us enough time before family gets home?

Thanks
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 11, 2023 4:20 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Hi Susan.

Next Tuesday is really crammed already for us with several appointments. Would Thursday work, the19th - or what about Friday, the 20th, if Thursday does not work?

Please note: We are living in my parents' home. We are living in the basement until we are able to find a way to be in our own space again. This is not our home, unless you would like to say that it is our home temporarily.

Please let me know if Thursday or Friday will work. I'm sorry Tuesday is simply too busy of a day already.

I would prefer that you come during the day when my dad and mom are busy at work and teaching respectively.

My dad will not refer to Jackie as Jackie nor use she/her pronouns, and he would request that you call Jackie Jack in front of him....Jackie has to have 2 identities while living here, which of course is not healthy, and because of the autism piece and already the level of dissociation that Jackie experiences - I do not want to encourage or inadvertently facilitate more of those things....Jackie's well-being is the most important thing to me. I have had to make the decision to move in here because I am literally not able to work due to chronic illness at this time. The latest thing to crop up for me is Atrial Fibrillation now.....that is in addition to a large number of other things. Most are attributable to Sjogren's Disease which causes many of the same things as Lupus as one example.....it is lesser known yet more people have it....it is a very strange paradox.

Jackie has Art Therapy on Thursday nights at 7:30 p.m. On the 19th and the 20th, that is the only appointment or time slot that cannot be flexible. Jackie gets the most benefit from art therapy of any therapy we have tried. Looking forward to hearing back from you soon.

John

On Wed, Jan 11, 2023 at 12:47 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

Hello Mr. Fouts,

I am Susan Mcconnell the BCBA assigned to Jackie. Would you be available next week on Tuesday?
I can come earlier in the day or after school at 5:30. It would be good for me of course to meet Jackie and talk with you both. Perhaps we can speak first, just you and I. Jackie's plan will need to be created first and then we will address her programing.
Please let me know if that is convenient for you. Where would you like to meet?
I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

Sincerely,
Susan Mcconnell, BCBA, LBA

Susan Mcconnell, BCBA, LBA
Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Re: visit

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******
Susan,

I have not received any message from you. What phone number did you dial? This email (from yesterday at 8:14 p.m.) is the first communication I have received from you, and I had not had a chance to respond yet as I was preparing for my bankruptcy hearing, which wrapped up only a few moments ago. If I had not had TMS therapy earlier today, I may have been able to respond sooner.

I have copied Dr. Reynolds on this correspondence so she is aware that I have returned communication to you with regard to the email you sent last night.

Is the meet and greet in person? Or is it telehealth? Do you want to do the meet and greet with Jackie present? We are living in my parents basement. My sister's oldest child (my nephew) also lives here. My parents both are still working. My mom is a teacher and gets home around 3pm when she

comes straight home. My mom is 70, and also takes care of my 93 year old grandmother (her mother) who lives in Sellersburg, IN. My dad is 78, and works in economic development. He has over 40 years of experience in that field. His schedule is fairly flexible, but he is often gone during the hours of a typical workday. My mom has a Ph.D. in Differentiated Education. She has taught in the special needs sector for decades. Several years ago, she received Runner-Up for Teacher of the Year in the state of Indiana. Unfortunately, it often seems like neither parent, has any patience when they come home from work - it has all been exhausted, and Jackie and me often bear the brunt of the lack of patience.

Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

On 2/22/2022, Jackie began being home-schooled. Jackie was continuously being bullied at school, and the 504 plan was not at all being adhered to, and after 2 meetings with the superintendent and nothing changing, we had to do something to help preserve the remaining confidence that Jackie had. We are working on rebuilding Jackie's confidence. By we, I primarily mean me, and Jackie's therapists.

I do not like the situation that we are in, in the basement, because my dad refuses to accept and acknowledge Jackie as Jackie as opposed to Jack. My dad said he will never call Jackie, Jackie. That means that Jackie has to have 2 identities in the same household. Also, my dad does not want anyone else calling Jackie, Jackie, in his presence, which is very confusing, and makes others not want to call Jackie, Jackie.

In addition, I have overheard my nephew and my dad talking about how wrong it is for people to be transvestites (Jackie is experiencing gender dysphoria, and is not a transvestite), but still hearing things like that is not healthy for Jackie, and the environment is not what I would prefer for it to be. My mom is 'more accepting' of Jackie, but often says mean things and has no self awareness of it. She has many narcissistic tendencies, and they are all things I should expect as I grew up with her as my mother, but still catch me off guard at times.

It is strange though, because she can be as sweet as pie, or as mean as a snake, and you never know which mother you are going to get. Jackie struggles with rage and anger issues at times probably due to the autism, has trouble with impulsivity control due to adhd, and after the long-covid diagnosis, struggles with fatigue, shortness of breath, memory issues, etc...I am hoping that Jackie recovers over time. Sjogren's Syndrome can definitely be a genetically passed disease. It is actually called Sjogren's Disease now... I am concerned Jackie may have it - Jackie has gastroparesis, migraine,

cluster headaches, cyclical vomiting syndrome, neuropathy, autonomic dysfunction, anxiety, depression, fatigue, shortness of breath, memory issues/brain fog, and it just sounds so close to what I experience, that I am heart-broken that Jackie has to experience the same kinds of things.

Oh back to the custody thing....so we are supposed to have 50/50 split custody, but Jackie is with me, even on Jackie's mom's weeks, from about 7:30 a.m. to 5:30 p.m. for homeschooling. She basically takes advantage of me and uses me as a babysitter. If I say no to her though, it will only hurt Jackie in the end, and me, because Jackie tells me she is always talking badly about me and saying negative things about me. I cannot confirm nor deny this as I am not there when it is just the 2 of them.

Mondays are not a good day to meet for me as I have to have IV Benadryl with the IVIG and I am just kind of out of it in terms of being sleepy. We have various standing appointments on other days of the week. What does your schedule look like?

John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

On Mon, Jan 9, 2023 at 8:14 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hello John,
> My name is Susan Mcconnell, BCBA, and I wanted to introduce myself and see when we would be able to meet and start services with Jackie. I have her assessment to complete and we can have our first meet and greet at your earliest convenience. I have left a message and I'm aware you have moved. Please contact me at your convenience.
> Look forward to meeting you both.
>
> Sincerely,
> Susan McConnell, BCBA, LBA
> 502-291-2139
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Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
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P. 502.956.0052
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--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246
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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Wednesday, January 11, 2023 10:24 PM
To: John Fouts
Subject: Re: visit

Hi John,
Im pretty clear about your temporary situation. I will of course be flexible. Yes, Thursday works.
How about 1:30? Or, do you prefer 1? That should give us enough time before family gets home?

Thanks
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 11, 2023 4:20 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Hi Susan.

Next Tuesday is really crammed already for us with several appointments. Would Thursday work, the19th - or what about Friday, the 20th, if Thursday does not work?

Please note: We are living in my parents' home. We are living in the basement until we are able to find a way to be in our own space again. This is not our home, unless you would like to say that it is our home temporarily.

Please let me know if Thursday or Friday will work. I'm sorry Tuesday is simply too busy of a day already.

I would prefer that you come during the day when my dad and mom are busy at work and teaching respectively.

My dad will not refer to Jackie as Jackie nor use she/her pronouns, and he would request that you call Jackie Jack in front of him....Jackie has to have 2 identities while living here, which of course is not healthy, and because of the autism piece and already the level of dissociation that Jackie experiences - I do not want to encourage or inadvertently facilitate more of those things....Jackie's well-being is the most important thing to me. I have had to make the decision to move in here because I am literally not able to work due to chronic illness at this time. The latest thing to crop up for me is Atrial Fibrillation now.....that is in addition to a large number of other things. Most are attributable to Sjogren's Disease which causes many of the same things as Lupus as one example.....it is lesser known yet more people have it....it is a very strange paradox.

Jackie has Art Therapy on Thursday nights at 7:30 p.m. On the 19th and the 20th, that is the only appointment or time slot that cannot be flexible. Jackie gets the most benefit from art therapy of any therapy we have tried. Looking forward to hearing back from you soon.

John

On Wed, Jan 11, 2023 at 12:47 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

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Please let me know if that is convenient for you. Where would you like to meet?
I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

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Susan Mcconnell, BCBA, LBA

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Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, January 10, 2023 3:54 PM
To: John Fouts
Subject: Re: Schedule Appt

No worries. She may have been calling the wrong number. And yes, she has been briefed on all of the details and knows where you and Jackie are currently living and the address.

She will need to meet you and Jackie in person.

Thanks!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

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To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Schedule Appt

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Dr. Reynolds,

She had not contacted me via telephone, and the only correspondence I had received from her was an email she sent last night at 8:14 p.m. I had not yet had a chance to respond to the email due to having a TMS therapy appointment this morning, trying to get in touch with a case manager, and preparing for my bankruptcy meeting, which just ended. As soon as the bankruptcy meeting ended, I wrote to her, and copied you. I don't know if she may have been calling the wrong number? She understands that me and Jackie's mother are divorced doesn't she? The only thing I can think is that she was only trying to reach out to Jackie's mom??

John

On Tue, Jan 10, 2023 at 9:39 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –

Susan has tried to contact you to set up the first appointment. Can you please reply in, here with your availability?

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, January 10, 2023 3:54 PM
To: John Fouts
Subject: Re: Schedule Appt

No worries. She may have been calling the wrong number. And yes, she has been briefed on all of the details and knows where you and Jackie are currently living and the address.

She will need to meet you and Jackie in person.

Thanks!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
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From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, January 10, 2023 at 3:31 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Schedule Appt

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To: John Fouts
Cc: Susan Mcconnell
Subject: Schedule Appt

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Wednesday, January 4, 2023 10:49 AM
To: John Fouts
Subject: Re: Checking In 12.30.22

Hi Mr. Fouts –

Thank you for the information. Jackie's goals are not yet established. This is what Susan will be getting in place. She will establish Jackie's goals and well as your and moms parent training goals 😊

I will have her reach out to you to schedule a time to meet!

Exciting!

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From: John Fouts <fouts.john@gmail.com>
Date: Monday, January 2, 2023 at 2:23 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Checking In 12.30.22

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Hi Dr. Reynolds.

I was in the middle of moving, so I was not yet able to reach out to you, but now the move is finalized (although - hopefully it will be a temporary move).

Jackie and I are now living at:

184 Cedarview Dr.
Shepherdsville, KY 40165

I am living in the basement of my parents' home with Jackie.

Jackie is still with her mother every other week at:

13018 Observation Circle Apt. 302
Louisville, KY 40243

Jackie still does homeschool during all weeks, and on Jackie's mother's weeks, does homeschool now at 184 Cedarview Dr. Shepherdsville, KY 40165 (the same address I gave you above that we have moved to).

If you should have any questions, please let me know. Thank you for the status update. It is appreciated.

If it is possible for you to send me/us the therapy goals for Jackie so I can view them prior to meeting, I would like to do so. I always like to have time to think about things and formulate questions if I have any based on the information at hand. It is just how I am built.

Thanks Dr. Reynolds.

Oh - our holiday went okay - but it was bittersweet....moving during the holiday season is not easy. Hope yours was good also.

John

On Fri, Dec 30, 2022 at 12:44 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hello Mr. Fouts –
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> I am excited to get things started for your family and still working hard to locate a therapist.
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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Thursday, December 15, 2022 2:14 PM
To: John Fouts
Subject: Re: Checking In - 12.13.22

Hi!

Absolutely – After the holidays is reasonable. The BCBA will be ready in January to start some parent training. I am very hopeful that a RBT will come to fruition soon!

I am wishing you all a healthy and happy holiday!

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From: John Fouts <fouts.john@gmail.com>
Date: Wednesday, December 14, 2022 at 5:27 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
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Dr. Reynolds,

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I apologize in the delay in getting back to you - it has been a very challenging time for me as the chronic fatigue syndrome issues I deal with are continuing to become more exacerbated for whatever reason - with no known trigger - it is very difficult as I have been pretty much bed-bound for a couple of years in the past - I do not want to have that life again - but when your health is slipping - and nobody knows how to help - it is very challenging.

I am going to be following up with Dr. David Charles at Meridian Behavioral Health (who did Jackie's neuropsychiatric evaluation previously), and seeing if they may have any options. I will keep you posted - I do not think they offer ABA - but other services may be able to fulfill the current gap/need that exists in Jackie's healthcare.

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fouts.john@gmail.com

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Wednesday, November 16, 2022 4:20 PM
To: John Fouts
Subject: Fwd: Therapist Cancellation - Please read

---------- Forwarded message ---------
From: **RaShai Reynolds** <rashai.reynolds@springhealthbehavioral.com>
Date: Wed, Nov 16, 2022 at 4:18 PM
Subject: Therapist Cancellation - Please read
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

Hi Lindsay -

It is with great regret that I must inform you that Dataya has had a change in her schedule. She recently notified me that Jackie's treatment schedule no longer works with her schedule. I did offer alternate options; however, she was not able to accommodate.

Therefore, she will not start, and I am again looking for therapist.

Susan – the BCBA is still slated to start and can offer parent training when she begins.

I am sorry for the inconvenience, and I will keep you posted.

RaShai Reynolds, Ph.D., BCBA-D, LBA

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Date: Wed, Nov 16, 2022 at 4:18 PM
Subject: Therapist Cancellation - Please read
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

Hi Lindsay -

It is with great regret that I must inform you that Dataya has had a change in her schedule. She recently notified me that Jackie's treatment schedule no longer works with her schedule. I did offer alternate options; however, she was not able to accommodate.

Therefore, she will not start, and I am again looking for therapist.

Susan – the BCBA is still slated to start and can offer parent training when she begins.

I am sorry for the inconvenience, and I will keep you posted.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Wednesday, November 16, 2022 4:17 PM
To: John Fouts
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

Hi Mr. Fouts –

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Wednesday, November 16, 2022 at 11:27 AM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

Hi Mr. Fouts –

The therapist's name is Dataya (Duh-tie-yuh).

No, there will be no therapy on Thanksgiving Day. You should expect to have therapy on Wednesday, though.

Email: Dataya.Hooks@springhealthbehavioral.com
Phone: 319.520.5044

Your BCBA will be Susan McConnell. She is still onboarding and I will provide you her contact information when she is complete 😊

Stay warm!

RaShai Reynolds, Ph.D., BCBA-D, LBA
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Dr. Reynolds,

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Also - during the week of Thanksgiving - I am certain that we will not be meeting with him/her on Thanksgiving Day itself. What about the Wednesday of Thanksgiving week? Trying to figure out family meal schedule too - I am sure you understand.

Please let me know when you can.

Have a good day and a great week.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Tuesday, November 15, 2022 6:01 PM
To: John Fouts
Subject: Fwd: FoutJac - ABA Schedule

---------- Forwarded message ---------
From: **RaShai Reynolds** <rashai.reynolds@springhealthbehavioral.com>
Date: Thu, Nov 10, 2022 at 10:02 AM
Subject: Re: FoutJac - ABA Schedule
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

Wonderful.

The therapists name is Dataya. I will be providing her your phone number so that she may call/text you if any delay or issue may arise.

The Behavior Analyst assigned to Jackie is Susan. You will meet her at a later date 😊 Susan will supervise treatment programming and goals.

What is the best number to reach you, and do you accept text messages?

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

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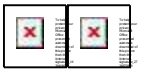

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Date: Thursday, November 10, 2022 at 9:30 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: FoutJac - ABA Schedule

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yes, thanks

On Thu, Nov 10, 2022 at 9:23 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Yes. Thank you.
>
> Will you be prepared for the therapist be at your home on **11.16.22 and 11.17.22 from 400p – 700p?**
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> This would be their first meet and the therapist would be pairing (rapport building) with Jackie these two days.
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Subject: Re: FoutJac - ABA Schedule

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can we do Tues, Wed, Thurs, 4-7?

On Fri, Oct 28, 2022 at 7:27 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi Lindsay -

I am working to solidify a schedule for ABA therapy during which Jackie is at your home.

Please let me know if the following schedule will work.

M - F 330p-630p

If this does not work it would be very helpful if you could send me a schedule that may work for your home.

Thank you!

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Thursday, November 10, 2022 4:35 PM
To: John Fouts
Subject: Re: Wondered if you had heard from Jack's mom...

Yes I heard back from her and the schedule for her home is set.

Thanks!

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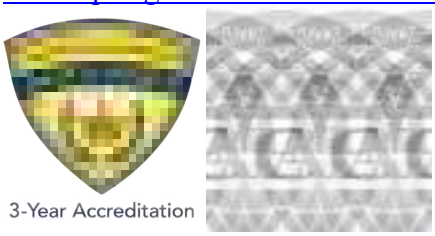

From: John Fouts <fouts.john@gmail.com>
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Subject: Wondered if you had heard from Jack's mom...

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Dr. Reynolds,

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I'm kind of worried about her - she suffers from bipolar and depression.

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Fax. 502.996.8246

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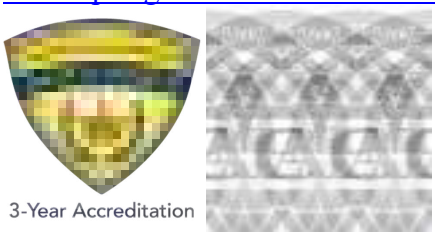

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, November 8, 2022 4:35 PM
To: John Fouts
Subject: Re: FW: FoutJac - ABA Schedule

Thank you

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From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, November 8, 2022 at 2:54 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: FW: FoutJac - ABA Schedule

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I will ask her again to respond to you - I will text her - sometimes she responds better that way.

On Tue, Nov 8, 2022 at 2:29 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> See below as FYI.
>
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> *Pronouns: she/her*
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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Tuesday, November 8, 2022 at 2:18 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Subject: Re: FoutJac - ABA Schedule

Hi Lindsay –

We have a therapist lined up for Jackie. Are you willing to participate in ABA therapy at your home when Jackie is there? I have an urgent need to determine a schedule for services during for the weeks that Jackie is with you….. if you will not be declining that Jackie participate while in your care.

The therapist will be starting during a week when Jackie is at your home.

Please let me know as soon as possible.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Tuesday, November 1, 2022 at 6:00 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Subject: Re: FoutJac - ABA Schedule

Hi -

No, this would be his weekly scheduled therapy time.

If this time does not work, what is a weekly schedule time that would work for your home?

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279

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Error! Filename not specified.

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Tuesday, November 1, 2022 4:47 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: FoutJac - ABA Schedule

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Would this be for one week?

I would need to leave work early.

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> Please let me know if the following schedule will work.
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> M - F 330p-630p
>
> If this does not work it would be very helpful if you could send me a schedule that may work for your home.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, November 8, 2022 4:35 PM
To: John Fouts
Subject: Re: FW: FoutJac - ABA Schedule

Thank you

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
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From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, November 8, 2022 at 2:54 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: FW: FoutJac - ABA Schedule

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I will ask her again to respond to you - I will text her - sometimes she responds better that way.

On Tue, Nov 8, 2022 at 2:29 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> See below as FYI.
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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Tuesday, November 8, 2022 at 2:18 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Subject: Re: FoutJac - ABA Schedule

Hi Lindsay –

We have a therapist lined up for Jackie. Are you willing to participate in ABA therapy at your home when Jackie is there? I have an urgent need to determine a schedule for services during for the weeks that Jackie is with you….. if you will not be declining that Jackie participate while in your care.

The therapist will be starting during a week when Jackie is at your home.

Please let me know as soon as possible.

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Tuesday, November 1, 2022 at 6:00 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Subject: Re: FoutJac - ABA Schedule

Hi -

No, this would be his weekly scheduled therapy time.

If this time does not work, what is a weekly schedule time that would work for your home?

RaShai Reynolds, Ph.D., BCBA-D, LBA
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From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Tuesday, November 1, 2022 4:47 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: FoutJac - ABA Schedule

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Wednesday, November 2, 2022 5:34 PM
To: John Fouts
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28

Hello –

I hope you both are well this week!

A few things:

1. I have located a therapist for Jackie. She has availability in the evening. That is great news. She is slated to start 11.16.22.
    a. I think this may be a week when Jackie is at mom's home?
2. I do not have a schedule for Lindsay's home. I have gotten one reply from her and responded back with clarification for her.
3. In looking at the calendar provided to me I am proposing the following schedule for your home for a total of 10.5 hours per week.
    a. M. = None per your request.
    b. T. = 330pm to 700p (3.5)
    c. W. = 330p – 700p (3.5)
    d. Th. = 330p – 700p (3.5)
    e. F = None – to allow for transition to mom's home.

*Note – Once the schedule starts there is ability to add time to Mondays, Fridays, or weekends if possible. For now, we can see how the scheduling and therapy goes.

Please let me know if you have any objections to this schedule or if you can agree to this schedule. This would be what I communicate to the therapist.

Thank you!

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Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

From: John Fouts <fouts.john@gmail.com>
Date: Friday, October 28, 2022 at 6:03 PM

To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28

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Hi Dr. Reynolds (again)...

Thanks for your patience. I completely understand what you are saying about the number of hours required for therapy. When you see our schedule, it might make more sense as to why I am having trouble finding how to get it to fit in, but I think we will be able to accommodate 12 hours....we need to start there at the lower end in order to find time and see if there is a good benefit. I know we need to do something differently...I feel like I am losing my child to mental issues and mental illness and I need help with things.

When Lindsay picked up Jackie this afternoon, just a few minutes ago, I told her you had been trying to reach her to schedule time during her weeks.

I have attached the schedule for Jackie and myself for the weeks through March 1.

Keep in mind:

* The time-slots for speech therapy and OT have not been yet confirmed.

* I need to schedule an appointment and pulmonary testing for Jackie - TBD

* I need to schedule an appointment to have Jackie's eyes checked out (eye exam), and to see what might be causing the eye issues Jackie is experiencing.

* I am working on getting a prescriber in place that is a specialist - I have reached out to Meridian Health who did Jackie's neuropsychiatric evaluation

* I am trying to get Jackie scheduled to see the P.A.G.E. Clinic. They specialize in gender dysphoria. I may be able to have Meridian Health take over this piece too, however, as they are a gender affirming practice.

* Jackie has occasional dermatology appointments that are scheduled as there is availability

* Jackie has occasional neurology appointments that are scheduled as there is availability

* I am working on finding a group setting or a way to have Jackie in some way interact with children Jackie's own age to learn more social and emotional soft skills and to learn how to better read non-verbal behavior and social cues

* I don't know what to do, but Jackie's anger has spiraled out of control

* Jackie is dealing with Long Covid symptoms - the long covid clinic recommended appointments have largely not been set up yet

* I, John, have an endovenous laser ablation surgery that I need to schedule for my left leg greater saphenous vein to be ablated - recovery was harder than I thought it would be when I had to do this for my right leg earlier this year

* I am trying to get TMS therapy for myself, but having trouble finding a way to get it as it is a commitment that requires every day presence for around a month

---

Please see the attached calendar, and please let me know if you have any questions/comments/suggestions about what you recommend in terms of timing.

Thank you Dr. Reynolds! I'm so sorry that there are so many complicating factors with our situation. On top of everything else, I will likely be filing Chapter 7 Bankruptcy in the very near future ... unless I can find some other way ...

John

On Fri, Oct 28, 2022 at 3:10 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Great.
>
> Yes send me a schedule that works for your home. I called Lindsay yesterday to work with her for a schedule at her home. Have not heard back.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
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From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 28, 2022 2:54 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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Dr. Reynolds,

We will make at least 12 hours work. Unfortunately, I cannot control the schedules of other providers involved in care, or my life would be a lot easier. When I am back at my laptop, I can send you each week's schedule that is already scheduled through the next 8 weeks to 12 weeks or something, and we can go from there. Will that work?

John

On Fri, Oct 28, 2022, 12:59 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi –

Thank you for the information. 25 hours per week of ABA therapy is typical for this type of therapy. Usually, ABA therapy is the 'main' therapy that is received. For Jackie, that is not the case – so that makes scheduling and servicing challenging. 25 hours is the *recommended* treatment hours; however, we understand family schedules. Unfortunately, given the behaviors and skill deficits described during the assessment, six to eight hours will not be sufficient for this type of therapy.

At minimum, ten to twelve hours per week would need to be met to move forward with the service. In addition, it will be extremely difficult to staff a case with anything less than ten hours.

If you can meet the minimum hour requirement, I will need you to send me a schedule that will work you and Jackie for ABA therapy. If you can be direct with the schedule, it would be very helpful (e.g., Monday 1:00p – 430p, Tues 330p – 630p, Wed …..)

If your family cannot meet the minimum hour requirement, SpringHealth unfortunately will not be able to offer ABA therapy.

RaShai Reynolds, Ph.D., BCBA-D, LBA

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Date: Friday, October 28, 2022 at 12:29 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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Hi Dr. Reynolds.

Monday on my weeks, yes correct - that I cannot be trying to do anything because I have IVIG all day. In case you are not aware of what that procedure is, or so you can have a more full understanding...I have a home health nurse that comes and administers IgG intravenously over a period of 6 to 8 hours. I have to be dosed up on Tylenol and on Benadryl to hopefully avoid side effects and I have to have things like BP and heart rate checked every 30 minutes (and at the start of infusion every 15 minutes). This is a weekly and likely life-long treatment...

Also - I receive Copper infusion treatments and those are done at outpatient cancer centers. Those are done every 60 days and take about 6 hours in total.

On Tuesdays, yes it is possible to arrive during the school day - I would prefer a bit earlier in the day actually if possible...however...I have a standing art therapy appointment from 1pm to 2pm on every Tuesday.

25 hours per week seems like it is A LOT of therapy....I mention this because if you add in the other appointments alone, that occupies far too much schedule time to be able to do school and pre-existing obligations - art therapy for Jackie, talk therapy for Jackie, my appointments, time that is not time spent in a therapy session or doing school...etc....so we are not going to meet 25 hours per week.

Ideally, I'd like it if we could have the therapy be over by 5pm. On Thursdays, Jackie has art therapy at 12 to 1 pm, and we have various other appointments on a weekly basis - same is true for every day of

the week. If therapist wants to come earlier, that is fine. Jackie is very defiant when it comes to home school and I don't know how to handle that....consequences are not effective...nor is praise....

Fridays are transition days and are typically more open than other days because Jackie has trouble with the transitions generally speaking. We can try to find availability....I think 6 to 8 hours per week is pushing it with all the other appointments we have...

Special Note: Jackie is suffering from consequences of Long-Covid. Memory problems....that are on top of pre-existing autism and adhd related memory problems...shortness of breath... extreme fatigue... random other symptoms...

We saw the Long Covid Clinic at Norton/Novak Center here in Louisville this week. The NP recommended that Jackie be seen by Cardiology, by a Pulmonologist to do pulmonary function testing, and she advised that Jackie should be enrolled in the Pediatric Rehabilitation Program. She said the children are being treated as if they had a concussion or other traumatic brain injury. She said at the start, that we would need to meet with them at least once per week. I don't know when these appointments are going to be yet because we have so many other appointments. Additionally, she said that Jackie needs to focus on rest right now and emphasized that Jackie should not be spending too much time on school - she said the rehabilitation people would basically advise on how much time Jackie could or should spend each week on school and other brain-related activities. I am not sure how ABA therapy folds into that mix as I have somewhat of a vague understanding of the therapy itself.

If this info is not helpful enough, we can schedule a call to talk if that will work better. What are your thoughts?

John

On Thu, Oct 27, 2022 at 12:08 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi Mr. Fouts –

I hope you and Jackie are doing well!

The purpose of my email is to solidify a schedule for your home that I can communicate to potential therapists. I want to make sure the schedule is set as therapists value consistent hours each week.

Jackie has been recommended 25 hours per week of ABA therapy. Understanding the schedule, we may not be able to reach the recommended hours, but it is best to get close as possible.

I want to ask about additional possible availability. I know Jackie is home schooled and it would not be at all rare for therapists to be present at a school (if the school allows) to assist.

Based on the information that I have your home has the following availability. Ive added my questions in red.

M – None (father has appts).

T - 500p - 700p Is it possible for the therapist to arrive during the school day? 3:30pm – 630p?

W - 2p - 700p Good. 3:30pm – 630p?

Th - 500p - 700p (could be earlier when PT ends). Has PT ended? Is 3:30p – 700p feasible if so?
F - Transition days (between 5p - 6p) Are any hours possible this day? Two to three if necessary?

Would you like weekend sessions at all?

Once I receive confirmation I will work a schedule and see if you are ok with it being shared with a potential therapist.

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3. In looking at the calendar provided to me I am proposing the following schedule for your home for a total of 10.5 hours per week.
    a. M. = None per your request.
    b. T. = 330pm to 700p (3.5)
    c. W. = 330p – 700p (3.5)
    d. Th. = 330p – 700p (3.5)
    e. F = None – to allow for transition to mom's home.

*Note – Once the schedule starts there is ability to add time to Mondays, Fridays, or weekends if possible. For now, we can see how the scheduling and therapy goes.

Please let me know if you have any objections to this schedule or if you can agree to this schedule. This would be what I communicate to the therapist.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

From: John Fouts <fouts.john@gmail.com>
Date: Friday, October 28, 2022 at 6:03 PM

To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28

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At minimum, ten to twelve hours per week would need to be met to move forward with the service. In addition, it will be extremely difficult to staff a case with anything less than ten hours.

If you can meet the minimum hour requirement, I will need you to send me a schedule that will work you and Jackie for ABA therapy. If you can be direct with the schedule, it would be very helpful (e.g., Monday 1:00p – 430p, Tues 330p – 630p, Wed …..)

If your family cannot meet the minimum hour requirement, SpringHealth unfortunately will not be able to offer ABA therapy.

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Fax. 502.996.8246

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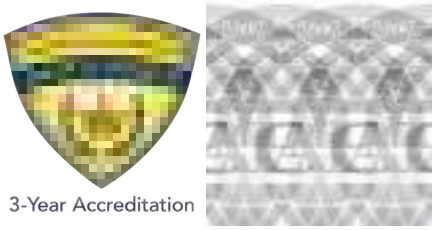

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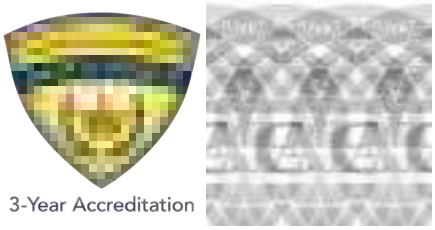

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Thank you Dr. Reynolds! I'm so sorry that there are so many complicating factors with our situation. On top of everything else, I will likely be filing Chapter 7 Bankruptcy in the very near future ... unless I can find some other way ...

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On Fri, Oct 28, 2022 at 3:10 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

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Sent: Friday, October 28, 2022 2:54 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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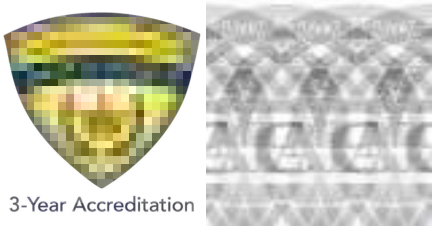

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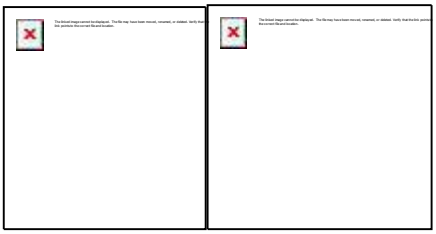

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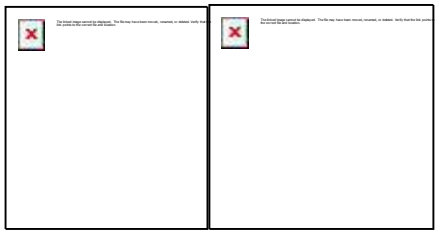

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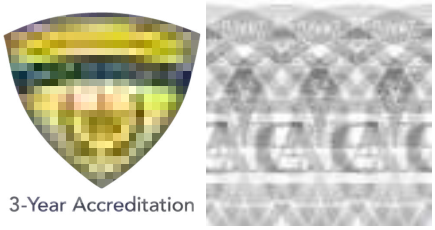

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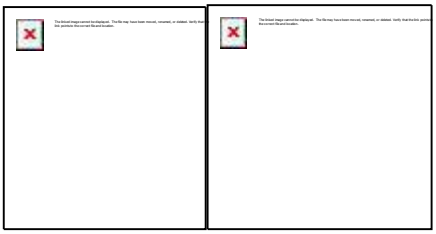

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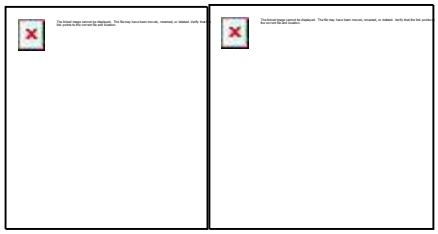

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At minimum, ten to twelve hours per week would need to be met to move forward with the service. In addition, it will be extremely difficult to staff a case with anything less than ten hours.

If you can meet the minimum hour requirement, I will need you to send me a schedule that will work you and Jackie for ABA therapy. If you can be direct with the schedule, it would be very helpful (e.g., Monday 1:00p – 430p, Tues 330p – 630p, Wed …..)

If your family cannot meet the minimum hour requirement, SpringHealth unfortunately will not be able to offer ABA therapy.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

From: John Fouts <fouts.john@gmail.com>
Date: Friday, October 28, 2022 at 12:29 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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Hi Dr. Reynolds.

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Also - I receive Copper infusion treatments and those are done at outpatient cancer centers. Those are done every 60 days and take about 6 hours in total.

On Tuesdays, yes it is possible to arrive during the school day - I would prefer a bit earlier in the day actually if possible...however...I have a standing art therapy appointment from 1pm to 2pm on every Tuesday.

25 hours per week seems like it is A LOT of therapy....I mention this because if you add in the other appointments alone, that occupies far too much schedule time to be able to do school and pre-existing obligations - art therapy for Jackie, talk therapy for Jackie, my appointments, time that is not time spent in a therapy session or doing school...etc....so we are not going to meet 25 hours per week.

Ideally, I'd like it if we could have the therapy be over by 5pm. On Thursdays, Jackie has art therapy at 12 to 1 pm, and we have various other appointments on a weekly basis - same is true for every day of the week. If therapist wants to come earlier, that is fine. Jackie is very defiant when it comes to home school and I don't know how to handle that....consequences are not effective...nor is praise....

Fridays are transition days and are typically more open than other days because Jackie has trouble with the transitions generally speaking. We can try to find availability....I think 6 to 8 hours per week is pushing it with all the other appointments we have...

Special Note: Jackie is suffering from consequences of Long-Covid. Memory problems....that are on top of pre-existing autism and adhd related memory problems...shortness of breath... extreme fatigue... random other symptoms...

We saw the Long Covid Clinic at Norton/Novak Center here in Louisville this week. The NP recommended that Jackie be seen by Cardiology, by a Pulmonologist to do pulmonary function testing, and she advised that Jackie should be enrolled in the Pediatric Rehabilitation Program. She said the children are being treated as if they had a concussion or other traumatic brain injury. She said at the start, that we would need to meet with them at least once per week. I don't know when these appointments are going to be yet because we have so many other appointments. Additionally, she said that Jackie needs to focus on rest right now and emphasized that Jackie should not be spending too much time on school - she said the rehabilitation people would basically advise on how much time Jackie could or should spend each week on school and other brain-related activities. I am not sure how ABA therapy folds into that mix as I have somewhat of a vague understanding of the therapy itself.

If this info is not helpful enough, we can schedule a call to talk if that will work better. What are your thoughts?

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Friday, October 14, 2022 2:22 PM
To: John Fouts
Subject: Re: Here is the other piece

Ok. No worries! Just wanted to make sure!

RaShai Reynolds, Ph.D., BCBA-D, LBA
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From: John Fouts <fouts.john@gmail.com>
Date: Friday, October 14, 2022 at 1:44 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Here is the other piece

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I don't know where pages 1 and 4 are...I happened across these while packing boxes to move. I can reach out to CO to see if I can get a full record, but since I am divorced now, they may not allow me to, and I am not about to ask my ex to do that...as she might take out her anger toward me against Jackie.....it is a delicate situation.

On Fri, Oct 14, 2022 at 1:38 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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That involved the social situation I could not really discuss with little ears present.

John

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"Shining" in Service,

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Sent: Friday, October 14, 2022 1:25 PM
To: John Fouts
Subject: Re: Jack Fouts Relevant Reports

Thanks for sending these!
It was nice to meet you and Jackie as well!

I am sorry, I don't know anyone who does SSI paperwork 😟
I will be sure to keep you posted with movement for Jackie's ABA therapy.

Have a good weekend.

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--

"Shining" in Service,

John R. Fouts, MBA

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Thursday, October 13, 2022 10:35 AM
To: John Fouts
Subject: Parent/Caregiver - Handbook
Attachments: Parent-caregiver handbook-CURRENT.pdf

This is a copy for your records.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

Committed to Continuous Improvement
BHCOE ACCREDITED
2022
3-Year Accreditation

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Wednesday, October 12, 2022 10:03 PM
To: John Fouts
Subject: Vineland Parent Questionaire

This is one of the questionnaires related to the assessment.

https://qosa.pearsonclinical.com/qosa/7f4e7d59-daf1-4e41-8ba9-378824e5deb5

You can complete this at your convenience.

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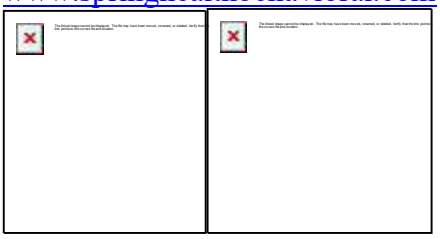

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I will be coming to your home from Indiana and will need two hours travel. I can certainly be at your home by 10:20am. I will need about an hour or so.

Thank you

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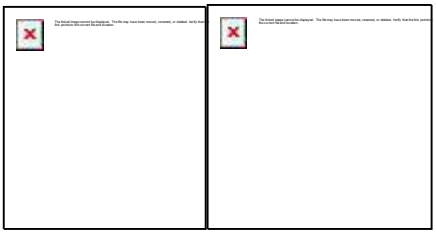

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Jackie is homeschooled, so timing is flexible.

Jackie has art therapy at noon on Thursdays. Can the assessment take place at 9:30 or 10 am on the 13th? Art therapy is the most important current therapy Jackie has.

We went to the psychiatric hospital last night due to active suicidal plans Jackie was making. I feel aba therapy will help in that area too so there is definitely a sense of urgency.

Please let me know if the earlier time slot will work, and also how much time is needed for the assessment.

John

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On Tue, Oct 4, 2022, 10:07 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

This email is related to scheduled therapy times. I needed to know his availability for a potential therapist. This is how we find someone who meets your scheduling need to 1:1 therapy.

The question re: the assessment is separate from an **initial assessment.** – therefore, I particularly asked about his fall break schedule because this would need to occur in the morning.

I also would like to be very clear that after the initial assessment is complete, it will be sent to insurance for authorization to provide direct services. There *will* be a waiting period for services to formally begin. This could be anywhere from two months and up. This service requires a staff specifically for Jack to be hired. SpringHealth is currently seeking therapists and a BCBA for Jack's service. - - I wanted to be sure you knew that.

As always, choice in provider is up to the family and you may continue your search for ABA therapy for Jack if this does not suit your family's needs. Please let me know.

If you'd like to continue with the process, I'd like to schedule his initial assessment for Thursday October 13th at 11:15am. We can also do this in person at but there is also a virtual option via zoom.

Please let me know how you would like to proceed.

Thank you.

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From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, October 4, 2022 at 8:42 AM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Fwd: When can we schedule an appt?

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See my response below in blue as to when Jack would be available.... sent on 09-22-22.

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From: **John Fouts** <fouts.john@gmail.com>
Date: Thu, Sep 22, 2022 at 7:12 PM
Subject: Re: When can we schedule an appt?
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>

Dr. Reynolds,

Thank you. I appreciate you getting back to me with items that can help to smooth the process. I know some people are very particular about going by titles, and I did not ask you - so I apologize for that. Do you prefer Dr. Reynolds or RaShai? I am an informal person in general, but want to respect what you would like me to call you.

Thanks for realizing I have been, and continue to be, patient.

I will send the survey/report separately.

For other information, please see below in blue. Please call me John by the way.

John

On Thu, Sep 22, 2022 at 4:46 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi Mr. Fouts -

1. I do not have an amended contract for signature for Jack's insurance. Until I have that, I cannot get his insurance uploaded to our funder list to be able to provide the service. I inquired about that with our credentialing specialist – awaiting a status update.
2. I had my auth specialist start to initiate the auth process so that we can at least get that part going. - - Please provide me with:

    a. Current mailing address - Jack lives with me 50% of the time and also does home school at my house during his mother's weeks, and lives with her the other 50% of the time. My address is 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204. Her address (Lindsay Fouts) is 13018 Observation Circle Apt. 302 Louisville, KY 40243
    b. Phone number - My # is 502.956.0052. Lindsay's number is 502.475.6896
    c. Jack's SSN – this is needed to complete the request for the auth. - 309.3752.86
    d. Specific days and times that Jack will be available for therapy services once approved (e.g., M-F 300p – 700p). This will be very important and helpful to provide to the therapist that would provide the direct services. - I can only speak as to my schedule and not to Lindsay's. For hers, you will need to reach out to her to see when she is available. For me, with the number of doctor appointments I have between me and Jack, the times are likely going to vary week by week as we are bound by other outside factors of which we have no control (other doctors' schedules). In general, Mondays will not work because I receive IVIG on Mondays and am stuck in my bed with an IV in my arm and dosed on Benadryl and it would not be a good time. Fridays are transition days (we normally transition on Friday evenings around 5 to 6 pm). I feel that transition days would not be best for Jack. So Tue, Wed, or Thurs...speaking generally....Tuesday 5pm - 7pm (this will change to earlier availability once Jack completes this round of physical therapy), Wednesday 2pm to 7pm, and Thursday 5pm to 7pm. This can and will change based on other doctors appointments, but once we get something established I will try to keep it routine as much as possible.

3. I have also attached our questionnaire that is delivered upon initiation of services. It will not 'hurt' for you to complete this now (most of the requests above are located on the intake packet that is attached). - I am filling this out next, and will send under separate cover. I just got back from an infusion at a center downtown.
4. I asked your rep for the specific requirements to request a PA for his insurance type. She was unsure of specifics but provided me with a general PA request document that I had my auth specialist use. Once I have your packet returned, I will have her submit and we will await on the insurance reply.

I know you are eager to start his assessment. I apologize for this lengthy delay. I am diligently working on squaring all of this away to get Jack taken care of.

Your patience has not gone unnoticed and is appreciated.

Thank you for all you have done to help, and to accelerate the process. The incredibly frustrating part is that it took many years to get Jack diagnosed appropriately - which has nothing to do with this situation - that is where some of my anxiousness is stemming from - plus I know Jack REALLY NEEDS some help right now in ways that he is not getting it.

You are appreciated.

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To get Jack going?

Are we waiting on anything in particular that you need on your end?

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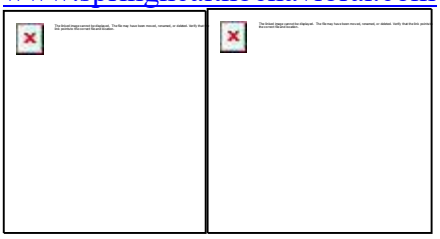

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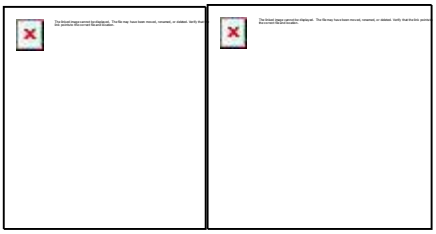

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Subject: Re: Initial Assessment

Confirming appt on 10.13.22 at 10:20am.
Address: 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, October 4, 2022 12:34 PM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: Initial Assessment

Great. I am excited to meet Jackie.

I will be coming to your home from Indiana and will need two hours travel. I can certainly be at your home by 10:20am. I will need about an hour or so.

Thank you

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From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, October 4, 2022 at 12:11 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Initial Assessment

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To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Fwd: When can we schedule an appt?

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See my response below in blue as to when Jack would be available.... sent on 09-22-22.

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Subject: Re: When can we schedule an appt?
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>

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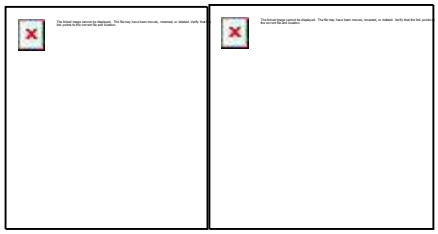

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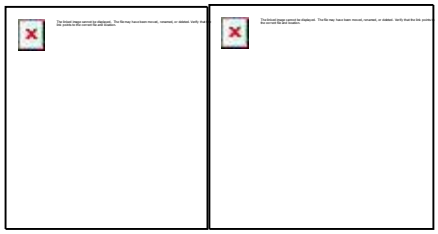

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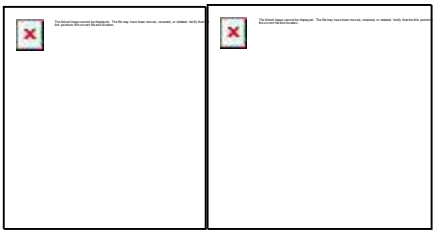

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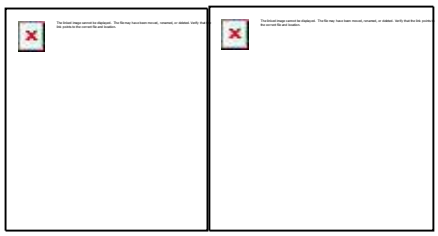

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Date: Thursday, September 22, 2022 at 4:26 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: When can we schedule an appt?

**** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ****

To get Jack going?

Are we waiting on anything in particular that you need on your end?

John

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, October 4, 2022 12:34 PM
To: John Fouts
Subject: Re: Initial Assessment

Great. I am excited to meet Jackie.

I will be coming to your home from Indiana and will need two hours travel. I can certainly be at your home by 10:20am. I will need about an hour or so.

Thank you

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, October 4, 2022 at 12:11 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Initial Assessment

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Dr. Reynolds,

Thanks for clarifying the time line.

Jack has now started to go by Jackie, so I will be using she/her pronouns now, to refer to her.

Jackie is homeschooled, so timing is flexible.

Jackie has art therapy at noon on Thursdays. Can the assessment take place at 9:30 or 10 am on the 13th? Art therapy is the most important current therapy Jackie has.

We went to the psychiatric hospital last night due to active suicidal plans Jackie was making. I feel aba therapy will help in that area too so there is definitely a sense of urgency.

Please let me know if the earlier time slot will work, and also how much time is needed for the assessment.

John

John

On Tue, Oct 4, 2022, 10:07 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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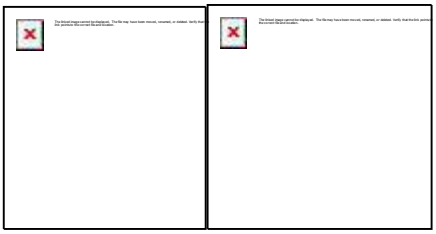

From: John Fouts <fouts.john@gmail.com>
Date: Tuesday, October 4, 2022 at 8:42 AM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Fwd: When can we schedule an appt?

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See my response below in blue as to when Jack would be available.... sent on 09-22-22.

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From: **John Fouts** <fouts.john@gmail.com>
Date: Thu, Sep 22, 2022 at 7:12 PM
Subject: Re: When can we schedule an appt?
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>

Dr. Reynolds,

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Thanks for realizing I have been, and continue to be, patient.

I will send the survey/report separately.

For other information, please see below in blue. Please call me John by the way.

John

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Hi Mr. Fouts -

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2. I had my auth specialist start to initiate the auth process so that we can at least get that part going. - - Please provide me with:

    a. Current mailing address - Jack lives with me 50% of the time and also does home school at my house during his mother's weeks, and lives with her the other 50% of the time. My address is 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204. Her address (Lindsay Fouts) is 13018 Observation Circle Apt. 302 Louisville, KY 40243
    b. Phone number - My # is 502.956.0052. Lindsay's number is 502.475.6896
    c. Jack's SSN – this is needed to complete the request for the auth. - 309.3752.86
    d. Specific days and times that Jack will be available for therapy services once approved (e.g., M-F 300p – 700p). This will be very important and helpful to provide to the therapist that would provide the direct services. - I can only speak as to my schedule and not to Lindsay's. For hers, you will need to reach out to her to see when she is available. For me, with the number of doctor appointments I have between me and Jack, the times are likely going to vary week by week as we are bound by other outside factors of which we have no control (other doctors' schedules). In general, Mondays will not work because I receive IVIG on Mondays and am stuck in my bed with an IV in my arm and dosed on Benadryl and it would not be a good time. Fridays are transition days (we normally transition on Friday evenings around 5 to 6 pm). I feel that transition days would not be best for Jack. So Tue, Wed, or Thurs...speaking generally....Tuesday 5pm - 7pm (this will change to earlier availability once Jack completes this round of physical therapy), Wednesday 2pm to 7pm, and Thursday 5pm to 7pm. This can and will change based on other doctors appointments, but once we get something established I will try to keep it routine as much as possible.

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I know you are eager to start his assessment. I apologize for this lengthy delay. I am diligently working on squaring all of this away to get Jack taken care of.

Your patience has not gone unnoticed and is appreciated.

Thank you for all you have done to help, and to accelerate the process. The incredibly frustrating part is that it took many years to get Jack diagnosed appropriately - which has nothing to do with this situation - that is where some of my anxiousness is stemming from - plus I know Jack REALLY NEEDS some help right now in ways that he is not getting it.

You are appreciated.

Dr. Reynolds

RaShai Reynolds, Ph.D., BCBA-D, LBA

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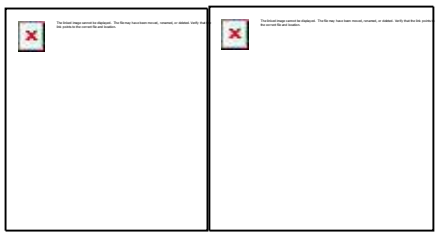

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, October 4, 2022 10:08 AM
To: John Fouts
Subject: Re: When can we schedule an appt?

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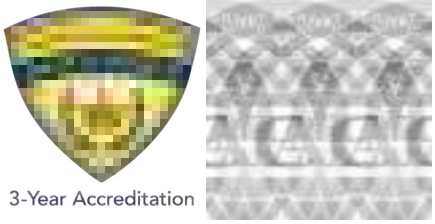

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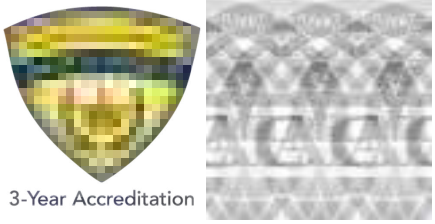

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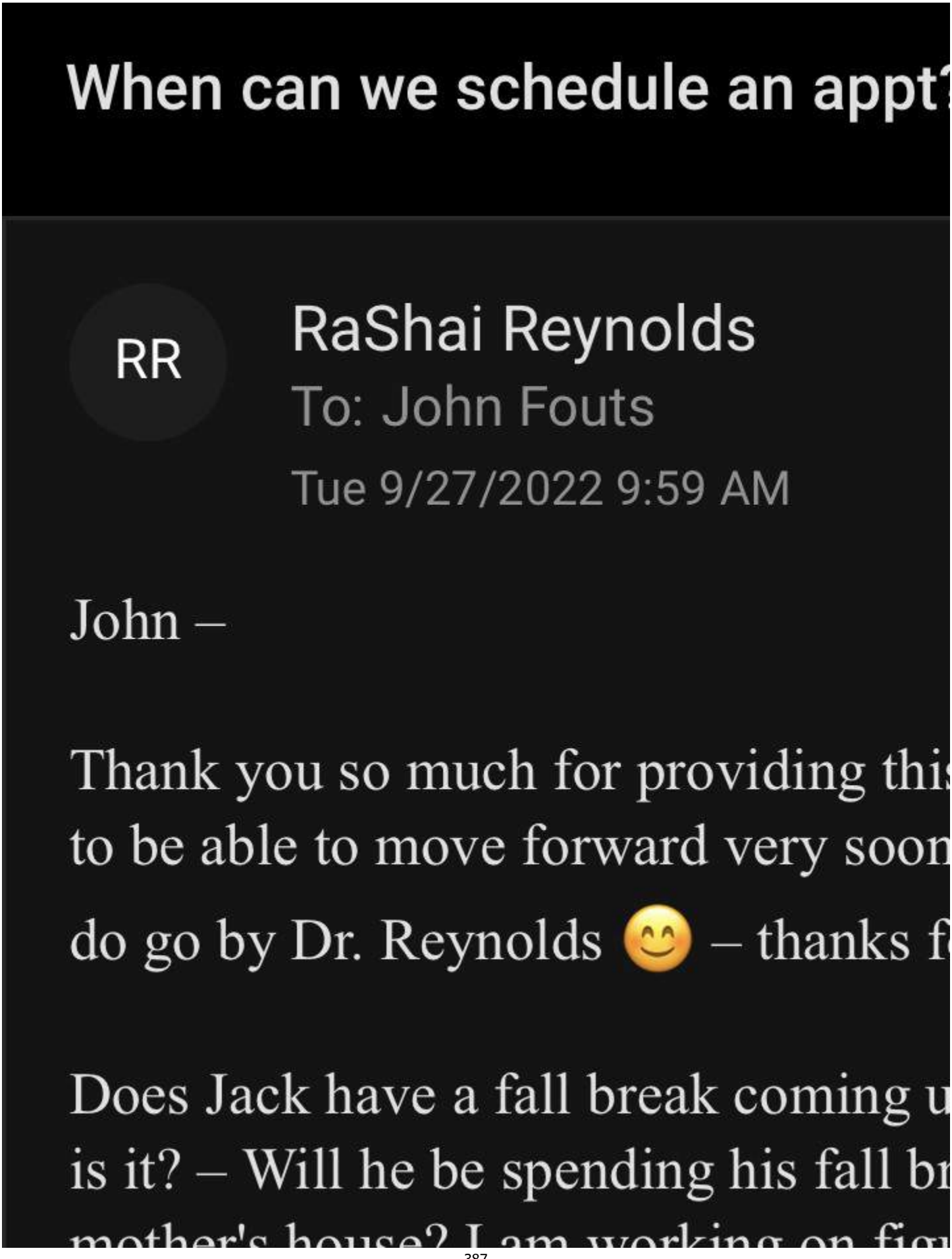
fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Monday, October 3, 2022 6:18 PM
To: John Fouts
Subject: Re: Please Provide a Status Update - 2022-10-03
Attachments: 04F8982A-552D-44BB-A342-1975FAB7B021.jpeg

John -

On 9.27.22 I asked you a question re: availability for the assessment. I've yet to get an from you.

For your convenience I've placed a screenshot here.


When can we schedule an appt?
RR
RaShai Reynolds
To: John Fouts
Tue 9/27/2022 9:59 AM
John –
Thank you so much for providing this
to be able to move forward very soon
do go by Dr. Reynolds – thanks f
Does Jack have a fall break coming u
is it? – Will he be spending his fall br

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 3, 2022 4:22 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Please Provide a Status Update - 2022-10-03

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Dr. Reynolds,

Please can you provide a status update for Jack Fouts? I wrote a few days ago but had not heard back from you.

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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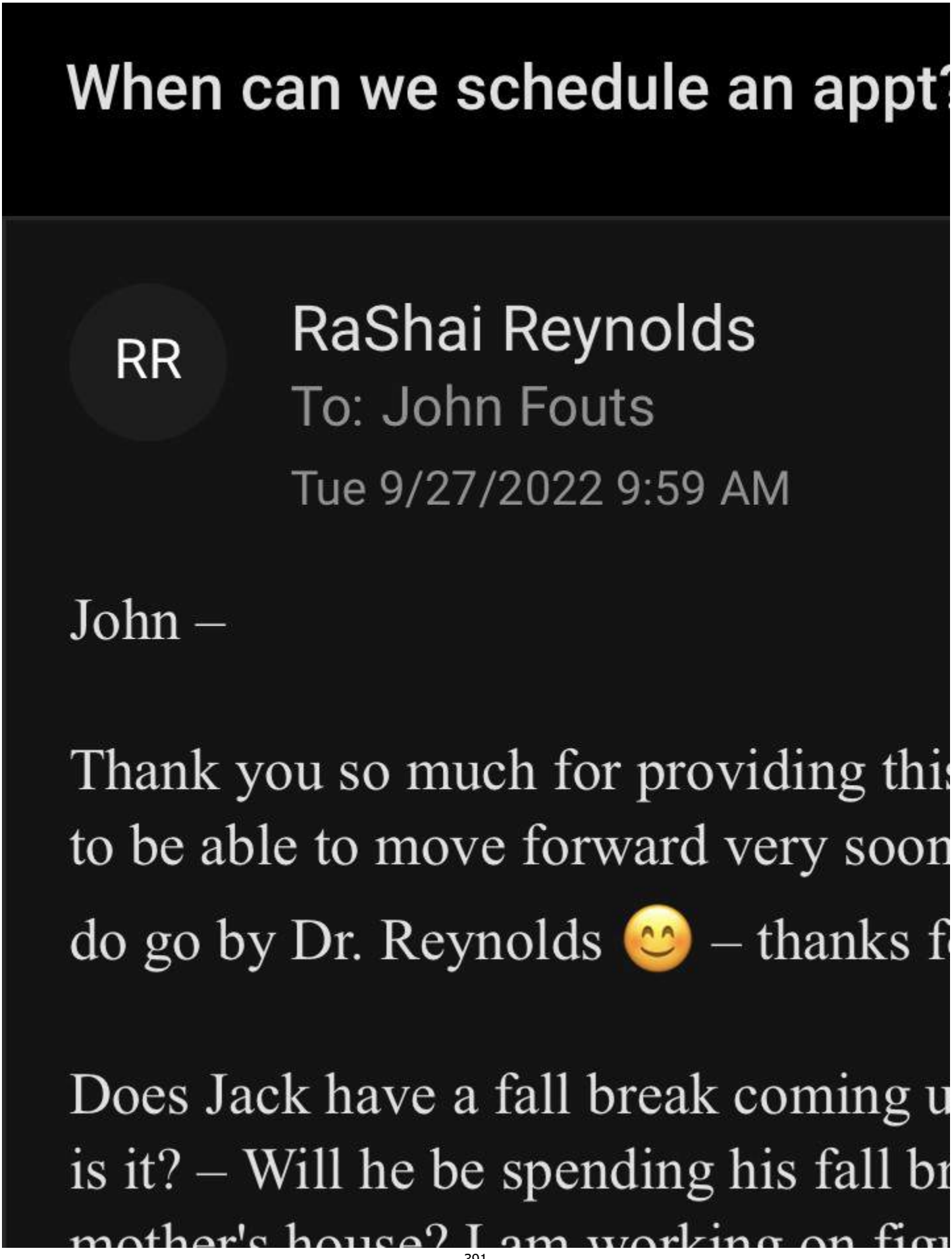
fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Monday, October 3, 2022 6:18 PM
To: John Fouts
Subject: Re: Please Provide a Status Update - 2022-10-03
Attachments: 04F8982A-552D-44BB-A342-1975FAB7B021.jpeg

John -

On 9.27.22 I asked you a question re: availability for the assessment. I've yet to get an from you.

For your convenience I've placed a screenshot here.


When can we schedule an appt?
RR
RaShai Reynolds
To: John Fouts
Tue 9/27/2022 9:59 AM
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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, September 27, 2022 9:59 AM
To: John Fouts
Subject: Re: When can we schedule an appt?

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Does Jack have a fall break coming up anytime soon? If so, when is it? – Will he be spending his fall break time at your home or at mother's house? I am working on figuring out a best date for his initial assessment.

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From: John Fouts <fouts.john@gmail.com>
Date: Thursday, September 22, 2022 at 7:12 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: When can we schedule an appt?

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Dr. Reynolds,

Thank you. I appreciate you getting back to me with items that can help to smooth the process. I know some people are very particular about going by titles, and I did not ask you - so I apologize for that. Do you prefer Dr. Reynolds or RaShai? I am an informal person in general, but want to respect what you would like me to call you.

Thanks for realizing I have been, and continue to be, patient.

I will send the survey/report separately.

For other information, please see below in blue. Please call me John by the way.

John

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2. I had my auth specialist start to initiate the auth process so that we can at least get that part going. - - Please provide me with:
    a. Current mailing address - Jack lives with me 50% of the time and also does home school at my house during his mother's weeks, and lives with her the other 50% of the time. My address is 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204. Her address (Lindsay Fouts) is 13018 Observation Circle Apt. 302 Louisville, KY 40243
    b. Phone number - My # is 502.956.0052. Lindsay's number is 502.475.6896
    c. Jack's SSN – this is needed to complete the request for the auth. - 309.3752.86
    d. Specific days and times that Jack will be available for therapy services once approved (e.g., M-F 300p – 700p). This will be very important and helpful to provide to the therapist that would provide the direct services. - I can only speak as to my schedule and not to Lindsay's. For hers, you will need to reach out to her to see when she is available. For me, with the number of doctor appointments I have between me and Jack, the times are likely going to vary week by week as we are bound by other outside factors of which we have no control (other doctors' schedules). In general, Mondays will not work because I receive IVIG on Mondays and am stuck in my bed with an IV in my arm and dosed on Benadryl and it would not be a good time. Fridays are transition days (we normally transition on Friday evenings around 5 to 6 pm). I feel that transition days would not be best for Jack. So Tue, Wed, or Thurs...speaking generally....Tuesday 5pm - 7pm (this will change to earlier availability once Jack completes this round of physical therapy), Wednesday 2pm to 7pm, and Thursday 5pm to 7pm. This can and will change based on other doctors appointments, but once we get something established I will try to keep it routine as much as possible.
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I know you are eager to start his assessment. I apologize for this lengthy delay. I am diligently working on squaring all of this away to get Jack taken care of.

Your patience has not gone unnoticed and is appreciated.

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From: John Fouts <fouts.john@gmail.com>
Date: Thursday, September 22, 2022 at 4:26 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: When can we schedule an appt?

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To get Jack going?

Are we waiting on anything in particular that you need on your end?

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To get Jack going?

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Thursday, September 22, 2022 4:46 PM
To: John Fouts
Subject: Re: When can we schedule an appt?
Attachments: SpringHealth Youth Intake Packet_2021.pdf

Hi Mr. Fouts -

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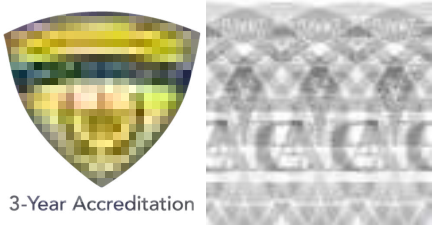

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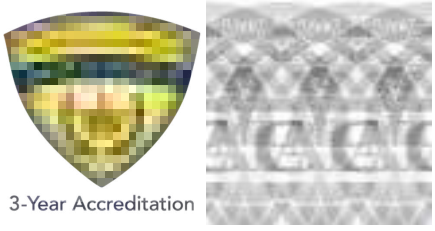

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Monday, September 19, 2022 12:13 PM
To: John Fouts
Cc: LaTiela Howlett
Subject: Re: Following Up 2022-09-19 - Jack Fouts

Hi John -

Yes I received word that we were added to Humana Medicaid. I have not seen an updated contract come across my desk to solidify the agreement.

I need to get the new details uploaded to our systems in order to move forward.

Thanks for cc'ing LaTiela -

1. LaTiela - will a new contract be sent to SH with the updated contract info, rates, and list of requirements that you all need in order to generate a PA for Jack?
2. If you have the requirements handy, please send them to me along with the necessary insurance forms and fax number that the forms need to be sent to. - I have an auth specialist that will need this information.

Thank you, both.

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Regional Director - GA, IN, KY
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From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 19, 2022 11:45 AM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>

Cc: LaTiela Howlett <LHowlett@humana.com>
Subject: Following Up 2022-09-19 - Jack Fouts

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Hi RaShai.

I am following up again to see where we are at. It is my understanding that as of last week, you were added on to Humana Medicaid.

So I am wanting to know next steps please, so we can get Jack on your schedule…

Thank you.

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, September 13, 2022 9:01 AM
To: John Fouts
Subject: Re: Haven't heard anything from you - a response would be appreciated - please respond - 2022-09-12

Hi John -

I've replied to all emails that you have sent except for the email you sent on 9.5.22. Somehow, it was buried. I apologize for that.

I spoke with your insurance rep last week. I told her that Jack's insurance type was not in network with our company which caused us to attempt to ask the insurance company for a single case agreement. This is an agreement that would allow us to service Jack while not being in network with his insurance type. - I was under the impression that she would relay that information to you as she stated that you called her citing that you'd not heard from me.

Unfortunately at this time we have not gotten approval from insurance to provide services. We are waiting on their approval or denial. As soon as I hear I will be sure to let you and your rep know.

In the meantime, it is your choose as to whether you'll continue seeking services elsewhere for Jack from a provider who is already in network with his insurance type.

Dr. Reynolds

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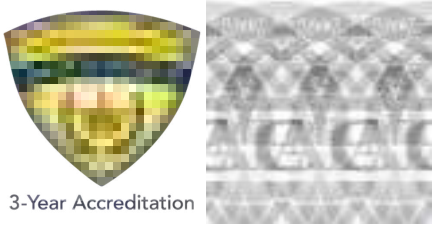

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 12, 2022 10:30 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Haven't heard anything from you - a response would be appreciated - please respond - 2022-09-12

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Hi RaShai - I have reached out to you a few times with you not responding. Please respond.

I've attached an additional letter of recommendation from Dr. David Charles recommending ABA therapy.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Sent: Tuesday, September 13, 2022 9:01 AM
To: John Fouts
Subject: Re: Haven't heard anything from you - a response would be appreciated - please respond - 2022-09-12

Hi John -

I've replied to all emails that you have sent except for the email you sent on 9.5.22. Somehow, it was buried. I apologize for that.

I spoke with your insurance rep last week. I told her that Jack's insurance type was not in network with our company which caused us to attempt to ask the insurance company for a single case agreement. This is an agreement that would allow us to service Jack while not being in network with his insurance type. - I was under the impression that she would relay that information to you as she stated that you called her citing that you'd not heard from me.

Unfortunately at this time we have not gotten approval from insurance to provide services. We are waiting on their approval or denial. As soon as I hear I will be sure to let you and your rep know.

In the meantime, it is your choose as to whether you'll continue seeking services elsewhere for Jack from a provider who is already in network with his insurance type.

Dr. Reynolds

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
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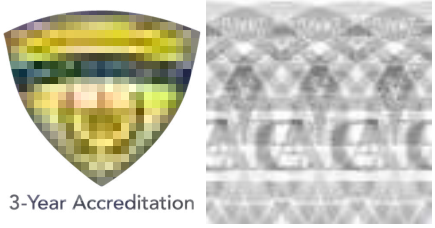

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To: John Fouts
Subject: Re: I will be the primary contact person - John Fouts - Jack's Dad

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John

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Phone: 502.956.0052

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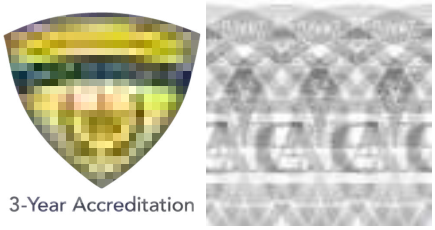

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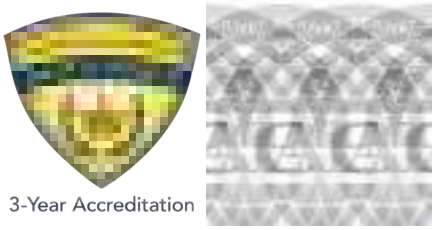

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fouts.john@gmail.com

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RaShai Reynolds, Ph.D., BCBA, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
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www.springhealthbehavioral.com

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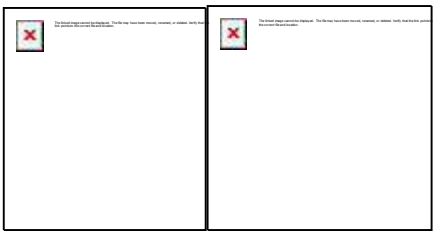

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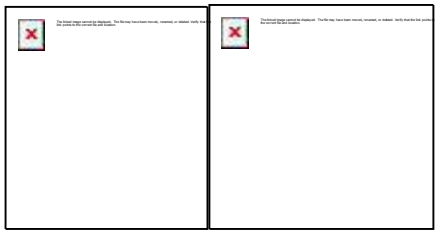

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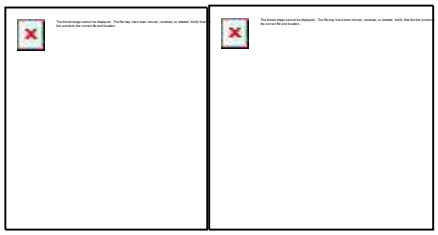

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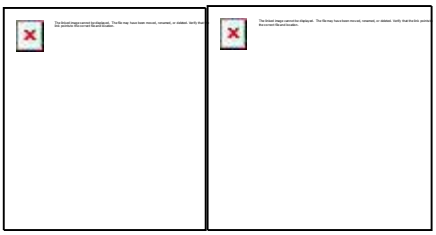

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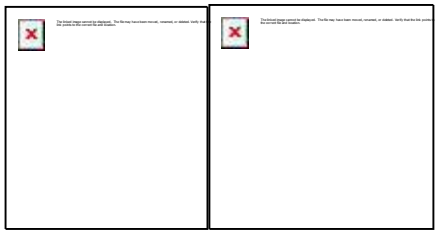

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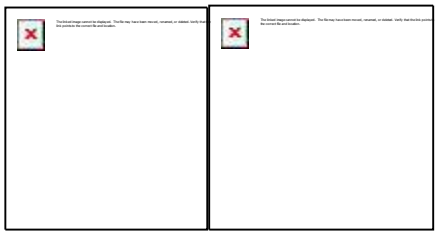

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Thursday, August 18, 2022 11:49 AM
To: John Fouts
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please

Great. Thanks for letting me know.

Unfortunately, we cannot start until we have the approval from insurance for an initial assessment. Spring Health will submit all the documents and request it, but that can only be done with all documents present.

RaShai Reynolds, Ph.D., BCBA, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, August 18, 2022 at 11:20 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please

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Thank you for the resources and references. I will pass these along to my ex-wife as well. We have a 50/50 split custody arrangement. Jack is with me one week, then with her one week, etc... we switch on Friday evenings.

My address is: 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204
Her address is: 13018 Observation Circle, Apt. 302, Louisville KY 40243

I've requested a written rx from the neuropsychiatrist that wrote the recommendations for Jack for Autism Spectrum Disorder. I also requested one from his PCP as I thought she might be able to handle it more quickly, but I don't know if she can write such a rx.

Can we go on and start the process while we are waiting?

On Thu, Aug 18, 2022 at 10:17 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Good morning –

Thank you for sending the documents. I've reviewed them and these will be perfect. I will await the prescription for ABA therapy for Jack. In the meantime, could you give me the address of the location where the therapy would take place if/when the insurance approves?

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Once I have these documents, we can contact Humana to begin the process.

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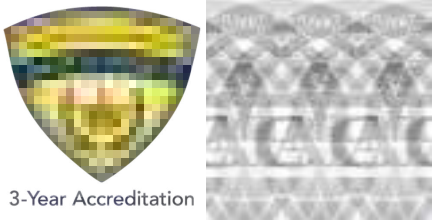

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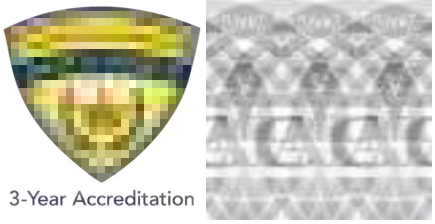

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Fax. 502.996.8246

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, August 16, 2022 5:04 PM
To: John Fouts
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please

Hi John -

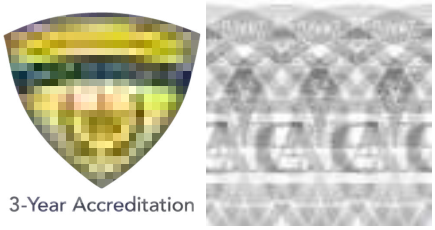
Thanks for your call. The diagnostic report will be needed as well as a prescription for ABA therapy. If you do not have one, you can contact his doctor and they can fax it to us at: 502-297-0289

The documents that I will need:
1. A copy of the insurance card (front and back)
2. A copy of the diagnostic report that provides the autism diagnosis.
3. A prescription for ABA therapy.
4. If applicable - A copy (front and back) of the insurance card for any other insurances that your child is covered by.

Once I have these documents, we can contact Humana to begin the process.

Thank you!

RaShai Reynolds, Ph.D., BCBA, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 16, 2022 4:58 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Need to know needs to get Jack Fouts enrolled in ABA therapy please

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Please let us know. Also, is the recommendation for aba therapy in the neuropsychiatric report enough, or do you need a separate written prescription document for Jack? Jack is 11.

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, August 16, 2022 5:04 PM
To: John Fouts
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please

Hi John -

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The documents that I will need:
1. A copy of the insurance card (front and back)
2. A copy of the diagnostic report that provides the autism diagnosis.
3. A prescription for ABA therapy.
4. If applicable - A copy (front and back) of the insurance card for any other insurances that your child is covered by.

Once I have these documents, we can contact Humana to begin the process.

Thank you!

RaShai Reynolds, Ph.D., BCBA, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
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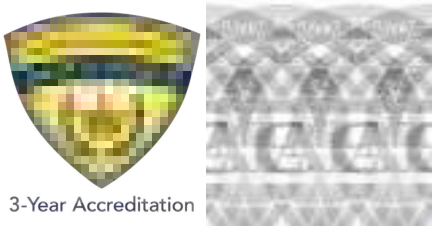

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 16, 2022 4:58 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Need to know needs to get Jack Fouts enrolled in ABA therapy please

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Please let us know. Also, is the recommendation for aba therapy in the neuropsychiatric report enough, or do you need a separate written prescription document for Jack? Jack is 11.

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 16, 2022 4:42 PM
To: Lindsay Fouts
Subject: Re: Therapist Cancellation - Please read
Attachments: image001.png; image002.png

Thanks for the info.

On Wed, Nov 16, 2022, 4:19 PM Lindsay Fouts <lindsayfoutscpa@gmail.com> wrote:

---------- Forwarded message ---------
From: **RaShai Reynolds** <rashai.reynolds@springhealthbehavioral.com>
Date: Wed, Nov 16, 2022 at 4:18 PM
Subject: Therapist Cancellation - Please read
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>

Hi Lindsay -

It is with great regret that I must inform you that Dataya has had a change in her schedule. She recently notified me that Jackie's treatment schedule no longer works with her schedule. I did offer alternate options; however, she was not able to accommodate.

Therefore, she will not start, and I am again looking for therapist.

Susan – the BCBA is still slated to start and can offer parent training when she begins.

I am sorry for the inconvenience, and I will keep you posted.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, October 4, 2022 9:26 PM
To: Lindsey Redmond
Subject: Need Home Health Care - Caregiver Agency - In Network Providers List Please - 2022-10-04
Attachments: image001.jpg; image002.png

Hi Lindsey.

Thanks for sending the other information.

A couple of updates.

I have an upcoming appt with my PCP on 10/11. We will be discussing the referral to Vanderbilt University at that time. I saw a NeuroImmunologist today who, unfortunately, decided not to run any tests or do any workup (and some is absolutely necessary), but the provider I saw (Dr. Robertson), did say that he would recommend to Dr. Murphy (my PCP) that I see Vanderbilt University - that should be enough to persuade her to write the referral to me. That is 2 doctors who are recommeding to her that I be referred there (the other is the Rheumatologist I saw at ETown Rheumatology).

Dr. Robertson (NeuroImmunologist), also said that he would recommend that I see Dr. Pestronk at Washington University in St. Louis. I need help knowing what I need to do in order to get Medicaid to allow me to go there.

I need to know who can provide home health caregiver services including things like light housework, light meal preparation, errands, light laundry....I need the help at this point in my life...I know these agencies exist....my doctor already wrote a PA and got it approved....but we don't know who to contact. I need your help there please. The doctor's office asked me to ask you.

ABA Therapy is getting all set up for Jack - now going by Jackie. Initial Assessment is slated to be on 10-13-2022 with Dr. RaShai Reynolds.

Please respond with above requested info asap. Thank you for your help. I hope you have had a great day.

John

On Thu, Sep 29, 2022 at 3:47 PM Lindsey Redmond <LRedmond@humana.com> wrote:

Attached is a list of pediatric therapist. Please let me know if you have any questions.

Thanks,

Lindsey Redmond, RN

KY Medicaid Field Care Manager, Care Management | Clinical Operations

Humana Healthy Horizons in Kentucky

101 East Main Street WTS-12| Louisville, KY 40202-1349

T: 888.285.1121 x 102-5609

F: 502.301.5594

Email: lredmond@humana.com

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exclude people or treat them differently because of race, color, national origin, ancestry, age, disability, sex, marital status, gender, sexual orientation, gender identity, or religion.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711).

繁體中文(Chinese):注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-877-320-1235 (TTY: 711)。

Kreyòl Ayisyen (Haitian Creole): ATANSION: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-877-320-1235 (TTY: 711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-320-1235 (TTY: 711).

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-320-1235 (TTY: 711)번으로 전화해 주십시오.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, June 14, 2024 12:18 PM
To: Megan B Clark
Subject: Re: Touching Base -- 2024-06-13
Attachments: ky25themailsignatureiconfinal_logo6_f39a141c-667b-43db-b466-c94c9007c45b.png; ky25thanniversaryemailsignature_e6802fdb-38fe-4b01-8e92-5270c7851864.jpg; emailsignatureicon_05850d2d-8466-4aca-9b8d-9caaf081b7dd.jpg

Okay well let me know if I can help in any way.

==========
Below, I've listed out phone numbers for Jackie's current and former providers
==========

Jackie current providers:

Dr. Eli Pendleton (Baptist) - PCP
(502) 451-5955

Dr. Abigail Stocker or NP Lindsay McElmurray - U of L GI -- Motility Center -- Gastroenterology
(502) 588-4600

Dr. Julie Manche - Beyond the Ear - Performed confirmatory Auditory Processing Disorder evaluation
(502) 276-5755

Dr. David Charles - Meridian Behavioral Health - Performed confirmatory neuropsychiatric testing showing ASD Level II and ADHD
(502) 409-6993

Dr. Stephen Pollard - Family Allergy and Asthma - Asthma and allergy issues - we saw a diff provider in same practice last Summer - they had to change us to allow us to be seen more quickly (had to have a note for school about Jackie's inhaler)
(800) 999-1249

Dr. Rogers - Norton - Novak Center - Neurology

(502) 588-3650

Dr. Singer - Norton - Sleep Neurologist - we need to schedule Jackie for an overnight sleep study per Dr. Singer.
(502) 588-3650

Darcie Taggart - Current therapist - Creating Connection Therapy & Counseling
(502) 354-2699

Dr. Strickley - Associates in Dermatology - Audobon location
(502) 583-1749

==========
Former Providers
==========

Former GI doctors
Dr. Troy Gibbons (at UK Clinic in Lexington - Pediatric Clinic) -- Motility Center
(859) 323-6211

Dr. El-Chammas (Cincinnati Children's Hospital) -- Motility Center
(513) 636-4415

Former Dermatologist
Dr. Patricia Todd
(502) 588-9581

Former PCP
Dr. Mahajan - Norton
(502) 629-8990

Former psychological testing
Dr. Tonya Stockhammer - StrongMinds
(502) 614-7600

Former developmental pediatrician evaluation
Dr. Judith Axelrod - SquareOneMD
(502) 896-2606

Former provider of ABA Therapy services
Dr. Rashai Reynolds - Spring Health Behavioral - Assessed Jackie initially
(317) 452-6279

Susan McConnell, BCBA - ABA therapist assigned by Spring Health Behavioral and Dr. Reynolds
(502) 291-2139

Former therapists

Lindsey Smith - Seven Counties - she left that company
(502) 589-1100

Theresa Adamchik - Louisville Expressive Therapies - Jackie transitioned care to Dani Creamer at L.E.T.
(502) 509-5380

Dani Creamer - Louisville Expressive Therapies - Jackie transitioned care to Akilah Cherry at L.E.T.
(502) 509-5380

Ms. Sanchez - Bloom Elementary School in school therapy services - Seven Counties
(502) 485-8211

Dr. Lara West - Corydon, IN
(317) 956-2030

==========

On Fri, Jun 14, 2024 at 10:14 AM Megan B Clark <mbclark@kvc.org> wrote:
I still have to contact some of her doctors to confirm diagnosis's , I appreciate the information.

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvcky.org
Join us on Facebook | Instagram | LinkedIn | YouTube | Twitter

---

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:14 PM
To: Megan B Clark <mbclark@kvc.org>
Subject: Touching Base -- 2024-06-13

Hi Megan.

I realize you are probably already gone from your office, but I wanted to check to see if you were able to get everything you needed to close your open case.

Please let me know. Thank you.

John R. Fouts

On Wed, Jun 5, 2024 at 10:04 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Megan.

Of course. I left you a message after you called last week, but I hadn't heard back from you. The only report that I am aware of is from 2017, and involved a charge of child abuse against my ex-wife, and was filed in Colorado. Is that still open?? After 7 years??

I didn't see your email until today.

So you know, my son is now my daughter (male to female transgender). She goes by Jackie and prefers the full name Jaqquelyn. We have not made the official legal name change yet, however, so legally, as of now, still, Jackie is Jack A. Fouts. So when you talk to her, please refer to her as Jackie and use she/her pronouns.

John R. Fouts

On Mon, Jun 3, 2024 at 10:03 AM Megan B Clark <mbclark@kvc.org> wrote:

Hey John, I am reaching out to schedule a time to chat or come by your home. You're family has a open report and I'm needing to discuss it with you as well as see your son. I am free 11-1pm or after 2pm anytime the rest of the week . Feel free to give me a call when you have a moment 859 436 8503

Get Outlook for iOS

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvckentucky.org
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

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Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, July 4, 2024 5:45 PM
To: RaShai Reynolds
Subject: What is Jackie's status in your system? Do we need to find a different provider?

Jackie has a lot of things going on. Mental health problems is a big one. Autism of course. Extreme aggression, anger, and range toward me is another…need help here with her care.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 5:14 PM
To: RaShai Reynolds
Subject: Re: Scheduling Updates
Attachments: Outlook-0davoh24.png; Outlook-1p2qxatm.jpg; Outlook-hj3hxrow.png; Outlook-1ur0flpq.jpg; Outlook-uggaddwc.png; Outlook-11b1m4v5.jpg; Outlook-w3v3l1zz.png; Outlook-z3wa3ob5.jpg

I was thinking maybe 2 to 5 hours at school and the balance at home each week ....

The Phoenix School of Discovery is the name of the school...it is in Lyndon, KY near Oxmoor (but in Louisville)....

John

On Wed, Jul 26, 2023 at 12:50 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

I received the completed form. Thank you!

I would be happy to try for staffing at school. Please remind me what school she will be attending. If you would like to proceed with school, you'll need to ask the school if they will allow a therapist in, and if so, how much?

Her insurance will allow for 20 hours per week. We don't have to utilize all 20; however, the more hours, the better it would be to find a staff.

Let me know!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 3:25 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

I am super glad that you are able to help out with the information -- there was nothing attached so I don't have anything I can sign for you yet. Please send when possible.

As far as the hours go...I think it is absolutely wonderful that Jackie is going back to the school system (it was no longer working regarding homeschooling with Jackie showing so much resentment toward me for homeschooling on mom's weeks -- although that was her choice to have Jackie be with me during the day on her weeks - but Jackie resented me strongly for it..... that all being said....we are going to be back to a more equal and even schedule (which will be really good for Jackie/Jaqquelyn). I am trying to get used to using Jaqquelyn, but I am not used to it yet.

School hours are 8:40 to 3:20....so...with commute just say 8 to 4....I don't know if there would be a way to do some hours at school. I am trying to get school therapy set up presently too (with 7 county services - to maintain the case worker). The therapy will probably be 1 hour per week at school. I think Jackie is going to need more support than that so it would be great to have some ABA at school...and maybe on Mondays (because transitioning from the weekend to the school week can be hard...and because especially on my weeks...I have IVIG on Mondays...)....

Please let me know your thoughts. I know nothing about Jackie's mom's weeks other than she works from home on Tue, Wed, and Friday now...

John

On Wed, Jul 26, 2023 at 9:20 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi -
>
> Yes, I can but will need a release of information on file. I can send this to you to electronically sign in a moment.
>
> If 10 hours per week will work, can you please let me know the desired schedule for those hours (days, times, and location).
>
> If we can begin with a few parent training hours within the month, please let me know if you are open to that and I will see if I have an available BCBA to do that with you.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279
> www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 25, 2023 4:27 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

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I don't want to discharge - let's aim for the 10 hours per week. I understand it is a lot. I thought we had finally started getting somewhere when Susan was regularly coming over here - now I feel like that progress has been lost.

Can you please send a note to Stacy Polk at 7 County Services stating that we have been receiving services from your organization during the time Susan came here, and that we have been awaiting a therapist for ABA since then?

Her email address is: spolk@sevencounties.org

I appreciate you. John

On Mon, Jul 24, 2023 at 8:23 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Thank you for the information. Unfortunately, our minimum therapy service is 10 hours per week.
>
> If the school will allow - we can look at having an RBT that can attend school if you are interested in that.
>
> If you would prefer to discharge at this time and reach out when scheduling is better for you all, I am happy to do that as well.
>
> Please let me know.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, July 20, 2023 1:56 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Well, Jaqquelyn (please note spelling) is going to The Phoenix School starting in August - for 7th grade - that will be 8:20 am to 2:20 pm.... We are going to have to leave where I live by like 7:40 am at the latest to get there on time....and the earliest we will be back is 3:00 pm. School starts, I think, on August 12th. I have IVIG on Mondays and am out of commission by the afternoon on most days after an 8 hour long infusion -- sometimes I can barely make it to the grocery store or something if we need food desperately on a Monday. Fridays are transitional days so I'd like to avoid those because they are already so hard for Jackie. 10 to 15 hours seems like too much - we need something in between 0 and that much...

Lindsay, Jaqquelyn's mom, just got a new apartment right next to the Phoenix School - I think that will help Jackie out a lot.

On Thu, Jul 13, 2023 at 6:37 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hello Mr. Fouts -
>
> With the fall coming, I wanted to check in with your family to see if any scheduling changes would allow Jacqueline to engage in at least 10-15 hours per week of ABA therapy?

Please let me know.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 3:25 PM
To: RaShai Reynolds
Subject: Re: Scheduling Updates
Attachments: Outlook-0davoh24.png; Outlook-1p2qxatm.jpg; Outlook-hj3hxrow.png; Outlook-1ur0flpq.jpg; Outlook-uggaddwc.png; Outlook-11b1m4v5.jpg

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Please let me know your thoughts. I know nothing about Jackie's mom's weeks other than she works from home on Tue, Wed, and Friday now...

John

On Wed, Jul 26, 2023 at 9:20 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi -
>
> Yes, I can but will need a release of information on file. I can send this to you to electronically sign in a moment.
>
> If 10 hours per week will work, can you please let me know the desired schedule for those hours (days, times, and location).
>
> If we can begin with a few parent training hours within the month, please let me know if you are open to that and I will see if I have an available BCBA to do that with you.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279

www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 25, 2023 4:27 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

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I don't want to discharge - let's aim for the 10 hours per week. I understand it is a lot. I thought we had finally started getting somewhere when Susan was regularly coming over here - now I feel like that progress has been lost.

Can you please send a note to Stacy Polk at 7 County Services stating that we have been receiving services from your organization during the time Susan came here, and that we have been awaiting a therapist for ABA since then?

Her email address is: spolk@sevencounties.org

I appreciate you. John

On Mon, Jul 24, 2023 at 8:23 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Thank you for the information. Unfortunately, our minimum therapy service is 10 hours per week.
>
> If the school will allow - we can look at having an RBT that can attend school if you are interested in that.
>
> If you would prefer to discharge at this time and reach out when scheduling is better for you all, I am happy to do that as well.
>
> Please let me know.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, July 20, 2023 1:56 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

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Well, Jaqquelyn (please note spelling) is going to The Phoenix School starting in August - for 7th grade - that will be 8:20 am to 2:20 pm.... We are going to have to leave where I live by like 7:40 am at the latest to get there on time....and the earliest we will be back is 3:00 pm. School starts, I think, on August 12th. I have IVIG on Mondays and am out of commission by the afternoon on most days after an 8 hour long infusion -- sometimes I can barely make it to the grocery store or something if we need food desperately on a Monday. Fridays are transitional days so I'd like to avoid those because they are already so hard for Jackie. 10 to 15 hours seems like too much - we need something in between 0 and that much...

Lindsay, Jaqquelyn's mom, just got a new apartment right next to the Phoenix School - I think that will help Jackie out a lot.

On Thu, Jul 13, 2023 at 6:37 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hello Mr. Fouts -
>
> With the fall coming, I wanted to check in with your family to see if any scheduling changes would allow Jacqueline to engage in at least 10-15 hours per week of ABA therapy?

Please let me know.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 25, 2023 4:27 PM
To: RaShai Reynolds
Subject: Re: Scheduling Updates
Attachments: Outlook-0davoh24.png; Outlook-1p2qxatm.jpg; Outlook-hj3hxrow.png; Outlook-1ur0flpq.jpg

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>
> 3-Year Accreditation

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, July 20, 2023 1:56 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Scheduling Updates

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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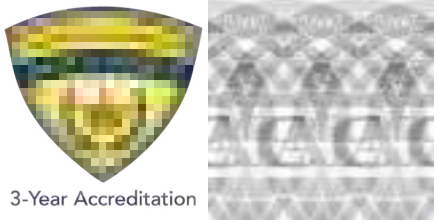
>
> 
>

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, June 2, 2023 4:41 PM
To: RaShai Reynolds
Subject: Re: RBT Availability June 5 - June 12
Attachments: image001.png; image003.png; Outlook-btzjxbbi.png; Outlook-hvl0mmlw.jpg

No - I already have appointments that day all morning and can't add more...

On Fri, Jun 2, 2023 at 11:55 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi!

I'm sorry. The RBT is available from June 5-12th. Would Tuesday the 6th work?

The 13th wouldn't work.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 1, 2023 2:07 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: RBT Availability June 5 - June 12

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Ok. Sounds great.

On Thu, Jun 1, 2023 at 2:06 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Thank you. I will see if the technician can do 1200p – 200p on Tuesday, June 13th.

I may have the BCBA accompany her if she can.

I will keep you posted!

Glad to hear about Jaqquelyn!

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, June 1, 2023 at 2:03 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: RBT Availability June 5 - June 12

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I have art therapy (Telehealth) on Tuesdays from home. If she wanted to come for a couple of hours on Tuesday the 13th - like from 12:00 to 2:00 that would be great for Jackie (who is now going by the full name Jaqquelyn). She is growing into herself - you know?

John

p.s. Sorry about the delay - I have a pretty severe UTI at the moment and am having a hard time doing anything really.

On Wed, May 31, 2023 at 3:15 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> I have a current RBT who is working another case; however, the family will be on vacation from June 5 – June 12th. If you would like, I can have this RBT come and see Jackie during that timeframe. She has availability 800a – 200p each day.
>
> Please let me know.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
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> Regional Director - GA, IN, KY
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John R. Fouts, MBA

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 1, 2023 2:08 PM
To: RaShai Reynolds
Subject: Re: Parent Training
Attachments: image001.png; image003.png

Yes - absolutely - that would be great too.

On Thu, Jun 1, 2023 at 10:10 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
>
> I have a BCBA who is likely available to provide parent training. If you are open to it and let me know – I can link you all to create a schedule. This person would replace Susan.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 1, 2023 2:07 PM
To: RaShai Reynolds
Subject: Re: RBT Availability June 5 - June 12
Attachments: image001.png; image003.png; image001.png; image003.png

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> Thank you. I will see if the technician can do 1200p – 200p on Tuesday, June 13th.
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> I may have the BCBA accompany her if she can.
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> Glad to hear about Jaqquelyn!
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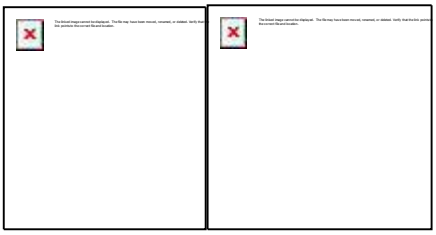

From: John Fouts <fouts.john@gmail.com>
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John

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John R. Fouts, MBA

Fax. 502.996.8246

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Attachments: image001.png; image003.png

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 15, 2023 10:36 AM
To: RaShai Reynolds
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.
Attachments: image001.png; image003.png; image001[85].png; image002[74].png

They basically said it wasn't their primary focus...and told us we would have to go see a different therapy place - which SUCKS - because Jackie has had good luck and made progress at the current therapy place, but if we want to get the letter (which we must have) to go to the endocrinology clinic (even to just talk to counselors there), we have to change. Thanks for the idea of going the psychiatry route too.

John

On Mon, May 15, 2023 at 10:30 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Oh wow. What was their reasoning? Maybe they don't have the proper credential. I would recommend a psychiatrist for sure.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
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>
> **From:** John Fouts <fouts.john@gmail.com>
> **Date:** Monday, May 15, 2023 at 10:29 AM

To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

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Yes - they said they could not do it either. That is why I asked you.

On Mon, May 15, 2023 at 9:06 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi –

After looking over the document, unfortunately – our services do not warrant this type of recommendation. You will need someone who provided therapeutic mental health services to provide this recommendation letter. Does Jackie see an actual mental health therapist?

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, May 11, 2023 at 4:31 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>

Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

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I'm so sorry - that is what I get for trying to multitask.

On Thu, May 11, 2023, 4:16 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
>
> What would the contents of the letter be? I didn't see a guideline attached.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com
>
> **Error! Filename not specified.Error! Filename not specified.**
>
> ---
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Date:** Thursday, May 11, 2023 at 3:33 PM
> **To:** RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
> **Subject:** Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Novak Center at Norton sent this template for providers to use to write a letter on Jackie's behalf. Can you write one for us?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 15, 2023 10:28 AM
To: RaShai Reynolds
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.
Attachments: image001.png; image003.png

Yes - they said they could not do it either. That is why I asked you.

On Mon, May 15, 2023 at 9:06 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
>
> After looking over the document, unfortunately – our services do not warrant this type of recommendation. You will need someone who provided therapeutic mental health services to provide this recommendation letter. Does Jackie see an actual mental health therapist?
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com
>
> Committed to Continuous Improvement BHCOE ACCREDITED 2022
> 3-Year Accreditation
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Date:** Thursday, May 11, 2023 at 4:31 PM

To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.

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I'm so sorry - that is what I get for trying to multitask.

On Thu, May 11, 2023, 4:16 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
>
> What would the contents of the letter be? I didn't see a guideline attached.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
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> **Error! Filename not specified.Error! Filename not specified.**
>
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, May 11, 2023 4:30 PM
To: RaShai Reynolds
Subject: Re: Dr. Reynolds - is it possible for you to write a letter for Jackie for us? We cannot begin to be a part of the gender program at the Novak Center until we have a letter that aligns with the following guideline.
Attachments: image001.png; image002.png; MH Provider Checklist (1).docx

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, May 2, 2023 2:18 PM
To: RaShai Reynolds
Subject: Re: Susan McConnel - Update 5.2.23
Attachments: image001.png; image002.png; image001.png; image002.png

Well, thanks for letting me know. I appreciate you keeping me updated.

John

On Tue, May 2, 2023, 2:13 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> I hope you are well. I wanted to let you know that Susan is no longer contracted with the company. She no longer works for us.
>
> I apologize for any inconvenience that this may cause. I am working to re-staff and provide a new BCBA for Jackie.
>
> Please call me with any questions or concerns.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
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> Regional Director - GA, IN, KY
> (c) 317.452.6279
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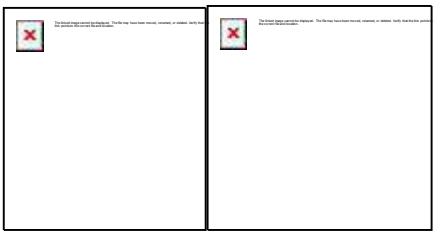
> www.springhealthbehavioral.com
>
> 

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, March 31, 2023 1:16 PM
To: RaShai Reynolds
Subject: Re: Direct Therapy Schedule Updates
Attachments: image001.png; image003.png; Outlook-v0cloo5c.png; Outlook-owvmdghw.jpg; Outlook-l5telxxq.png; Outlook-jm1pqbh2.jpg

Dr. Reynolds - thanks for following up. I promise I have not forgotten about getting back to you. I am really continuing to struggle a great deal with my health....with life in general....with my ex-wife's on-going mental health hospital inpatient stays and how they affect Jackie etc...

I would like to know if we could start off by aiming for 1:00 to 5:00 on Tuesdays and Wednesdays. We need to ease into it some for Jackie. Can we please start with this - 8 hours per week?

Thursdays are pretty full for Jackie already with Susan coming, and with Art Therapy in the evenings.

John

On Wed, Mar 29, 2023 at 2:36 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi
>
> I am following up.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279
> www.springhealthbehavioral.com
>
> 3-Year Accreditation

From: RaShai Reynolds
Sent: Tuesday, March 21, 2023 2:37 PM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: Direct Therapy Schedule Updates

Sure - I'll reach out then.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, March 21, 2023 2:17 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Direct Therapy Schedule Updates

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I see. Thanks for bearing with me as I gain further understanding of the process. It is complicated because we are living at my parents' house, and not at my own home or place of residence. It complicates things in many ways.

May I ask you, please, to reach out to me early next week? I recently learned I have a spinal tumor in a bone of my vertebrae, and I am scheduled to see an Oncologist this Thursday, and my mind is somewhat preoccupied at the moment. Could I ask you, please, to reach out to me again early next week? I am not trying to put you off - I have a lot on my mind at the moment.

John

On Fri, Mar 17, 2023 at 4:19 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

ABA therapy is a tiered delivery model.

Susan creates a treatment plan that has goals for Jackie. The RBT (registered behavior technician) works 1:1 with Jackie on these goals. Susan continues to come and consult as normal. However, the RBT is there more frequently doing 1:1 sessions.

Let me know is that makes sense.

Thanks

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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What is an RBT and how does this impact the schedule with Susan? We are going to need to adjust the time some probably. Please answer when possible. Thank you.

John

On Thu, Mar 16, 2023 at 5:42 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi Mr. Fouts!

I wanted to check in with you to verify that the schedule for a 1:1 rbt is the same as when you first initiated services.

I have:

Dad Home Schedule:
T. = 330pm to 700p (3.5)
W. = 330p – 700p (3.5)
Th. = 330p – 700p (3.5)

Is this still correct?

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
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John R. Fouts, MBA

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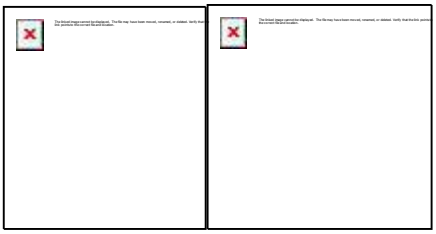

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Is this still correct?

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 11:05 PM
To: RaShai Reynolds
Subject: Re: Schedule Appt
Attachments: image002.png; image001.png; image003.png

Hi Dr. Reynolds - I have not heard back from her - just letting you know.

John

On Tue, Jan 10, 2023 at 3:55 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> No worries. She may have been calling the wrong number. And yes, she has been briefed on all of the details and knows where you and Jackie are currently living and the address.
>
> She will need to meet you and Jackie in person.
>
> Thanks!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
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Dr. Reynolds,

She had not contacted me via telephone, and the only correspondence I had received from her was an email she sent last night at 8:14 p.m. I had not yet had a chance to respond to the email due to having a TMS therapy appointment this morning, trying to get in touch with a case manager, and preparing for my bankruptcy meeting, which just ended. As soon as the bankruptcy meeting ended, I wrote to her, and copied you. I don't know if she may have been calling the wrong number? She understands that me and Jackie's mother are divorced doesn't she? The only thing I can think is that she was only trying to reach out to Jackie's mom??

John

On Tue, Jan 10, 2023 at 9:39 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, January 2, 2023 2:23 PM
To: RaShai Reynolds
Subject: Re: Checking In 12.30.22
Attachments: image001.png; image002.png

Hi Dr. Reynolds.

I was in the middle of moving, so I was not yet able to reach out to you, but now the move is finalized (although - hopefully it will be a temporary move).

Jackie and I are now living at:

184 Cedarview Dr.
Shepherdsville, KY 40165

I am living in the basement of my parents' home with Jackie.

Jackie is still with her mother every other week at:

13018 Observation Circle Apt. 302
Louisville, KY 40243

Jackie still does homeschool during all weeks, and on Jackie's mother's weeks, does homeschool now at 184 Cedarview Dr. Shepherdsville, KY 40165 (the same address I gave you above that we have moved to).

If you should have any questions, please let me know. Thank you for the status update. It is appreciated.

If it is possible for you to send me/us the therapy goals for Jackie so I can view them prior to meeting, I would like to do so. I always like to have time to think about things and formulate questions if I have any based on the information at hand. It is just how I am built.

Thanks Dr. Reynolds.

Oh - our holiday went okay - but it was bittersweet....moving during the holiday season is not easy. Hope yours was good also.

John

On Fri, Dec 30, 2022 at 12:44 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hello Mr. Fouts –

I hope your holiday was great! Susan (BCBA) will be reaching out to you in January to schedule her first appt with you all. She is the BCBA, and complete parent training and composition of Jackie's initial treatment goals based on the assessment that you completed when I visited.

I am excited to get things started for your family and still working hard to locate a therapist.

Are you all still at the same address that I visited?

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, December 14, 2022 5:27 PM
To: RaShai Reynolds
Subject: Re: Checking In - 12.13.22
Attachments: image001.png; image002.png

Dr. Reynolds,

No changes as of yet, however, I would suggest that we did not begin until after the New Year holiday - I realize it is unlikely you would have one prior to then anyway.

I apologize in the delay in getting back to you - it has been a very challenging time for me as the chronic fatigue syndrome issues I deal with are continuing to become more exacerbated for whatever reason - with no known trigger - it is very difficult as I have been pretty much bed-bound for a couple of years in the past - I do not want to have that life again - but when your health is slipping - and nobody knows how to help - it is very challenging.

I am going to be following up with Dr. David Charles at Meridian Behavioral Health (who did Jackie's neuropsychiatric evaluation previously), and seeing if they may have any options. I will keep you posted - I do not think they offer ABA - but other services may be able to fulfill the current gap/need that exists in Jackie's healthcare.

Unless anything changes though, the current plan, is to continue waiting on your group, to provide an ABA therapist for Jackie. Thank you so much for checking in.

John

On Tue, Dec 13, 2022 at 4:24 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> I am still diligent re: an ABA therapist for Jackie. Please let me know if there have been any changes in need for ABA.
>
> Happy Holidays!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

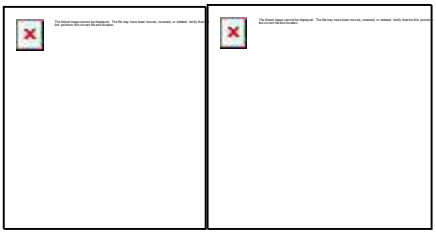
fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 16, 2022 4:41 PM
To: RaShai Reynolds
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?
Attachments: image001.png; image003.png; image002.png; image005.png; image002.png; image005.png; image003.png; image001.png

Well, thank you for letting me know.

On Wed, Nov 16, 2022, 4:18 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> It is with great regret that I must inform you that Dataya has had a change in her schedule. She recently notified me that Jackie's treatment schedule no longer works with her schedule. I did offer alternate options; however, she was not able to accommodate.
>
> Therefore, she will not start, and I am again looking for therapist.
>
> Susan – the BCBA is still slated to start and can offer parent training when she begins.
>
> I am sorry for the inconvenience, and I will keep you posted.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com



From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Wednesday, November 16, 2022 at 11:27 AM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

Hi Mr. Fouts –

The therapist's name is Dataya (Duh-tie-yuh).

No, there will be no therapy on Thanksgiving Day. You should expect to have therapy on Wednesday, though.

Email: Dataya.Hooks@springhealthbehavioral.com

Phone: 319.520.5044

Your BCBA will be Susan McConnell. She is still onboarding and I will provide you her contact information when she is complete 😊

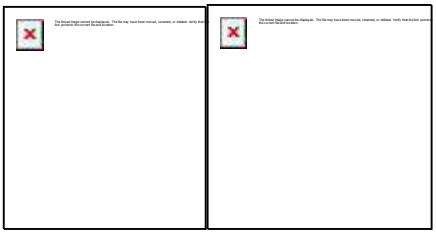
Stay warm!

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Date: Wednesday, November 16, 2022 at 11:17 AM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

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Dr. Reynolds,

Hi. Hope you are doing well.

I wanted to follow up with you to get the ABA therapist's contact information please.

Also - during the week of Thanksgiving - I am certain that we will not be meeting with him/her on Thanksgiving Day itself. What about the Wednesday of Thanksgiving week? Trying to figure out family meal schedule too - I am sure you understand.

Please let me know when you can.

Have a good day and a great week.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 16, 2022 11:17 AM
To: RaShai Reynolds
Subject: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

Dr. Reynolds,

Hi. Hope you are doing well.

I wanted to follow up with you to get the ABA therapist's contact information please.

Also - during the week of Thanksgiving - I am certain that we will not be meeting with him/her on Thanksgiving Day itself. What about the Wednesday of Thanksgiving week? Trying to figure out family meal schedule too - I am sure you understand.

Please let me know when you can.

Have a good day and a great week.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 10, 2022 4:25 PM
To: RaShai Reynolds
Subject: Wondered if you had heard from Jack's mom...

Dr. Reynolds,

I have reached out to Jack's mother with email and with text messages, but I have not heard anything from her. Wondered if you had heard on your end?

I'm kind of worried about her - she suffers from bipolar and depression.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, November 8, 2022 2:54 PM
To: RaShai Reynolds
Subject: Re: FW: FoutJac - ABA Schedule
Attachments: image001.png; image003.png; image002.png; image004.png

I will ask her again to respond to you - I will text her - sometimes she responds better that way.

On Tue, Nov 8, 2022 at 2:29 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> See below as FYI.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com
>
> Committed to Continuous Improvement BHCOE ACCREDITED 2022 3-Year Accreditation

---

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Tuesday, November 8, 2022 at 2:18 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Subject: Re: FoutJac - ABA Schedule

Hi Lindsay –

We have a therapist lined up for Jackie. Are you willing to participate in ABA therapy at your home when Jackie is there? I have an urgent need to determine a schedule for services during for the weeks that Jackie is with you….. if you will not be declining that Jackie participate while in your care.

The therapist will be starting during a week when Jackie is at your home.

Please let me know as soon as possible.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

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From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Tuesday, November 1, 2022 at 6:00 PM
To: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Subject: Re: FoutJac - ABA Schedule

Hi -

No, this would be his weekly scheduled therapy time.

If this time does not work, what is a weekly schedule time that would work for your home?

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279

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From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Tuesday, November 1, 2022 4:47 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: FoutJac - ABA Schedule

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Would this be for one week?

I would need to leave work early.

On Fri, Oct 28, 2022 at 7:27 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Lindsay -
>
> I am working to solidify a schedule for ABA therapy during which Jackie is at your home.
>
> Please let me know if the following schedule will work.
>
> M - F 330p-630p
>
> If this does not work it would be very helpful if you could send me a schedule that may work for your home.
>
> Thank you!
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 2, 2022 7:05 PM
To: RaShai Reynolds
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28
Attachments: image001.png; image003.png

Hi Dr. Reynolds.

We will make that work! Thanks for helping out with finding a therapist, and with working within the already busy schedule. I appreciate that more than you know.

The 16th is indeed one of Lindsay's weeks.

Thanks again.

John

On Wed, Nov 2, 2022 at 5:35 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hello –
>
> I hope you both are well this week!
>
> A few things:
>
> 1. I have located a therapist for Jackie. She has availability in the evening. That is great news. She is slated to start 11.16.22.
>   a. I think this may be a week when Jackie is at mom's home?
> 2. I do not have a schedule for Lindsay's home. I have gotten one reply from her and responded back with clarification for her.
> 3. In looking at the calendar provided to me I am proposing the following schedule for your home for a total of 10.5 hours per week.
>
>   a. M. = None per your request.
>   b. T. = 330pm to 700p (3.5)
>   c. W. = 330p – 700p (3.5)
>   d. Th. = 330p – 700p (3.5)
>   e. F = None – to allow for transition to mom's home.

*Note – Once the schedule starts there is ability to add time to Mondays, Fridays, or weekends if possible. For now, we can see how the scheduling and therapy goes.

Please let me know if you have any objections to this schedule or if you can agree to this schedule. This would be what I communicate to the therapist.

Thank you!

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

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From: John Fouts <fouts.john@gmail.com>
Date: Friday, October 28, 2022 at 6:03 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28

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Hi Dr. Reynolds (again)...

Thanks for your patience. I completely understand what you are saying about the number of hours required for therapy. When you see our schedule, it might make more sense as to why I am having trouble finding how to get it

to fit in, but I think we will be able to accommodate 12 hours....we need to start there at the lower end in order to find time and see if there is a good benefit. I know we need to do something differently...I feel like I am losing my child to mental issues and mental illness and I need help with things.

When Lindsay picked up Jackie this afternoon, just a few minutes ago, I told her you had been trying to reach her to schedule time during her weeks.

I have attached the schedule for Jackie and myself for the weeks through March 1.

Keep in mind:

* The time-slots for speech therapy and OT have not been yet confirmed.

* I need to schedule an appointment and pulmonary testing for Jackie - TBD

* I need to schedule an appointment to have Jackie's eyes checked out (eye exam), and to see what might be causing the eye issues Jackie is experiencing.

* I am working on getting a prescriber in place that is a specialist - I have reached out to Meridian Health who did Jackie's neuropsychiatric evaluation

* I am trying to get Jackie scheduled to see the P.A.G.E. Clinic. They specialize in gender dysphoria. I may be able to have Meridian Health take over this piece too, however, as they are a gender affirming practice.

* Jackie has occasional dermatology appointments that are scheduled as there is availability

* Jackie has occasional neurology appointments that are scheduled as there is availability

* I am working on finding a group setting or a way to have Jackie in some way interact with children Jackie's own age to learn more social and emotional soft skills and to learn how to better read non-verbal behavior and social cues

* I don't know what to do, but Jackie's anger has spiraled out of control

* Jackie is dealing with Long Covid symptoms - the long covid clinic recommended appointments have largely not been set up yet

* I, John, have an endovenous laser ablation surgery that I need to schedule for my left leg greater saphenous vein to be ablated - recovery was harder than I thought it would be when I had to do this for my right leg earlier this year

* I am trying to get TMS therapy for myself, but having trouble finding a way to get it as it is a commitment that requires every day presence for around a month

---

Please see the attached calendar, and please let me know if you have any questions/comments/suggestions about what you recommend in terms of timing.

Thank you Dr. Reynolds! I'm so sorry that there are so many complicating factors with our situation. On top of everything else, I will likely be filing Chapter 7 Bankruptcy in the very near future ... unless I can find some other way ...

John

On Fri, Oct 28, 2022 at 3:10 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Great.

Yes send me a schedule that works for your home. I called Lindsay yesterday to work with her for a schedule at her home. Have not heard back.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 28, 2022 2:54 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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Dr. Reynolds,

We will make at least 12 hours work. Unfortunately, I cannot control the schedules of other providers involved in care, or my life would be a lot easier. When I am back at my laptop, I can send you each week's schedule that is already scheduled through the next 8 weeks to 12 weeks or something, and we can go from there. Will that work?

John

On Fri, Oct 28, 2022, 12:59 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi –
>
> Thank you for the information. 25 hours per week of ABA therapy is typical for this type of therapy. Usually, ABA therapy is the 'main' therapy that is received. For Jackie, that is not the case – so that makes scheduling and servicing challenging. 25 hours is the *recommended* treatment hours; however, we understand family schedules. Unfortunately, given the behaviors and skill deficits described during the assessment, six to eight hours will not be sufficient for this type of therapy.
>
> At minimum, ten to twelve hours per week would need to be met to move forward with the service. In addition, it will be extremely difficult to staff a case with anything less than ten hours.
>
> If you can meet the minimum hour requirement, I will need you to send me a schedule that will work you and Jackie for ABA therapy. If you can be direct with the schedule, it would be very helpful (e.g., Monday 1:00p – 430p, Tues 330p – 630p, Wed …..)
>
> If your family cannot meet the minimum hour requirement, SpringHealth unfortunately will not be able to offer ABA therapy.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

Error! Filename not specified.Error! Filename not specified.

From: John Fouts <fouts.john@gmail.com>
Date: Friday, October 28, 2022 at 12:29 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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Hi Dr. Reynolds.

Monday on my weeks, yes correct - that I cannot be trying to do anything because I have IVIG all day. In case you are not aware of what that procedure is, or so you can have a more full understanding...I have a home health nurse that comes and administers IgG intravenously over a period of 6 to 8 hours. I have to be dosed up on Tylenol and on Benadryl to hopefully avoid side effects and I have to have things like BP and heart rate checked every 30 minutes (and at the start of infusion every 15 minutes). This is a weekly and likely life-long treatment...

Also - I receive Copper infusion treatments and those are done at outpatient cancer centers. Those are done every 60 days and take about 6 hours in total.

On Tuesdays, yes it is possible to arrive during the school day - I would prefer a bit earlier in the day actually if possible...however...I have a standing art therapy appointment from 1pm to 2pm on every Tuesday.

25 hours per week seems like it is A LOT of therapy....I mention this because if you add in the other appointments alone, that occupies far too much schedule time to be able to do school and pre-existing obligations - art therapy for Jackie, talk therapy for Jackie, my appointments, time that is not time spent in a therapy session or doing school...etc....so we are not going to meet 25 hours per week.

Ideally, I'd like it if we could have the therapy be over by 5pm. On Thursdays, Jackie has art therapy at 12 to 1 pm, and we have various other appointments on a weekly basis - same is true for every day of the week. If therapist wants to come earlier, that is fine. Jackie is very defiant when it comes to home school and I don't know how to handle that....consequences are not effective...nor is praise....

Fridays are transition days and are typically more open than other days because Jackie has trouble with the transitions generally speaking. We can try to find availability....I think 6 to 8 hours per week is pushing it with all the other appointments we have...

Special Note: Jackie is suffering from consequences of Long-Covid. Memory problems....that are on top of pre-existing autism and adhd related memory problems...shortness of breath... extreme fatigue... random other symptoms...

We saw the Long Covid Clinic at Norton/Novak Center here in Louisville this week. The NP recommended that Jackie be seen by Cardiology, by a Pulmonologist to do pulmonary function testing, and she advised that Jackie should be enrolled in the Pediatric Rehabilitation Program. She said the children are being treated as if they had a concussion or other traumatic brain injury. She said at the start, that we would need to meet with them at least once per week. I don't know when these appointments are going to be yet because we have so many other appointments. Additionally, she said that Jackie needs to focus on rest right now and emphasized that Jackie should not be spending too much time on school - she said the rehabilitation people would basically advise on how much time Jackie could or should spend each week on school and other brain-related activities. I am not sure how ABA therapy folds into that mix as I have somewhat of a vague understanding of the therapy itself.

If this info is not helpful enough, we can schedule a call to talk if that will work better. What are your thoughts?

John

On Thu, Oct 27, 2022 at 12:08 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi Mr. Fouts –

I hope you and Jackie are doing well!

The purpose of my email is to solidify a schedule for your home that I can communicate to potential therapists. I want to make sure the schedule is set as therapists value consistent hours each week.

Jackie has been recommended 25 hours per week of ABA therapy. Understanding the schedule, we may not be able to reach the recommended hours, but it is best to get close as possible.

I want to ask about additional possible availability. I know Jackie is home schooled and it would not be at all rare for therapists to be present at a school (if the school allows) to assist.

Based on the information that I have your home has the following availability. Ive added my questions in red.

M – None (father has appts).

T - 500p - 700p Is it possible for the therapist to arrive during the school day? 3:30pm – 630p?

W - 2p - 700p Good. 3:30pm – 630p?

Th - 500p - 700p (could be earlier when PT ends). Has PT ended? Is 3:30p – 700p feasible if so?
F - Transition days (between 5p - 6p) Are any hours possible this day? Two to three if necessary?

Would you like weekend sessions at all?

Once I receive confirmation I will work a schedule and see if you are ok with it being shared with a potential therapist.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 28, 2022 7:06 PM
To: RaShai Reynolds
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28
Attachments: Outlook-d2r2szsw.png; Outlook-rxsewkf2.jpg; Outlook-5vgfgbsq.png; Outlook-knhuda2c.jpg

Her email is: lindsayfoutscpa@gmail.com

On Fri, Oct 28, 2022 at 7:05 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

I understand. If Lindsay has an email I'd be happy to email her. I called and left a VM yesterday.

I'll check these documents and see what I can come up with. I'll send to you to confirm before sharing with a potential therapist.

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 28, 2022 6:03 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying - Please Confirm Receipt - 2022-10-28

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Hi Dr. Reynolds (again)...

Thanks for your patience. I completely understand what you are saying about the number of hours required for therapy. When you see our schedule, it might make more sense as to why I am having trouble finding how to get it to fit in, but I think we will be able to accommodate 12 hours....we need to start there at the lower end in order to find time and see if there is a good benefit. I know we need to do something differently...I feel like I am losing my child to mental issues and mental illness and I need help with things.

When Lindsay picked up Jackie this afternoon, just a few minutes ago, I told her you had been trying to reach her to schedule time during her weeks.

I have attached the schedule for Jackie and myself for the weeks through March 1.

Keep in mind:

* The time-slots for speech therapy and OT have not been yet confirmed.

* I need to schedule an appointment and pulmonary testing for Jackie - TBD

* I need to schedule an appointment to have Jackie's eyes checked out (eye exam), and to see what might be causing the eye issues Jackie is experiencing.

* I am working on getting a prescriber in place that is a specialist - I have reached out to Meridian Health who did Jackie's neuropsychiatric evaluation

* I am trying to get Jackie scheduled to see the P.A.G.E. Clinic. They specialize in gender dysphoria. I may be able to have Meridian Health take over this piece too, however, as they are a gender affirming practice.

* Jackie has occasional dermatology appointments that are scheduled as there is availability

* Jackie has occasional neurology appointments that are scheduled as there is availability

* I am working on finding a group setting or a way to have Jackie in some way interact with children Jackie's own age to learn more social and emotional soft skills and to learn how to better read non-verbal behavior and social cues

* I don't know what to do, but Jackie's anger has spiraled out of control

* Jackie is dealing with Long Covid symptoms - the long covid clinic recommended appointments have largely not been set up yet

* I, John, have an endovenous laser ablation surgery that I need to schedule for my left leg greater saphenous vein to be ablated - recovery was harder than I thought it would be when I had to do this for my right leg earlier this year

* I am trying to get TMS therapy for myself, but having trouble finding a way to get it as it is a commitment that requires every day presence for around a month

---

Please see the attached calendar, and please let me know if you have any questions/comments/suggestions about what you recommend in terms of timing.

Thank you Dr. Reynolds! I'm so sorry that there are so many complicating factors with our situation. On top of everything else, I will likely be filing Chapter 7 Bankruptcy in the very near future ... unless I can find some other way ...

John

On Fri, Oct 28, 2022 at 3:10 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Great.

Yes send me a schedule that works for your home. I called Lindsay yesterday to work with her for a schedule at her home. Have not heard back.

RaShai Reynolds, Ph.D., BCBA-D, LBA
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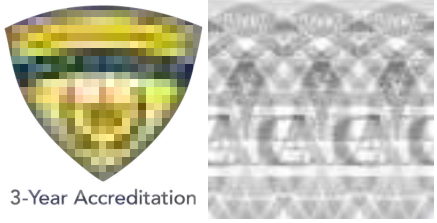

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 28, 2022 2:54 PM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: ABA Schedule - Solidifying

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Dr. Reynolds,

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On Fri, Oct 28, 2022, 12:59 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

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> At minimum, ten to twelve hours per week would need to be met to move forward with the service. In addition, it will be extremely difficult to staff a case with anything less than ten hours.
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> If you can meet the minimum hour requirement, I will need you to send me a schedule that will work you and Jackie for ABA therapy. If you can be direct with the schedule, it would be very helpful (e.g., Monday 1:00p – 430p, Tues 330p – 630p, Wed …..)
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> If your family cannot meet the minimum hour requirement, SpringHealth unfortunately will not be able to offer ABA therapy.
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> Regional Director - GA, IN, KY
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To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
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25 hours per week seems like it is A LOT of therapy....I mention this because if you add in the other appointments alone, that occupies far too much schedule time to be able to do school and pre-existing obligations - art therapy for Jackie, talk therapy for Jackie, my appointments, time that is not time spent in a therapy session or doing school...etc....so we are not going to meet 25 hours per week.

Ideally, I'd like it if we could have the therapy be over by 5pm. On Thursdays, Jackie has art therapy at 12 to 1 pm, and we have various other appointments on a weekly basis - same is true for every day of the week. If therapist wants to come earlier, that is fine. Jackie is very defiant when it comes to home school and I don't know how to handle that....consequences are not effective...nor is praise....

Fridays are transition days and are typically more open than other days because Jackie has trouble with the transitions generally speaking. We can try to find availability....I think 6 to 8 hours per week is pushing it with all the other appointments we have...

Special Note: Jackie is suffering from consequences of Long-Covid. Memory problems....that are on top of pre-existing autism and adhd related memory problems...shortness of breath... extreme fatigue... random other symptoms...

We saw the Long Covid Clinic at Norton/Novak Center here in Louisville this week. The NP recommended that Jackie be seen by Cardiology, by a Pulmonologist to do pulmonary function testing, and she advised that Jackie should be enrolled in the Pediatric Rehabilitation Program. She said the children are being treated as if they had a concussion or other traumatic brain injury. She said at the start, that we would need to meet with them at least once per week. I don't know when these appointments are going to be yet because we have so many other appointments. Additionally, she said that Jackie needs to focus on rest right now and emphasized that Jackie should not be spending too much time on school - she said the rehabilitation people would basically advise on how much time Jackie could or should spend each week on school and other brain-related activities. I am not sure how ABA therapy folds into that mix as I have somewhat of a vague understanding of the therapy itself.

If this info is not helpful enough, we can schedule a call to talk if that will work better. What are your thoughts?

John

On Thu, Oct 27, 2022 at 12:08 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi Mr. Fouts –

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Jackie has been recommended 25 hours per week of ABA therapy. Understanding the schedule, we may not be able to reach the recommended hours, but it is best to get close as possible.

I want to ask about additional possible availability. I know Jackie is home schooled and it would not be at all rare for therapists to be present at a school (if the school allows) to assist.

Based on the information that I have your home has the following availability. Ive added my questions in red.

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Would you like weekend sessions at all?

Once I receive confirmation I will work a schedule and see if you are ok with it being shared with a potential therapist.

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 28, 2022 2:54 PM
To: RaShai Reynolds
Subject: Re: ABA Schedule - Solidifying
Attachments: image001.png; image003.png; image002.png; image001.png; image002.png; image001.png; image003.png

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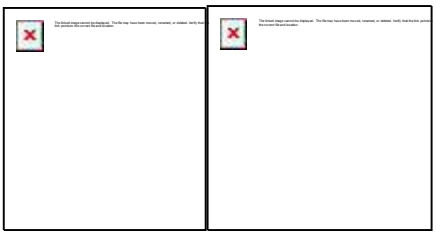

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Pronouns: she/her

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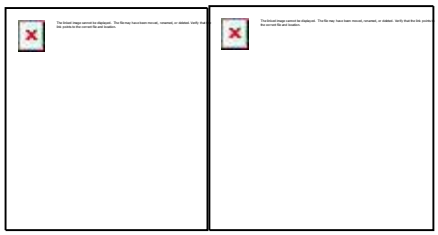

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Attachments: image001.png; image003.png

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RaShai Reynolds, Ph.D., BCBA-D, LBA

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 14, 2022 1:44 PM
To: RaShai Reynolds
Subject: Re: Here is the other piece
Attachments: image001.png; image002.png

I don't know where pages 1 and 4 are...I happened across these while packing boxes to move. I can reach out to CO to see if I can get a full record, but since I am divorced now, they may not allow me to, and I am not about to ask my ex to do that...as she might take out her anger toward me against Jackie.....it is a delicate situation.

On Fri, Oct 14, 2022 at 1:38 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Thank you. This is pages **1 and 3** of 4.
>
> I'm not sure if it was sent without pages 2 and 4 intentionally, but I wanted to double check.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com
>
> Committed to Continuous Improvement BHCOE ACCREDITED 2022 3-Year Accreditation
>
> **From:** John Fouts <fouts.john@gmail.com>
> **Date:** Friday, October 14, 2022 at 1:33 PM
> **To:** RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
> **Subject:** Here is the other piece

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That involved the social situation I could not really discuss with little ears present.

John

--

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John R. Fouts, MBA

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John R. Fouts, MBA

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, October 14, 2022 1:32 PM
To: RaShai Reynolds
Subject: Here is the other piece
Attachments: 2022-10-14-CO-Social-History.pdf

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fouts.john@gmail.com

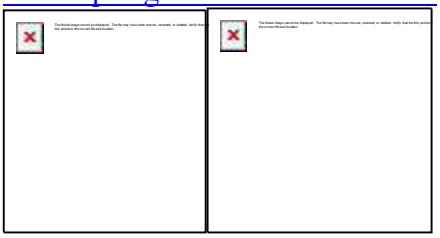
From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, October 12, 2022 9:28 PM
To: RaShai Reynolds
Subject: Re: Initial Assessment...confirmed!
Attachments: image001.png; image002.jpg; Outlook-tvt35qe2.png; Outlook-fiplr5ez.jpg; image002.jpg; Outlook-fiplr5ez.jpg; Outlook-tvt35qe2.png; image001.png

See you then. What do I need to have to be prepared?

On Wed, Oct 12, 2022, 9:03 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Confirming appt on 10.13.22 at 10:20am.
Address: 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com



From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, October 4, 2022 12:34 PM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: Initial Assessment

Great. I am excited to meet Jackie.

I will be coming to your home from Indiana and will need two hours travel. I can certainly be at your home by 10:20am. I will need about an hour or so.

Thank you

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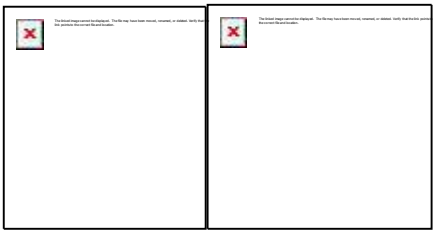

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If you'd like to continue with the process, I'd like to schedule his initial assessment for Thursday October 13th at 11:15am. We can also do this in person at but there is also a virtual option via zoom.

Please let me know how you would like to proceed.

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Date: Tuesday, October 4, 2022 at 8:42 AM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Fwd: When can we schedule an appt?

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See my response below in blue as to when Jack would be available.... sent on 09-22-22.

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Date: Thu, Sep 22, 2022 at 7:12 PM

Subject: Re: When can we schedule an appt?
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>

Dr. Reynolds,

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Subject: When can we schedule an appt?

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To get Jack going?

Are we waiting on anything in particular that you need on your end?

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Fax. 502.996.8246

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Sent: Tuesday, October 4, 2022 3:34 PM
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Attachments: image001.png; image002.jpg

Okay I will put it down on the calendar then for 10.13 at 10:20 am. Thank you!

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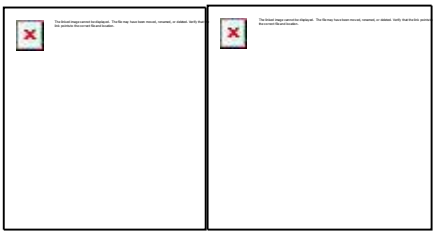

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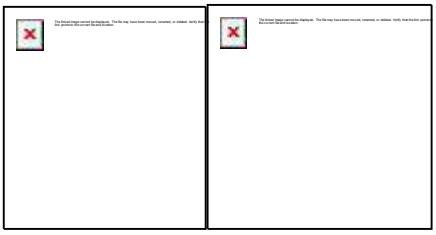

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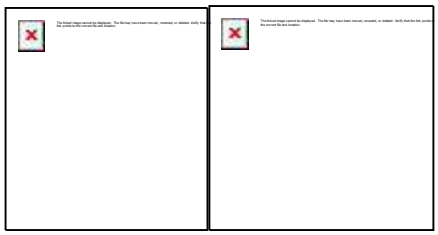

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, September 22, 2022 at 4:26 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: When can we schedule an appt?

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

To get Jack going?

Are we waiting on anything in particular that you need on your end?

John

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, October 4, 2022 8:42 AM
To: RaShai Reynolds
Subject: Fwd: When can we schedule an appt?
Attachments: image001.png; image002.jpg

See my response below in blue as to when Jack would be available.... sent on 09-22-22.

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Thu, Sep 22, 2022 at 7:12 PM
Subject: Re: When can we schedule an appt?
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>

Dr. Reynolds,

Thank you. I appreciate you getting back to me with items that can help to smooth the process. I know some people are very particular about going by titles, and I did not ask you - so I apologize for that. Do you prefer Dr. Reynolds or RaShai? I am an informal person in general, but want to respect what you would like me to call you.

Thanks for realizing I have been, and continue to be, patient.

I will send the survey/report separately.

For other information, please see below in blue. Please call me John by the way.

John

On Thu, Sep 22, 2022 at 4:46 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts -
>
> 1. I do not have an amended contract for signature for Jack's insurance. Until I have that, I cannot get his insurance uploaded to our funder list to be able to provide the service. I inquired about that with our credentialing specialist – awaiting a status update.
> 2. I had my auth specialist start to initiate the auth process so that we can at least get that part going. - - Please provide me with:
>   a. Current mailing address - Jack lives with me 50% of the time and also does home school at my house during his mother's weeks, and lives with her the other 50% of the time. My address is 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204. Her address (Lindsay Fouts) is 13018 Observation Circle Apt. 302 Louisville, KY 40243
>   b. Phone number - My # is 502.956.0052. Lindsay's number is 502.475.6896

c. Jack's SSN – this is needed to complete the request for the auth. - 309.3752.86
d. Specific days and times that Jack will be available for therapy services once approved (e.g., M-F 300p – 700p). This will be very important and helpful to provide to the therapist that would provide the direct services. - I can only speak as to my schedule and not to Lindsay's. For hers, you will need to reach out to her to see when she is available. For me, with the number of doctor appointments I have between me and Jack, the times are likely going to vary week by week as we are bound by other outside factors of which we have no control (other doctors' schedules). In general, Mondays will not work because I receive IVIG on Mondays and am stuck in my bed with an IV in my arm and dosed on Benadryl and it would not be a good time. Fridays are transition days (we normally transition on Friday evenings around 5 to 6 pm). I feel that transition days would not be best for Jack. So Tue, Wed, or Thurs...speaking generally....Tuesday 5pm - 7pm (this will change to earlier availability once Jack completes this round of physical therapy), Wednesday 2pm to 7pm, and Thursday 5pm to 7pm. This can and will change based on other doctors appointments, but once we get something established I will try to keep it routine as much as possible.

3. I have also attached our questionnaire that is delivered upon initiation of services. It will not 'hurt' for you to complete this now (most of the requests above are located on the intake packet that is attached). - I am filling this out next, and will send under separate cover. I just got back from an infusion at a center downtown.
4. I asked your rep for the specific requirements to request a PA for his insurance type. She was unsure of specifics but provided me with a general PA request document that I had my auth specialist use. Once I have your packet returned, I will have her submit and we will await on the insurance reply.

I know you are eager to start his assessment. I apologize for this lengthy delay. I am diligently working on squaring all of this away to get Jack taken care of.

Your patience has not gone unnoticed and is appreciated.

Thank you for all you have done to help, and to accelerate the process. The incredibly frustrating part is that it took many years to get Jack diagnosed appropriately - which has nothing to do with this situation - that is where some of my anxiousness is stemming from - plus I know Jack REALLY NEEDS some help right now in ways that he is not getting it.

You are appreciated.

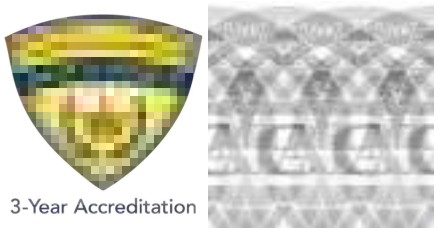
Dr. Reynolds

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Date: Thursday, September 22, 2022 at 4:26 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: When can we schedule an appt?

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To get Jack going?

Are we waiting on anything in particular that you need on your end?

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, October 4, 2022 8:41 AM
To: RaShai Reynolds
Subject: Fwd: Following Up - 2022-09-29

Can you please respond to this email from 9-29-2022?

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Thu, Sep 29, 2022 at 5:42 PM
Subject: Following Up - 2022-09-29
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>

Dr. Reynolds,

I talked to our new case management person at Humana today. Her name is Lindsey. Her number is 888-285-1121 x1047729.

I told her that the last time we talked, there was an issue regarding your point:

"

1. I do not have an amended contract for signature for Jack's insurance. Until I have that, I cannot get his insurance uploaded to our funder list to be able to provide the service. I inquired about that with our credentialing specialist – awaiting a status update.

"

Have you heard anything with regard to an update? When I spoke to the case manager (Lindsey) today, she said to check in with you on that, and to let her know if you are still waiting on anything. She said if you were....that she would contact LaTiela...find out who LaTiela spoke with...and see if she could help from the Humana end of things.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

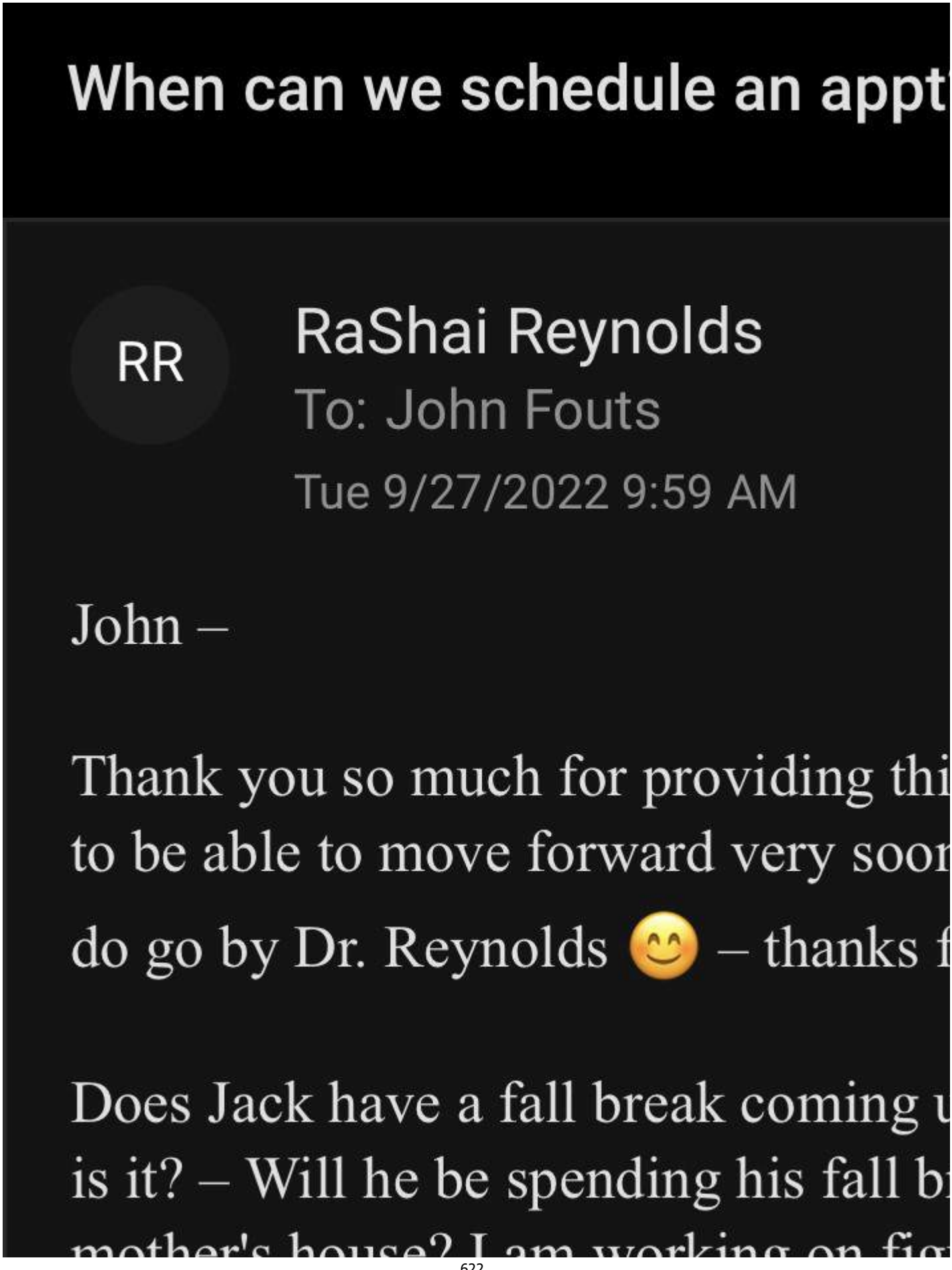
fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, October 4, 2022 8:39 AM
To: RaShai Reynolds
Subject: Re: Please Provide a Status Update - 2022-10-03
Attachments: C7180A9E-6E38-4487-83D9-A7B02CB7A860.jpeg; Outlook-odnawjdw.png; Outlook-o3wykfqs.jpg

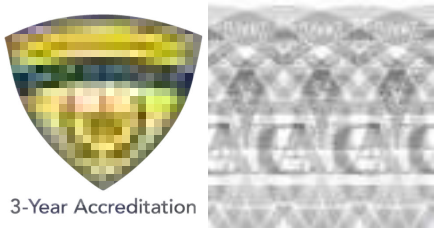
I will forward you my previous response.

On Mon, Oct 3, 2022 at 6:17 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> John -
>
> On 9.27.22 I asked you a question re: availability for the assessment. I've yet to get an from you.
>
> For your convenience I've placed a screenshot here.


When can we schedule an appt
RR
RaShai Reynolds
To: John Fouts
Tue 9/27/2022 9:59 AM
John –
Thank you so much for providing thi
to be able to move forward very soon
do go by Dr. Reynolds – thanks f
Does Jack have a fall break coming u
is it? – Will he be spending his fall b

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 3, 2022 4:22 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Please Provide a Status Update - 2022-10-03

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Dr. Reynolds,

Please can you provide a status update for Jack Fouts? I wrote a few days ago but had not heard back from you.

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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> transmission in error, please notify the sender immediately and permanently delete this email and any attachments.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 3, 2022 4:23 PM
To: RaShai Reynolds
Subject: Please Provide a Status Update - 2022-10-03

Dr. Reynolds,

Please can you provide a status update for Jack Fouts? I wrote a few days ago but had not heard back from you.

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, September 29, 2022 5:42 PM
To: RaShai Reynolds
Subject: Following Up - 2022-09-29

Dr. Reynolds,

I talked to our new case management person at Humana today. Her name is Lindsey. Her number is 888-285-1121 x1047729.

I told her that the last time we talked, there was an issue regarding your point:

"

1. I do not have an amended contract for signature for Jack's insurance. Until I have that, I cannot get his insurance uploaded to our funder list to be able to provide the service. I inquired about that with our credentialing specialist – awaiting a status update.

"

Have you heard anything with regard to an update? When I spoke to the case manager (Lindsey) today, she said to check in with you on that, and to let her know if you are still waiting on anything. She said if you were....that she would contact LaTiela...find out who LaTiela spoke with...and see if she could help from the Humana end of things.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, September 22, 2022 11:32 PM
To: RaShai Reynolds
Subject: ABA Intake Packet - Jack Fouts - 2022-09-22

This is Jack's ABA Intake Packet

2022-09-22-SpringHealth-ABA-Intake-Packet.pdf

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, September 22, 2022 7:12 PM
To: RaShai Reynolds
Subject: Re: When can we schedule an appt?
Attachments: image001.png; image002.jpg

Dr. Reynolds,

Thank you. I appreciate you getting back to me with items that can help to smooth the process. I know some people are very particular about going by titles, and I did not ask you - so I apologize for that. Do you prefer Dr. Reynolds or RaShai? I am an informal person in general, but want to respect what you would like me to call you.

Thanks for realizing I have been, and continue to be, patient.

I will send the survey/report separately.

For other information, please see below in blue. Please call me John by the way.

John

On Thu, Sep 22, 2022 at 4:46 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts -
>
> 1. I do not have an amended contract for signature for Jack's insurance. Until I have that, I cannot get his insurance uploaded to our funder list to be able to provide the service. I inquired about that with our credentialing specialist – awaiting a status update.
> 2. I had my auth specialist start to initiate the auth process so that we can at least get that part going. - - Please provide me with:
>   a. Current mailing address - Jack lives with me 50% of the time and also does home school at my house during his mother's weeks, and lives with her the other 50% of the time. My address is 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204. Her address (Lindsay Fouts) is 13018 Observation Circle Apt. 302 Louisville, KY 40243
>   b. Phone number - My # is 502.956.0052. Lindsay's number is 502.475.6896
>   c. Jack's SSN – this is needed to complete the request for the auth. - 309.3752.86
>   d. Specific days and times that Jack will be available for therapy services once approved (e.g., M-F 300p – 700p). This will be very important and helpful to provide to the therapist that would provide the direct services. - I can only speak as to my schedule and not to Lindsay's. For hers, you will need to reach out to her to see when she is available. For me, with the number of doctor appointments I have between me and Jack, the times are likely going to vary week by week as we are bound by other outside factors of which we have no control (other doctors' schedules). In general, Mondays will not work because I receive IVIG on Mondays and am stuck in my bed with an IV in my arm and dosed on Benadryl and it would not be a good time. Fridays are transition days (we normally transition on Friday evenings around

5 to 6 pm). I feel that transition days would not be best for Jack. So Tue, Wed, or Thurs...speaking generally....Tuesday 5pm - 7pm (this will change to earlier availability once Jack completes this round of physical therapy), Wednesday 2pm to 7pm, and Thursday 5pm to 7pm. This can and will change based on other doctors appointments, but once we get something established I will try to keep it routine as much as possible.

3. I have also attached our questionnaire that is delivered upon initiation of services. It will not 'hurt' for you to complete this now (most of the requests above are located on the intake packet that is attached). - I am filling this out next, and will send under separate cover. I just got back from an infusion at a center downtown.
4. I asked your rep for the specific requirements to request a PA for his insurance type. She was unsure of specifics but provided me with a general PA request document that I had my auth specialist use. Once I have your packet returned, I will have her submit and we will await on the insurance reply.

I know you are eager to start his assessment. I apologize for this lengthy delay. I am diligently working on squaring all of this away to get Jack taken care of.

Your patience has not gone unnoticed and is appreciated.

Thank you for all you have done to help, and to accelerate the process. The incredibly frustrating part is that it took many years to get Jack diagnosed appropriately - which has nothing to do with this situation - that is where some of my anxiousness is stemming from - plus I know Jack REALLY NEEDS some help right now in ways that he is not getting it.

You are appreciated.

Dr. Reynolds

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, September 22, 2022 at 4:26 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: When can we schedule an appt?

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

To get Jack going?

Are we waiting on anything in particular that you need on your end?

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, September 22, 2022 4:26 PM
To: RaShai Reynolds
Subject: When can we schedule an appt?

To get Jack going?

Are we waiting on anything in particular that you need on your end?

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 19, 2022 11:45 AM
To: RaShai Reynolds
Cc: LaTiela Howlett
Subject: Following Up 2022-09-19 - Jack Fouts

Hi RaShai.

I am following up again to see where we are at. It is my understanding that as of last week, you were added on to Humana Medicaid.

So I am wanting to know next steps please, so we can get Jack on your schedule…

Thank you.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 13, 2022 10:05 AM
To: RaShai Reynolds
Subject: Thank you for letting me know where we are - 2022-09-13
Attachments: Outlook-15acwmvt.png; Outlook-j13vjl2z.jpg

RaShai,

Thank you. I will reach out to LaTiela today as she did not relay any information to me about this. I appreciate you responding.

John

On Tue, Sep 13, 2022 at 9:00 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi John -
>
> I've replied to all emails that you have sent except for the email you sent on 9.5.22. Somehow, it was buried. I apologize for that.
>
> I spoke with your insurance rep last week. I told her that Jack's insurance type was not in network with our company which caused us to attempt to ask the insurance company for a single case agreement. This is an agreement that would allow us to service Jack while not being in network with his insurance type. - I was under the impression that she would relay that information to you as she stated that you called her citing that you'd not heard from me.
>
> Unfortunately at this time we have not gotten approval from insurance to provide services. We are waiting on their approval or denial. As soon as I hear I will be sure to let you and your rep know.
>
> In the meantime, it is your choose as to whether you'll continue seeking services elsewhere for Jack from a provider who is already in network with his insurance type.
>
> Dr. Reynolds
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
> *Pronouns: she/her*
> Regional Director - GA, IN, KY
> (c) 317.452.6279
> www.springhealthbehavioral.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 12, 2022 10:30 PM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Haven't heard anything from you - a response would be appreciated - please respond - 2022-09-12

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Hi RaShai - I have reached out to you a few times with you not responding. Please respond.

I've attached an additional letter of recommendation from Dr. David Charles recommending ABA therapy.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 12, 2022 10:31 PM
To: RaShai Reynolds
Subject: Haven't heard anything from you - a response would be appreciated - please respond - 2022-09-12
Attachments: 2022-09-12-Dr-David-Charles-Jack-Fouts-J-ABA-Recommendation.pdf

Hi RaShai - I have reached out to you a few times with you not responding. Please respond.

I've attached an additional letter of recommendation from Dr. David Charles recommending ABA therapy.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 5, 2022 12:39 PM
To: RaShai Reynolds
Subject: Happy Labor Day - Touching Base on ABA Therapy for Jack Fouts - Please Provide Status

Hi RaShai.

Can you please provide a status update on Jack Fouts and ABA therapy please when you have a moment?

Hope you are having a good Labor Day weekend.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 29, 2022 2:01 PM
To: RaShai Reynolds
Subject: I will be the primary contact person - John Fouts - Jack's Dad
Attachments: image001.png; image002.jpg; image001[6].png; image002[100].jpg

RaShai,

I cannot remember if I mentioned this or not, but Jack has started going by they/them. So I will say that Jack/they are with me this week until Friday, then they go to their mother's house for a week - we typically switch on Fridays. In the past, his mother had me take care of Jack on her weeks as well, for homeschooling, during the days of her weeks.

At this moment in time, however, while she is not working, Jack is spending a full week at her house as well - we alternate weeks.

Jack will go to her house on Friday for a week, then will be back with me for a week. I am looking for someone to professionally recommend consistent coparenting with a plan for both of us - we (Jack's mother and me) both need guidance with regard to how to handle many behaviors that we struggle with having a consistent solution for.

John

p.s. My fax number (personal/medical - goes only to me) is 502.996.8246 in the event that you would ever need to fax anything. Please reach out whenever it is possible to schedule the assessment. Thank you.

Phone: 502.956.0052

On Mon, Aug 29, 2022 at 11:55 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

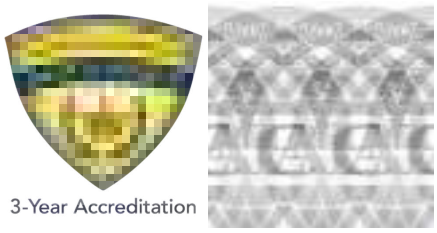
> There will be one assessment and one treatment plan. His goals will be the same for both places.
>
> As a provider, we simply need to know who the primary contact person is for the service. I understand that he splits his time between mother and father. Therefore, we will need to be aware of his schedule (when he is where) so that we can deliver therapy.
>
> I will reach out to you to schedule the assessment.
>
> Thank you

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Date: Monday, August 29, 2022 at 11:52 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Finally got a rx for ABA Therapy for Jack Fouts for you

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

I am divorced. Jack spends 50% of the time with me and 50% with my ex-wife - generally though - a lot more time with me than 50% based on many circumstances. My preferred method of contact is via email or via text. My phone # is 502.956.0052 (John Fouts - Jack's dad).

For me, in-person would be great - I think that is the best way to get an accurate assessment.

My ex-wife's email address is lindsayfoutscpa@gmail.com, and her phone number is 502.475.6896 so you can reach her to ask her.

Do you do two separate assessments for a situation involving divorce? Or only one assessment? If only one assessment, then you will only need to schedule with me. My ex-wife is aware, of course, that I am trying to get Jack set up for ABA therapy, but she handles very little of his medical care (although in the past year, she has started to handle a little more).

John

On Mon, Aug 29, 2022 at 9:31 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

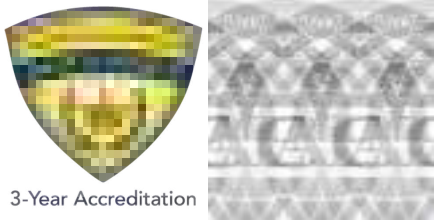
Received. I will have this submitted to your insurance company today. From there, I will be reaching out to schedule an assessment. Would you all like an in-person assessment or would a virtual assessment work for your family?

RaShai Reynolds, Ph.D., BCBA, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Date: Saturday, August 27, 2022 at 12:59 PM

To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Finally got a rx for ABA Therapy for Jack Fouts for you

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Here you go. Written prescription. ABA Therapy. Where are we in this process?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 29, 2022 11:52 AM
To: RaShai Reynolds
Subject: Re: Finally got a rx for ABA Therapy for Jack Fouts for you
Attachments: image001.png; image002.jpg

I am divorced. Jack spends 50% of the time with me and 50% with my ex-wife - generally though - a lot more time with me than 50% based on many circumstances. My preferred method of contact is via email or via text. My phone # is 502.956.0052 (John Fouts - Jack's dad).

For me, in-person would be great - I think that is the best way to get an accurate assessment.

My ex-wife's email address is lindsayfoutscpa@gmail.com, and her phone number is 502.475.6896 so you can reach her to ask her.

Do you do two separate assessments for a situation involving divorce? Or only one assessment? If only one assessment, then you will only need to schedule with me. My ex-wife is aware, of course, that I am trying to get Jack set up for ABA therapy, but she handles very little of his medical care (although in the past year, she has started to handle a little more).

John

On Mon, Aug 29, 2022 at 9:31 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Received. I will have this submitted to your insurance company today. From there, I will be reaching out to schedule an assessment. Would you all like an in-person assessment or would a virtual assessment work for your family?
>
> RaShai Reynolds, Ph.D., BCBA, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, August 27, 2022 12:57 PM
To: RaShai Reynolds
Subject: Finally got a rx for ABA Therapy for Jack Fouts for you
Attachments: 2022-08-ABA-Therapy-Written-Prescription.pdf

Here you go. Written prescription. ABA Therapy. Where are we in this process?

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, August 18, 2022 12:45 PM
To: RaShai Reynolds
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please
Attachments: image001.png; image002.jpg; image001[19].png; image002[88].jpg; image001.png; image002[88].jpg; image002.jpg; image001[19].png; image001.png; image002.jpg

I am going to check with insurance to see if they need more than the evaluation with recommendations. It is my understanding they do not need anything else.

On Thu, Aug 18, 2022, 11:48 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Great. Thanks for letting me know.
>
> Unfortunately, we cannot start until we have the approval from insurance for an initial assessment. Spring Health will submit all the documents and request it, but that can only be done with all documents present.
>
> RaShai Reynolds, Ph.D., BCBA, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
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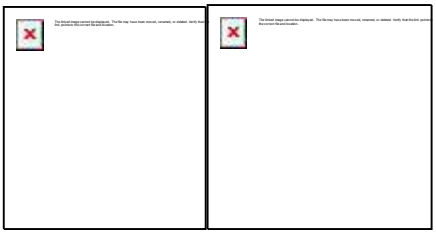
> 

From: John Fouts <fouts.john@gmail.com>
Date: Thursday, August 18, 2022 at 11:20 AM
To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please

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Thank you for the resources and references. I will pass these along to my ex-wife as well. We have a 50/50 split custody arrangement. Jack is with me one week, then with her one week, etc... we switch on Friday evenings.

My address is: 2321 Glenmary Ave. Apt. 2 Louisville, KY 40204

Her address is: 13018 Observation Circle, Apt. 302, Louisville KY 40243

I've requested a written rx from the neuropsychiatrist that wrote the recommendations for Jack for Autism Spectrum Disorder. I also requested one from his PCP as I thought she might be able to handle it more quickly, but I don't know if she can write such a rx.

Can we go on and start the process while we are waiting?

On Thu, Aug 18, 2022 at 10:17 AM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Good morning –
>
> Thank you for sending the documents. I've reviewed them and these will be perfect. I will await the prescription for ABA therapy for Jack. In the meantime, could you give me the address of the location where the therapy would take place if/when the insurance approves?
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> 1. In reference to your request for evidence-based literature re: the efficacy of ABA therapy. There are many evidence-based pieces of literature to support its use. I've attached a couple.

a. Excerpt from title "Where is the evidence? A Narrative Literature Review of the Treatment Modalities for Autism Spectrum Disorders that is attached:

i. "ABA is used to reduce any interfering maladaptive behavior, to increase and reinforce desirable adaptive behaviors, teach new skills, and generalize behaviors to new situations and environments. The theory behind using ABA is that children with autism have difficulty in learning through imitation and listening as their normal peers do. The highly structured format seems to meet the needs of those who have autism and who typically respond to directness and routine. The techniques can be used in different types of situations such as natural everyday situations (e.g., during mealtime at home or play), structured situations (e.g., formal instruction in a classroom setting), and in 1-to-1 as well as group instruction setting."

b. Autism Speaks (organization) has great explanations and information on their website. Here is a link to their website that discusses ABA therapy, the types of skills that the science can be used to improve (social, emotional, etc.) https://www.autismspeaks.org/applied-behavior-analysis

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RaShai Reynolds, Ph.D., BCBA, LBA

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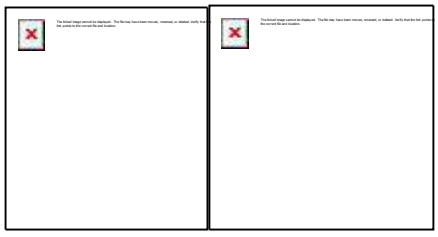

From: John Fouts <fouts.john@gmail.com>
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To: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Subject: Re: Need to know needs to get Jack Fouts enrolled in ABA therapy please

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RaShai (how do you say your name - I'm sorry - I should probably be able to figure it out - but I am super tired and in pain at the moment).

The one report shows the autism spectrum disorder (level 2) and adhd (re-establishing dx that already existed for adhd).

I also attached Jack's report that shows auditory processing disorder.

I am trying to get OT, PT, and Speech Therapy along with a Speech and Language Processing Evaluation in place. Jack is having really bad carpal-tunnel-like pain in both wrists and a lot of neck pain, and needs PT. The OT is more for the autism stuff and the speech stuff is for everything.

I will write to Jack's doctor next about getting a specific rx for ABA therapy. See the recommendations, in the report, however, for ABA therapy as well.

John

p.s. My ex-wife is not so sure about ABA therapy - she thinks it might be 'whipping a child into a form that is not okay' in her own words - but she heard that from a different parent who had a bad experience. Is there any scientific evidence/support that I can send to her with regard to utilizing ABA therapy for Autism? Our son is very sensitive, gender-fluid, and I understand her concerns - but we need to be able to provide structured consistent discipline as well and help him with regulation of emotions, and understand what people's tones mean and facial expressions, and work with emotional and social development. He is home-schooled too now which I fear may be putting him further behind in some ways, but much better in other ways - his teachers did not understand his chronic health problems nor his apd or adhd or autism despite having a 504 plan in place (that was not adhered to by the school).

Please confirm receipt of this email with the attachments.

On Tue, Aug 16, 2022 at 5:04 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

Hi John -

Thanks for your call. The diagnostic report will be needed as well as a prescription for ABA therapy. If you do not have one, you can contact his doctor and they can fax it to us at: 502-297-0289

The documents that I will need:

1. A copy of the insurance card (front and back)

2. A copy of the diagnostic report that provides the autism diagnosis.

3. A prescription for ABA therapy.

4. If applicable - A copy (front and back) of the insurance card for any other insurances that your child is covered by.

Once I have these documents, we can contact Humana to begin the process.

Thank you!

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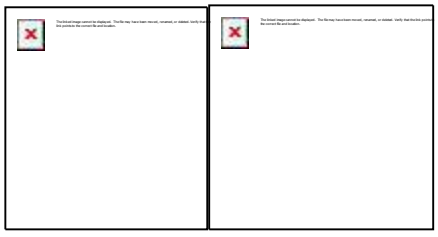

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Subject: Need to know needs to get Jack Fouts enrolled in ABA therapy please

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"Shining" in Service,

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RaShai Reynolds, Ph.D., BCBA, LBA

Pronouns: she/her

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www.springhealthbehavioral.com

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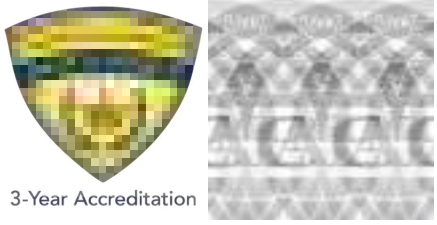

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Attachments: Outlook-44iop45s.png; Outlook-jqb52tga.jpg; FoutsJPsychoeducationalEvaluation06-2022Amended (2).pdf; 2022-07-08-Jack-Humana-MCO-Medicaid-Insurance-Card-Back..jpg; 2022-07-08-Jack-Humana-MCO-Medicaid-Insurance-Card-Front.jpg; APD_Fouts.J.2022.pdf

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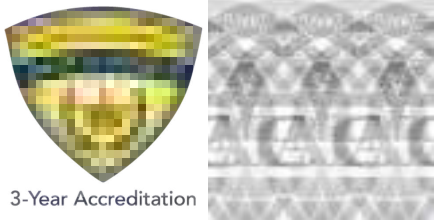

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 17, 2023 9:59 PM
To: Susan Mcconnell
Subject: Re: visit

Forgot to confirm with you that I received your email. I'm sorry I did not get back with you sooner. See you on Thursday

On Fri, Jan 13, 2023 at 9:29 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Good morning. Great. Let's say 1:30. The visit will be about 2 hours max. Long enough to meet and discuss your concerns and to meet Jackie.
>
> Look forward to meeting you.
> Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Either time works, just let me know. Also please let me know how much time to budget for the meeting. Thank you.

John

On Wed, Jan 11, 2023, 10:24 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Im pretty clear about your temporary situation. I will of course be flexible. Yes, Thursday works.
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Sent: Wednesday, January 11, 2023 4:20 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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502-291-2139

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P. 502.956.0052

F. 502.996.8246
E. Fouts.John@gmail.com

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:58 PM
To: Susan Mcconnell
Subject: Re: visit

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John

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John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

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> Look forward to meeting you both.
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> Sincerely,
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> 502-291-2139
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell; RaShai Reynolds
Subject: Re: visit

Susan,

I have not received any message from you. What phone number did you dial? This email (from yesterday at 8:14 p.m.) is the first communication I have received from you, and I had not had a chance to respond yet as I was preparing for my bankruptcy hearing, which wrapped up only a few moments ago. If I had not had TMS therapy earlier today, I may have been able to respond sooner.

I have copied Dr. Reynolds on this correspondence so she is aware that I have returned communication to you with regard to the email you sent last night.

Is the meet and greet in person? Or is it telehealth? Do you want to do the meet and greet with Jackie present? We are living in my parents basement. My sister's oldest child (my nephew) also lives here. My parents both are still working. My mom is a teacher and gets home around 3pm when she comes straight home. My mom is 70, and also takes care of my 93 year old grandmother (her mother) who lives in Sellersburg, IN. My dad is 78, and works in economic development. He has over 40 years of experience in that field. His schedule is fairly flexible, but he is often gone during the hours of a typical workday. My mom has a Ph.D. in Differentiated Education. She has taught in the special needs sector for decades. Several years ago, she received Runner-Up for Teacher of the Year in the state of Indiana. Unfortunately, it often seems like neither parent, has any patience when they come home from work - it has all been exhausted, and Jackie and me often bear the brunt of the lack of patience.

Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

On 2/22/2022, Jackie began being home-schooled. Jackie was continuously being bullied at school, and the 504 plan was not at all being adhered to, and after 2 meetings with the superintendent and nothing changing, we had to do something to help preserve the remaining confidence that Jackie had. We are working on rebuilding Jackie's confidence. By we, I primarily mean me, and Jackie's therapists.

I do not like the situation that we are in, in the basement, because my dad refuses to accept and acknowledge Jackie as Jackie as opposed to Jack. My dad said he will never call Jackie, Jackie. That means that Jackie has to have 2 identities in the same household. Also, my dad does not want anyone else calling Jackie, Jackie, in his presence, which is very confusing, and makes others not want to call Jackie, Jackie.

In addition, I have overheard my nephew and my dad talking about how wrong it is for people to be transvestites (Jackie is experiencing gender dysphoria, and is not a transvestite), but still hearing things like that is not healthy for Jackie, and the environment is not what I would prefer for it to be. My mom is 'more accepting' of Jackie, but often says mean things and has no self awareness of it. She has many narcissistic tendencies, and they are all things I should expect as I grew up with her as my mother, but still catch me off guard at times.

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P. 502.956.0052
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E. Fouts.John@gmail.com

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, February 7, 2023 4:02 AM
To: Akhilah Cherry
Subject: Re: ROI - ABA Contact for JaF
Attachments: image.png

Hi Akhilah - Susan McConnell is the ABA therapist's name. Let me know if you don't hear from her and I will reach out to her and ask her to contact you. Thank you.

John

On Tue, Feb 7, 2023 at 10:54 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning! Just wanted to let you know I attempted to reach out to the ABA therapist this morning, but did not have the provider's name. They said that they will be giving me a call back, but I will be happy to speak with them once they contact me back :)
>
> Let me know if you have any direct contact info, otherwise I will let you know when someone returns my call.
>
> Thanks.
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**
>
> ****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support**
>
> *"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world."* ***- Tupac Amuru Shakur***
>
> **Confidentiality Notice: The information contained in this email and any attachments hereto constitutes confidential and/or privileged information. This information is intended for the sole use of the individual or entity to whom it is addressed. If you are not the intended recipient of this email, you are hereby notified that any disclosure, copying, forwarding, distribution, or the taking of any action on the reliance on this information is strictly prohibited. If you have received this email in error, please immediately notify us to arrange for the return of this email and its contents.**

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Fax. 502.996.8246

fouts.john@gmail.com

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To: fouts.john@gmail.com
Subject: visit

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fouts.john@gmail.com

From: Google Calendar <calendar-notification@google.com>
Sent: Thursday, May 11, 2023 1:00 PM
To: John Fouts
Subject: Notification: Susan McConnell ABA Therapist Here @ Thu May 11, 2023 1:30pm - 3:30pm (EDT) (fouts.john@gmail.com)

You have an upcoming event

Susan McConnell ABA Therapist Here

Thursday May 11, 2023 · 1:30pm – 3:30pm (Eastern Time - New York)

Organizer

fouts.john@gmail.com

Guests

View all event details

Invitation from Google Calendar

You are receiving this email because you are subscribed to calendar notifications. To stop receiving these emails, go to Calendar settings, select this calendar, and change "Other notifications".

Forwarding this invitation could allow any recipient to send a response to the organizer, be added to the guest list, invite others regardless of their own invitation status, or modify your RSVP. Learn more

fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Wednesday, April 26, 2023 12:32 PM
To: John Fouts
Subject: Re: Hi Susan - wanted to touch base about Thursday schedule

HI John
Yes I can be there by 12:30? Want meet at Nopal?
You have been there of her and that is the best thing you
can do for your daughter.

Let me know
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 25, 2023 9:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Hi Susan - wanted to touch base about Thursday schedule

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Susan,

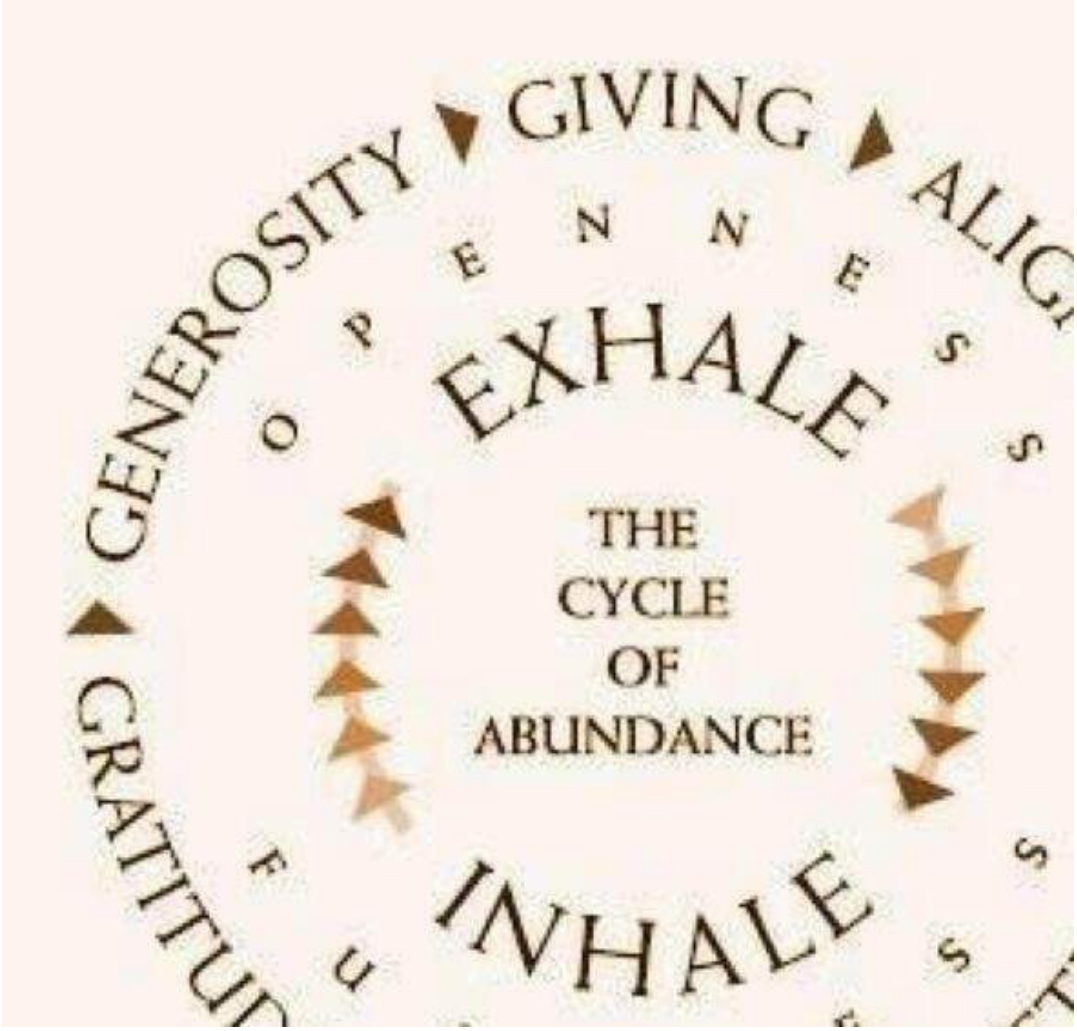
I wanted to touch base about the Thursday schedule with you. Tomorrow (4/26/2023) Wednesday, is Jackie's b-day. When we talked, I know you said you could take Jackie out for a meal for a bday treat on Thursday. I didn't know if you might be able to come a little earlier so Jackie could have lunch before 1:30 on Thursday (4/27/2023)? And you had asked me about places that Jackie likes. El Nopal is one of Jackie's favorites - and there is one of those right in Shepherdsville nearby to where we live. The lunch prices are also very reasonable there, and you get a lot of food. Jackie likes getting Chicken Fajitas, or sometimes a burrito and double rice. Either way, Jackie always wants to have a spoon in addition to the fork and knife and the spoon must be asked for separately. Jackie sometimes is assertive and orders for herself, yet, sometimes is totally not.

I'm sorry I did not write to you sooner, but it has been a hella hard week. Lots of appointments and running around and I had my IVIG infusion on Monday - that wore me out for whatever reason....Sunday night Jackie and I both only got about 3 hours of sleep - something is going on with Jackie's circadian rhythm hardcore again...still...July 11 is the soonest they could get us in to do the sleep study....I am assuming this is probably hormone related but I don't know...

Also - question for you - Jackie is starting to develop a mustache - which Jackie obviously - does not want. Shaving with a razor would only encourage faster hair growth.....I don't really know much about waxing other than it takes care of the situation for a longer amount of time. Can you talk to Jackie about that too?

Finally - Jackie has decided on what her full name is going to be whenever we get to changing it. Jaqquelyn (pronounced Jackelyn - 3 syllables) Alana (pronounced like uh-lane-uh) Fouts.

I cannot believe Jackie is going to be 12 tomorrow. I feel both really happy that Jackie has accomplished so much, and also like I have let Jackie down by not being able to do a lot of things - but that has been beyond my control...



--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246

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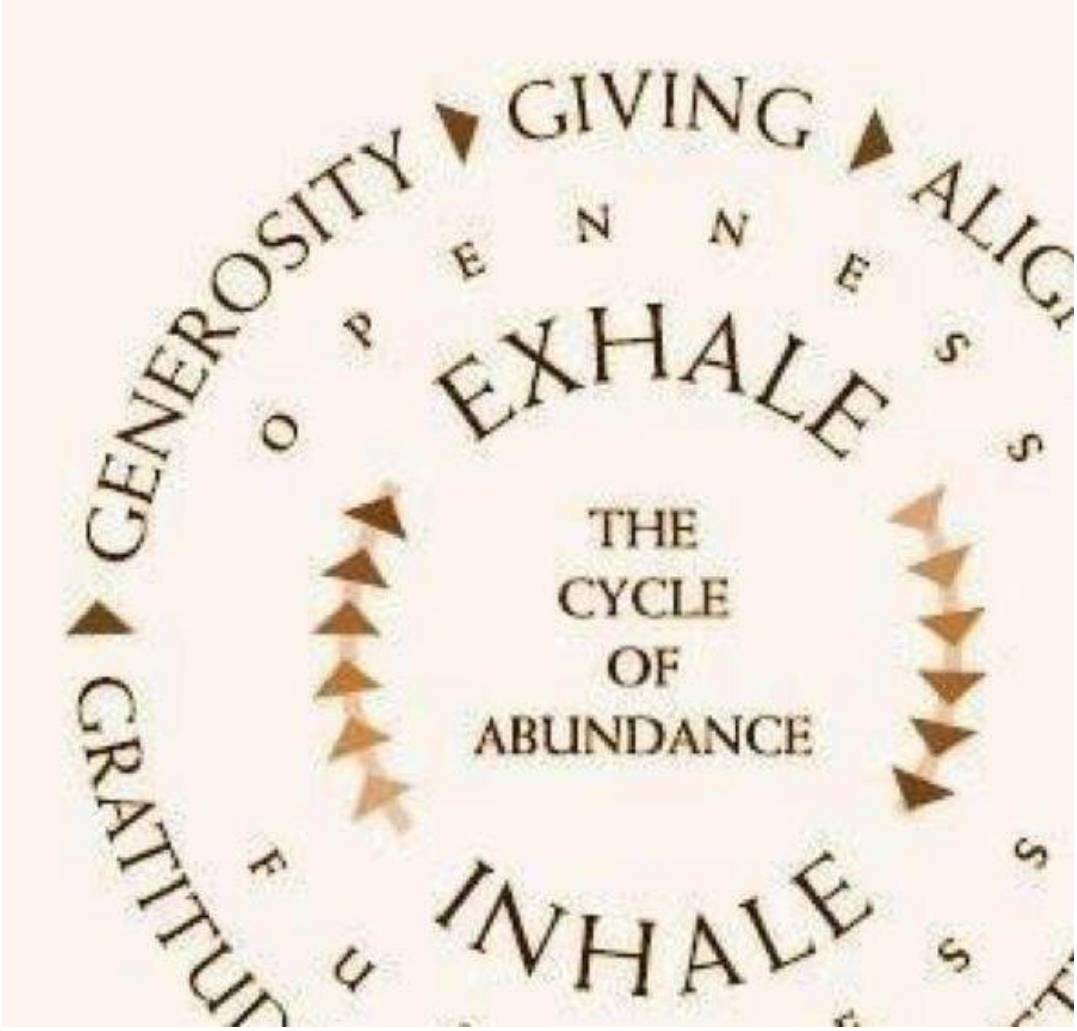

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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Thursday, April 6, 2023 1:30 AM
To: John Fouts
Subject: time tomorrow

Hi John
Tomorrow I am going to the dentist at 1pm for a crown which shouldn't take long and then I can come on to your house. If its a nice day we could meet at the zoo for a few hours because I have a membership now and can
take guests. Or just let me come to your house. I can stay longer because I don't have to race home at 3:30 Let me know!
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fouts.john@gmail.com

From: Stacy Polk <spolk@sevencounties.org>
Sent: Thursday, March 30, 2023 7:05 PM
To: John Fouts
Subject: RE: Aba therapist email

Thank you !

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 30, 2023 6:14 PM
To: Stacy Polk <spolk@sevencounties.org>
Subject: Aba therapist email

External Email: Do not click links or open attachments unless you recognize the sender and know the content is safe.

Susan Mcconnell's contact info is below...

Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>

Also here is a link to that Ting Tings song That's Not My Name

https://youtu.be/v1c2OfAzDTI

Thanks Stacy.

Good seeing you today.

John

On Thu, Mar 30, 2023, 3:23 PM Stacy Polk <spolk@sevencounties.org> wrote:

> spolk@sevencounties.org is inviting you to a scheduled Zoom meeting.
>
> Join Zoom Meeting
> https://sevencounties.zoom.us/j/98003728842
>
> Meeting ID: 980 0372 8842
> One tap mobile
> +13017158592,,98003728842# US (Washington DC)
> +13052241968,,98003728842# US
>
> Dial by your location
> +1 301 715 8592 US (Washington DC)
> +1 305 224 1968 US
> +1 309 205 3325 US
> +1 312 626 6799 US (Chicago)
> +1 646 931 3860 US

+1 929 205 6099 US (New York)
+1 360 209 5623 US
+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US
+1 669 444 9171 US
+1 669 900 6833 US (San Jose)
+1 689 278 1000 US
+1 719 359 4580 US
+1 253 205 0468 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
877 853 5257 US Toll-free
888 475 4499 US Toll-free
833 548 0276 US Toll-free
833 548 0282 US Toll-free
Meeting ID: 980 0372 8842
Find your local number: https://sevencounties.zoom.us/u/adggds8oci

Join by SIP
98003728842@zoomcrc.com

Join by H.323
162.255.37.11 (US West)
162.255.36.11 (US East)
115.114.131.7 (India Mumbai)
115.114.115.7 (India Hyderabad)
213.19.144.110 (Amsterdam Netherlands)
213.244.140.110 (Germany)
103.122.166.55 (Australia Sydney)
103.122.167.55 (Australia Melbourne)
149.137.40.110 (Singapore)
64.211.144.160 (Brazil)
149.137.68.253 (Mexico)
69.174.57.160 (Canada Toronto)
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> +1 309 205 3325 US
> +1 312 626 6799 US (Chicago)
> +1 646 931 3860 US

+1 929 205 6099 US (New York)
+1 360 209 5623 US
+1 386 347 5053 US
+1 507 473 4847 US
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+1 719 359 4580 US
+1 253 205 0468 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
877 853 5257 US Toll-free
888 475 4499 US Toll-free
833 548 0276 US Toll-free
833 548 0282 US Toll-free
Meeting ID: 980 0372 8842
Find your local number: https://sevencounties.zoom.us/u/adggds8oci

Join by SIP
98003728842@zoomcrc.com

Join by H.323
162.255.37.11 (US West)
162.255.36.11 (US East)
115.114.131.7 (India Mumbai)
115.114.115.7 (India Hyderabad)
213.19.144.110 (Amsterdam Netherlands)
213.244.140.110 (Germany)
103.122.166.55 (Australia Sydney)
103.122.167.55 (Australia Melbourne)
149.137.40.110 (Singapore)
64.211.144.160 (Brazil)
149.137.68.253 (Mexico)
69.174.57.160 (Canada Toronto)
65.39.152.160 (Canada Vancouver)
207.226.132.110 (Japan Tokyo)
149.137.24.110 (Japan Osaka)
Meeting ID: 980 0372 8842

fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Thursday, March 23, 2023 12:34 AM
To: John Fouts
Subject: todays visit

HI John
I have to be back In louisville for a doctors appt. by 3pm
Would I be able to come Friday or Sat instead? Just this week.
I didn't want to text you late and wake you so hopefully you will get this email.
Thanks
Susan
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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Thursday, February 23, 2023 10:15 AM
To: John Fouts
Subject: Re: Thursday Appointment Information

Sounds good.

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 23, 2023 10:13 AM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: Thursday Appointment Information

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Susan,

I think the park would be better for Jackie - because Jackie might be intimidated about being around lots of other people (potentially) - so - I will text you after we leave my appointment then?

John

On Thu, Feb 23, 2023 at 9:36 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hello John,
> Yes if you would like to meet at the park it's fine. Or, we could meet at Days coffee shop in the highlands. I can treat Jackie to a pastry or something.

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 22, 2023 11:21 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Thursday Appointment Information

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Susan,

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I'd really like it if we can find time for you to talk with Jackie tomorrow - despite the appointment. Jackie's mother checked herself in, inpatient again, at a mental health facility for

suicidality....it is Jackie's mom's week this week and I know Jackie feels upset about the situation. I have to also take care of my own needs, however, hence the need to keep my rheumatology appointment as well...

John

--
"Shining" in Service,
John R. Fouts, MBA
Fax. 502.996.8246
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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, February 7, 2023 4:17 PM
To: John Fouts
Subject: Re: ROI - ABA Contact for JaF

Got it, thanks! Will do.

On Tue, Feb 7, 2023 at 4:16 PM John Fouts <fouts.john@gmail.com> wrote:

> Hi Akhilah - Susan McConnell is the ABA therapist's name. Let me know if you don't hear from her and I will reach out to her and ask her to contact you. Thank you.
>
> John
>
> On Tue, Feb 7, 2023 at 10:54 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Good morning! Just wanted to let you know I attempted to reach out to the ABA therapist this morning, but did not have the provider's name. They said that they will be giving me a call back, but I will be happy to speak with them once they contact me back :)
> >
> > Let me know if you have any direct contact info, otherwise I will let you know when someone returns my call.
> >
> > Thanks.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” ***- Tupac Amuru Shakur***

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Monday, January 30, 2023 11:09 AM
To: John Fouts
Subject: Re: visit

Hello John and Jackie,
Would you be available to meet this Thursday around the same time? I need to get more information and get to know Jackie better.
Let me know if this will work.
THanks
Susan

Susan Mcconnell, BCBA, LBA
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 17, 2023 9:59 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Forgot to confirm with you that I received your email. I'm sorry I did not get back with you sooner. See you on Thursday

On Fri, Jan 13, 2023 at 9:29 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Good morning. Great. Let's say 1:30. The visit will be about 2 hours max. Long enough to meet and discuss your concerns and to meet Jackie.
>
> Look forward to meeting you.
> Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Either time works, just let me know. Also please let me know how much time to budget for the meeting. Thank you.

John

On Wed, Jan 11, 2023, 10:24 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

Hi John,
Im pretty clear about your temporary situation. I will of course be flexible. Yes, Thursday works.
How about 1:30? Or, do you prefer 1? That should give us enough time before family gets home?

Thanks
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 11, 2023 4:20 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Hi Susan.

Next Tuesday is really crammed already for us with several appointments. Would Thursday work, the19th - or what about Friday, the 20th, if Thursday does not work?

Please note: We are living in my parents' home. We are living in the basement until we are able to find a way to be in our own space again. This is not our home, unless you would like to say that it is our home temporarily.

Please let me know if Thursday or Friday will work. I'm sorry Tuesday is simply too busy of a day already.

I would prefer that you come during the day when my dad and mom are busy at work and teaching respectively.

My dad will not refer to Jackie as Jackie nor use she/her pronouns, and he would request that you call Jackie Jack in front of him....Jackie has to have 2 identities while living here, which of course is not healthy, and because of the autism piece and already the level of dissociation that Jackie experiences - I do not want to encourage or inadvertently facilitate more of those things....Jackie's well-being is the most important thing to me. I have had to make the decision to move in here because I am literally not able to work due to chronic illness at this time. The latest thing to crop up for me is Atrial Fibrillation now.....that is in addition to a large number of other things. Most are attributable to Sjogren's Disease which causes many of the same things as Lupus as one example.....it is lesser known yet more people have it....it is a very strange paradox.

Jackie has Art Therapy on Thursday nights at 7:30 p.m. On the 19th and the 20th, that is the only appointment or time slot that cannot be flexible. Jackie gets the most benefit from art therapy of any therapy we have tried. Looking forward to hearing back from you soon.

John

On Wed, Jan 11, 2023 at 12:47 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

Hello Mr. Fouts,

I am Susan Mcconnell the BCBA assigned to Jackie. Would you be available next week on Tuesday?
I can come earlier in the day or after school at 5:30. It would be good for me of course to meet Jackie and talk with you both. Perhaps we can speak first, just you and I. Jackie's plan will need to be created first and then we will address her programing.
Please let me know if that is convenient for you. Where would you like to meet?
I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

Sincerely,
Susan Mcconnell, BCBA, LBA

Susan Mcconnell, BCBA, LBA
Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Re: visit

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Susan,

I have not received any message from you. What phone number did you dial? This email (from yesterday at 8:14 p.m.) is the first communication I have received from you, and I had not had a chance to respond yet as I was preparing for my bankruptcy hearing, which wrapped up only a few moments ago. If I had not had TMS therapy earlier today, I may have been able to respond sooner.

I have copied Dr. Reynolds on this correspondence so she is aware that I have returned communication to you with regard to the email you sent last night.

Is the meet and greet in person? Or is it telehealth? Do you want to do the meet and greet with Jackie present? We are living in my parents basement. My sister's oldest child (my nephew) also lives here. My parents both are still working. My mom is a teacher and gets home around 3pm when she

comes straight home. My mom is 70, and also takes care of my 93 year old grandmother (her mother) who lives in Sellersburg, IN. My dad is 78, and works in economic development. He has over 40 years of experience in that field. His schedule is fairly flexible, but he is often gone during the hours of a typical workday. My mom has a Ph.D. in Differentiated Education. She has taught in the special needs sector for decades. Several years ago, she received Runner-Up for Teacher of the Year in the state of Indiana. Unfortunately, it often seems like neither parent, has any patience when they come home from work - it has all been exhausted, and Jackie and me often bear the brunt of the lack of patience.

Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

On 2/22/2022, Jackie began being home-schooled. Jackie was continuously being bullied at school, and the 504 plan was not at all being adhered to, and after 2 meetings with the superintendent and nothing changing, we had to do something to help preserve the remaining confidence that Jackie had. We are working on rebuilding Jackie's confidence. By we, I primarily mean me, and Jackie's therapists.

I do not like the situation that we are in, in the basement, because my dad refuses to accept and acknowledge Jackie as Jackie as opposed to Jack. My dad said he will never call Jackie, Jackie. That means that Jackie has to have 2 identities in the same household. Also, my dad does not want anyone else calling Jackie, Jackie, in his presence, which is very confusing, and makes others not want to call Jackie, Jackie.

In addition, I have overheard my nephew and my dad talking about how wrong it is for people to be transvestites (Jackie is experiencing gender dysphoria, and is not a transvestite), but still hearing things like that is not healthy for Jackie, and the environment is not what I would prefer for it to be. My mom is 'more accepting' of Jackie, but often says mean things and has no self awareness of it. She has many narcissistic tendencies, and they are all things I should expect as I grew up with her as my mother, but still catch me off guard at times.

It is strange though, because she can be as sweet as pie, or as mean as a snake, and you never know which mother you are going to get. Jackie struggles with rage and anger issues at times probably due to the autism, has trouble with impulsivity control due to adhd, and after the long-covid diagnosis, struggles with fatigue, shortness of breath, memory issues, etc...I am hoping that Jackie recovers over time. Sjogren's Syndrome can definitely be a genetically passed disease. It is actually called Sjogren's Disease now... I am concerned Jackie may have it - Jackie has gastroparesis, migraine,

cluster headaches, cyclical vomiting syndrome, neuropathy, autonomic dysfunction, anxiety, depression, fatigue, shortness of breath, memory issues/brain fog, and it just sounds so close to what I experience, that I am heart-broken that Jackie has to experience the same kinds of things.

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John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Monday, January 30, 2023 11:09 AM
To: John Fouts
Subject: Re: visit

Hello John and Jackie,
Would you be available to meet this Thursday around the same time? I need to get more information and get to know Jackie better.
Let me know if this will work.
THanks
Susan

Susan Mcconnell, BCBA, LBA
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 17, 2023 9:59 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Board Certified, Licensed, Behavior Analyst
502-291-2139

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To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
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P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Friday, January 20, 2023 10:42 AM
To: John Fouts
Subject: Re: Please text me when you arrive

Hello John,
Nice meeting you yesterday. Can you give me a current phone number
to text? I did not see this message since I don't use outlook yet on my phone.
MY phone number is 502-291-2139. I hope Jackie is having a good day!
Thanks
Susan

From: John Fouts <fouts.john@gmail.com>
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To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
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Mondays are not a good day to meet for me as I have to have IV Benadryl with the IVIG and I am just kind of out of it in terms of being sleepy. We have various standing appointments on other days of the week. What does your schedule look like?

John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

On Mon, Jan 9, 2023 at 8:14 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

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> Look forward to meeting you both.
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> Sincerely,
> Susan McConnell, BCBA, LBA
> 502-291-2139
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John R. Fouts, MBA
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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Wednesday, January 18, 2023 9:43 AM
To: John Fouts
Subject: Re: visit

Looking forward to it!
Thanks John
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 17, 2023 9:59 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Forgot to confirm with you that I received your email. I'm sorry I did not get back with you sooner. See you on Thursday

On Fri, Jan 13, 2023 at 9:29 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Good morning. Great. Let's say 1:30. The visit will be about 2 hours max. Long enough to meet and discuss your concerns and to meet Jackie.
>
> Look forward to meeting you.
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From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Either time works, just let me know. Also please let me know how much time to budget for the meeting. Thank you.

John

On Wed, Jan 11, 2023, 10:24 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,

Im pretty clear about your temporary situation. I will of course be flexible. Yes, Thursday works. How about 1:30? Or, do you prefer 1? That should give us enough time before family gets home?

Thanks
Susan

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Subject: Re: visit

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Please let me know if Thursday or Friday will work. I'm sorry Tuesday is simply too busy of a day already.

I would prefer that you come during the day when my dad and mom are busy at work and teaching respectively.

My dad will not refer to Jackie as Jackie nor use she/her pronouns, and he would request that you call Jackie Jack in front of him....Jackie has to have 2 identities while living here, which of course is not healthy, and because of the autism piece and already the level of dissociation that Jackie experiences - I do not want to encourage or inadvertently facilitate more of those things....Jackie's well-being is the most important thing to me. I have had to make the decision to move in here because I am literally not able to work due to chronic illness at this time. The latest thing to crop up for me is Atrial Fibrillation now.....that is in addition to a large number of other things. Most are attributable to Sjogren's Disease which causes many of the same things as Lupus as one example.....it is lesser known yet more people have it....it is a very strange paradox.

Jackie has Art Therapy on Thursday nights at 7:30 p.m. On the 19th and the 20th, that is the only appointment or time slot that cannot be flexible. Jackie gets the most benefit from art therapy of any therapy we have tried. Looking forward to hearing back from you soon.

John

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Hello Mr. Fouts,

I am Susan Mcconnell the BCBA assigned to Jackie. Would you be available next week on Tuesday?
I can come earlier in the day or after school at 5:30. It would be good for me of course to meet Jackie and talk with you both. Perhaps we can speak first, just you and I. Jackie's plan will need to be created first and then we will address her programing.
Please let me know if that is convenient for you. Where would you like to meet?
I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

Sincerely,
Susan Mcconnell, BCBA, LBA

Susan Mcconnell, BCBA, LBA
Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Re: visit

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Susan,

I have not received any message from you. What phone number did you dial? This email (from yesterday at 8:14 p.m.) is the first communication I have received from you, and I had not had a chance to respond yet as I was preparing for my bankruptcy hearing, which wrapped up only a few moments ago. If I had not had TMS therapy earlier today, I may have been able to respond sooner.

I have copied Dr. Reynolds on this correspondence so she is aware that I have returned communication to you with regard to the email you sent last night.

Is the meet and greet in person? Or is it telehealth? Do you want to do the meet and greet with Jackie present? We are living in my parents basement. My sister's oldest child (my nephew) also lives here. My parents both are still working. My mom is a teacher and gets home around 3pm when she comes straight home. My mom is 70, and also takes care of my 93 year old grandmother (her mother) who lives in Sellersburg, IN. My dad is 78, and works in economic development. He has over 40 years of experience in that field. His schedule is fairly flexible, but he is often gone during the hours of a typical workday. My mom has a Ph.D. in Differentiated Education. She has taught in the special needs sector for decades. Several years ago, she received Runner-Up for Teacher of the Year in the

state of Indiana. Unfortunately, it often seems like neither parent, has any patience when they come home from work - it has all been exhausted, and Jackie and me often bear the brunt of the lack of patience.

Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

On 2/22/2022, Jackie began being home-schooled. Jackie was continuously being bullied at school, and the 504 plan was not at all being adhered to, and after 2 meetings with the superintendent and nothing changing, we had to do something to help preserve the remaining confidence that Jackie had. We are working on rebuilding Jackie's confidence. By we, I primarily mean me, and Jackie's therapists.

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fouts.john@gmail.com

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To: John Fouts
Subject: Re: visit

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Board Certified, Licensed, Behavior Analyst
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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Friday, January 13, 2023 9:29 AM
To: John Fouts
Subject: Re: visit

Hi John,
Good morning. Great. Let's say 1:30. The visit will be about 2 hours max. Long enough to meet and discuss your concerns and to meet Jackie.

Look forward to meeting you.
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Either time works, just let me know. Also please let me know how much time to budget for the meeting. Thank you.

John

On Wed, Jan 11, 2023, 10:24 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Im pretty clear about your temporary situation. I will of course be flexible. Yes, Thursday works.
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> Thanks
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Sent: Wednesday, January 11, 2023 4:20 PM
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Please let me know if that is convenient for you. Where would you like to meet?
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502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
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Mondays are not a good day to meet for me as I have to have IV Benadryl with the IVIG and I am just kind of out of it in terms of being sleepy. We have various standing appointments on other days of the week. What does your schedule look like?

John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

On Mon, Jan 9, 2023 at 8:14 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hello John,
> My name is Susan Mcconnell, BCBA, and I wanted to introduce myself and see when we would be able to meet and start services with Jackie. I have her assessment to complete and we can have our first meet and greet at your earliest convenience. I have left a message and I'm aware you have moved. Please contact me at your convenience.
> Look forward to meeting you both.
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> 502-291-2139
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fouts.john@gmail.com

From: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Sent: Wednesday, January 11, 2023 12:47 PM
To: John Fouts
Subject: Re: visit

Hello Mr. Fouts,

I am Susan Mcconnell the BCBA assigned to Jackie. Would you be available next week on Tuesday? I can come earlier in the day or after school at 5:30. It would be good for me of course to meet Jackie and talk with you both. Perhaps we can speak first, just you and I. Jackie's plan will need to be created first and then we will address her programing.
Please let me know if that is convenient for you. Where would you like to meet?
I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

Sincerely,
Susan Mcconnell, BCBA, LBA

Susan Mcconnell, BCBA, LBA
Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Re: visit

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Susan,

I have not received any message from you. What phone number did you dial? This email (from yesterday at 8:14 p.m.) is the first communication I have received from you, and I had not had a chance to respond yet as I was preparing for my bankruptcy hearing, which wrapped up only a few moments ago. If I had not had TMS therapy earlier today, I may have been able to respond sooner.

I have copied Dr. Reynolds on this correspondence so she is aware that I have returned communication to you with regard to the email you sent last night.

Is the meet and greet in person? Or is it telehealth? Do you want to do the meet and greet with Jackie present? We are living in my parents basement. My sister's oldest child (my nephew) also lives here. My

parents both are still working. My mom is a teacher and gets home around 3pm when she comes straight home. My mom is 70, and also takes care of my 93 year old grandmother (her mother) who lives in Sellersburg, IN. My dad is 78, and works in economic development. He has over 40 years of experience in that field. His schedule is fairly flexible, but he is often gone during the hours of a typical workday. My mom has a Ph.D. in Differentiated Education. She has taught in the special needs sector for decades. Several years ago, she received Runner-Up for Teacher of the Year in the state of Indiana. Unfortunately, it often seems like neither parent, has any patience when they come home from work - it has all been exhausted, and Jackie and me often bear the brunt of the lack of patience.

Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

On 2/22/2022, Jackie began being home-schooled. Jackie was continuously being bullied at school, and the 504 plan was not at all being adhered to, and after 2 meetings with the superintendent and nothing changing, we had to do something to help preserve the remaining confidence that Jackie had. We are working on rebuilding Jackie's confidence. By we, I primarily mean me, and Jackie's therapists.

I do not like the situation that we are in, in the basement, because my dad refuses to accept and acknowledge Jackie as Jackie as opposed to Jack. My dad said he will never call Jackie, Jackie. That means that Jackie has to have 2 identities in the same household. Also, my dad does not want anyone else calling Jackie, Jackie, in his presence, which is very confusing, and makes others not want to call Jackie, Jackie.

In addition, I have overheard my nephew and my dad talking about how wrong it is for people to be transvestites (Jackie is experiencing gender dysphoria, and is not a transvestite), but still hearing things like that is not healthy for Jackie, and the environment is not what I would prefer for it to be. My mom is 'more accepting' of Jackie, but often says mean things and has no self awareness of it. She has many narcissistic tendencies, and they are all things I should expect as I grew up with her as my mother, but still catch me off guard at times.

It is strange though, because she can be as sweet as pie, or as mean as a snake, and you never know which mother you are going to get. Jackie struggles with rage and anger issues at times probably due to the autism, has trouble with impulsivity control due to adhd, and after the long-covid diagnosis, struggles with fatigue, shortness of breath, memory issues, etc...I am hoping that Jackie recovers over time. Sjogren's Syndrome can definitely be a genetically passed disease. It is actually called Sjogren's Disease now... I am concerned Jackie may have it - Jackie has gastroparesis, migraine, cluster headaches, cyclical vomiting syndrome, neuropathy, autonomic dysfunction, anxiety, depression,

fatigue, shortness of breath, memory issues/brain fog, and it just sounds so close to what I experience, that I am heart-broken that Jackie has to experience the same kinds of things.

Oh back to the custody thing....so we are supposed to have 50/50 split custody, but Jackie is with me, even on Jackie's mom's weeks, from about 7:30 a.m. to 5:30 p.m. for homeschooling. She basically takes advantage of me and uses me as a babysitter. If I say no to her though, it will only hurt Jackie in the end, and me, because Jackie tells me she is always talking badly about me and saying negative things about me. I cannot confirm nor deny this as I am not there when it is just the 2 of them.

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fouts.john@gmail.com

From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Sent: Tuesday, January 10, 2023 9:39 AM
To: John Fouts
Cc: Susan Mcconnell
Subject: Schedule Appt

Hi Mr. Fouts –

Susan has tried to contact you to set up the first appointment. Can you please reply in, here with your availability?

RaShai Reynolds, Ph.D., BCBA-D, LBA
Pronouns: she/her
Regional Director - GA, IN, KY
(c) 317.452.6279
www.springhealthbehavioral.com

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Sent: Wednesday, November 16, 2022 4:17 PM
To: John Fouts
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

Hi Mr. Fouts –

It is with great regret that I must inform you that Dataya has had a change in her schedule. She recently notified me that Jackie's treatment schedule no longer works with her schedule. I did offer alternate options; however, she was not able to accommodate.

Therefore, she will not start, and I am again looking for therapist.

Susan – the BCBA is still slated to start and can offer parent training when she begins.

I am sorry for the inconvenience, and I will keep you posted.

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3-Year Accreditation

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Hi Mr. Fouts –

The therapist's name is Dataya (Duh-tie-yuh).

No, there will be no therapy on Thanksgiving Day. You should expect to have therapy on Wednesday, though.

Email: Dataya.Hooks@springhealthbehavioral.com
Phone: 319.520.5044

Your BCBA will be Susan McConnell. She is still onboarding and I will provide you her contact information when she is complete 😊

Stay warm!

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Please let me know when you can.

Have a good day and a great week.

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: The Phoenix Application - Step #2 <ken.moeller@jefferson.kyschools.us>
Sent: Sunday, April 23, 2023 11:19 AM
To: julie.gordon@jefferson.kyschools.us; ken.moeller@jefferson.kyschools.us; fouts.john@gmail.com
Subject: The Phoenix Application Step #2 Responses

The Phoenix Application Step #2 Responses

Submitted on - Apr 23, 2023

Student Name - Fouts , Jack (now goes by Jackie and uses she/her) **Grade -** 6 **School -** The Fouts Academy (Home-School)

Parent/Guardian - John R. Fouts **Email -** fouts.john@gmail.com

Recommend #1 Name - Akhilah Cherry (Current Therapist - Louisville Expressive Therapies) **Recommend #1 - Email -** akhilah@LouisvilleExpressiveTherapies.com **Recommend #1 Phone -** Mobile: 502 - 512 - 8522

Recommend #2 Name - Sara Ogburn (Former Neighbor (yrs) and Outreach Librarian LFPL) **Recommend #2 Email -** sara.ogburn@gmail.com **Recommend #2 Phone -** (502) 216-9278

Recommend #3 Name (optional) Name - Susan McConnell (Part of ABA Therapy Program) **Recommend #3 Email (optional) Email -** Susan.Mcconnell@springhealthbehavioral.com **Recommend #3 Phone (optional) Phone -** 502-291-2139

Q1 Why do you think The Phoenix would be a good fit for your student?- The Phoenix would be a good fit for Jackie because it seems like the staff and leadership is far more well versed in neuro-divergent children and children dealing with trauma than in other JCPS schools. Also, previously, at Bloom, 504 plan items were being largely ignored - even after being pointed out and going to the Superintendent's office, and this was not okay. It seems like The Phoenix would allow for an exceptional positive transformation for Jackie's educational future.

Q2 Why would your student be successful in a blended (traditional & online) and self-directed learning environment? - Jackie would be successful in a blended-learning environment because we know, historically, that Jackie can succeed with NTI and at an in-school environment when proper resources are provided and proper instruction is given. Jackie would be successful with self-directed learning because interest and buy-in to what any human being learns makes learning less of a task and more of a fun experience.

Q3. What are your student's strengths and challenges - Strengths: Intelligent / Empathetic / Kind / Compassionate / Caring / Creative / Artistic / Assertive / Vocal / Loquacious Weaknesses: Memory challenges / Autism traits / Recall issues / Social and Emotional Cue Recognition and Awareness

Comments - If any of Jackie's information is needed, please reach out to me in terms of Autism Spectrum Disorder Level 2 Diagnosis, Auditory Processing Disorder diagnosis or any other diagnoses that may be necessary for application.

fouts.john@gmail.com

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Sent: Sunday, April 23, 2023 11:19 AM
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Submitted on - Apr 23, 2023

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Comments - If any of Jackie's information is needed, please reach out to me in terms of Autism Spectrum Disorder Level 2 Diagnosis, Auditory Processing Disorder diagnosis or any other diagnoses that may be necessary for application.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, November 15, 2021 1:42 PM
To: Linda Uhl
Subject: Re: Touching base
Attachments: 2021-11-10-DWSilks-Sales-Rep-Regions-ADFX-LLC-For-Woo-Commerce-Export-Orders-By-Region-Missy-Updates-Included.xlsx

Linda,

I so wanted to go in today but I woke up feeling like I got slammed by a truck. I should have written to you first-thing, to let you know. I don't know what is wrong with me - but I think I might have some kind of infection - my body doesn't react right though. Could be just super exhausted also from everything going on with Jack - my worry from that alone would be enough...he is still struggling.

Update on DW Silks:
Missy got back to me late last week and said that in California, the state was split with one rep being North of Fresno (including Fresno) and the other rep taking everything South of Fresno. The only way for me to put this together was to look at all zip codes for all counties in California, and divide out by zip code. *Most* zip codes were able to be split using 92301 as an identifier but there were some misfits on both sides (some North in the South and some South in the North).

In Texas, I had to find a way to split things out also and I was still waiting for more information until earlier this morning - she said one rep had Northeast TX and one had Southwest TX - but that does not give me enough information to be able to split - I need to know where, by DW Silks' definition, that NE and SW start and end in TX.

One Rep takes care of the Caribbean, South America, and Central America - but the country codes are not being used in their database (In DW Silks' db) - so I asked her which countries were being sold into so I did not set up countries that were not relevant. She wrote back a little while ago this morning and asked if it would be helpful if we added 'Country' to their online customer account registration form. I think this absolutely would be beneficial with the way they are starting to look at their data. I haven't yet sent her a response.

One of the other weird things is that all of their orders are listed as on-hold in their database so that is something else I need to resolve. For now, in TX, I told her I set it up so that both reps will receive the whole state. In New Jersey, there is the same situation as is in Texas - don't know where the split between reps occurs. She is working on getting the information for TX and NJ.

I've attached a spreadsheet I put together that shows the items I've needed to work on in order to develop the reports.

I'll be looking at the reports again for them a bit after lunch as Missy provided some information on frequency / interval of reporting now so I will go in and update that.

I will be adding the Caribbean and Canada into the spreadsheet - I am not yet sure how to identify those regions entirely in the most expeditious way - but I will find one.

The way I have the reports set up - because I cannot look at 'completed' orders because they are not marking the orders as complete it would appear, is to pull a list of Year To Date orders. The order date is included on the order report. The way the accounts reports are set up for each rep is I pull a list of YTD accounts that have placed orders with only the account information - so new accounts will show up if a new account places an order.

She told me a little while ago that she wants the reports to be run weekly, and wants to be copied on them. I have her copied on them already and need to schedule the tasks for them to be run.

I have low iron again could be why I feel so tired. Most likely I am going to be receiving Copper infusions - not sure of frequency but I think once every 3 to 4 weeks - I know very little still right now. That doctor will be back in the office again tomorrow and I will have more information then. All I know is I keep having to gasp for air and it is very uncomfortable to feel that way.

I'll be heading to lunch at 1:45 - I did not realize how late it had gotten. I've been going through still trying to clean out iNode items every now and then. We need to update the server software at HostGator - but it fails because there is not enough room. I am going to contact them this afternoon to see about them temporarily increasing the storage until the update can be installed. Will keep you posted on that as well.

John

On Mon, Nov 15, 2021 at 12:44 PM Linda Uhl <linda@adfxllc.com> wrote:

> Hi John,
>
> Thought I might see you today since there were no appointments, so I am hoping you are feeling ok.
>
> Have you received the answers from Missy that you needed in order to finish up DW Silks? If you need me to reach out to her to help, I am happy to do so.
>
> Is there anything I need to know about any other accounts?
>
> Thanks!
>
> Linda

Linda Clark Uhl

President

ADFX LLC

118 South Sherrin Avenue

Louisville, KY 40207

502-897-0552

https://adfxllc.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, June 14, 2024 12:18 PM
To: Megan B Clark
Subject: Re: Touching Base -- 2024-06-13
Attachments: ky25themailsignatureiconfinal_logo6_f39a141c-667b-43db-b466-c94c9007c45b.png; ky25thanniversaryemailsignature_e6802fdb-38fe-4b01-8e92-5270c7851864.jpg; emailsignatureicon_05850d2d-8466-4aca-9b8d-9caaf081b7dd.jpg

Okay well let me know if I can help in any way.

==========
Below, I've listed out phone numbers for Jackie's current and former providers
==========

Jackie current providers:

Dr. Eli Pendleton (Baptist) - PCP
(502) 451-5955

Dr. Abigail Stocker or NP Lindsay McElmurray - U of L GI -- Motility Center -- Gastroenterology
(502) 588-4600

Dr. Julie Manche - Beyond the Ear - Performed confirmatory Auditory Processing Disorder evaluation
(502) 276-5755

Dr. David Charles - Meridian Behavioral Health - Performed confirmatory neuropsychiatric testing showing ASD Level II and ADHD
(502) 409-6993

Dr. Stephen Pollard - Family Allergy and Asthma - Asthma and allergy issues - we saw a diff provider in same practice last Summer - they had to change us to allow us to be seen more quickly (had to have a note for school about Jackie's inhaler)
(800) 999-1249

Dr. Rogers - Norton - Novak Center - Neurology

(502) 588-3650

Dr. Singer - Norton - Sleep Neurologist - we need to schedule Jackie for an overnight sleep study per Dr. Singer.
(502) 588-3650

Darcie Taggart - Current therapist - Creating Connection Therapy & Counseling
(502) 354-2699

Dr. Strickley - Associates in Dermatology - Audobon location
(502) 583-1749

==========
Former Providers
==========

Former GI doctors
Dr. Troy Gibbons (at UK Clinic in Lexington - Pediatric Clinic) -- Motility Center
(859) 323-6211

Dr. El-Chammas (Cincinnati Children's Hospital) -- Motility Center
(513) 636-4415

Former Dermatologist
Dr. Patricia Todd
(502) 588-9581

Former PCP
Dr. Mahajan - Norton
(502) 629-8990

Former psychological testing
Dr. Tonya Stockhammer - StrongMinds
(502) 614-7600

Former developmental pediatrician evaluation
Dr. Judith Axelrod - SquareOneMD
(502) 896-2606

Former provider of ABA Therapy services
Dr. Rashai Reynolds - Spring Health Behavioral - Assessed Jackie initially
(317) 452-6279

Susan McConnell, BCBA - ABA therapist assigned by Spring Health Behavioral and Dr. Reynolds
(502) 291-2139

Former therapists

Lindsey Smith - Seven Counties - she left that company
(502) 589-1100

Theresa Adamchik - Louisville Expressive Therapies - Jackie transitioned care to Dani Creamer at L.E.T.
(502) 509-5380

Dani Creamer - Louisville Expressive Therapies - Jackie transitioned care to Akilah Cherry at L.E.T.
(502) 509-5380

Ms. Sanchez - Bloom Elementary School in school therapy services - Seven Counties
(502) 485-8211

Dr. Lara West - Corydon, IN
(317) 956-2030

==========

On Fri, Jun 14, 2024 at 10:14 AM Megan B Clark <mbclark@kvc.org> wrote:
I still have to contact some of her doctors to confirm diagnosis's , I appreciate the information.

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvcky.org
Join us on Facebook | Instagram | LinkedIn | YouTube | Twitter

---

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:14 PM
To: Megan B Clark <mbclark@kvc.org>
Subject: Touching Base -- 2024-06-13

Hi Megan.

I realize you are probably already gone from your office, but I wanted to check to see if you were able to get everything you needed to close your open case.

Please let me know. Thank you.

John R. Fouts

On Wed, Jun 5, 2024 at 10:04 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Megan.

Of course. I left you a message after you called last week, but I hadn't heard back from you. The only report that I am aware of is from 2017, and involved a charge of child abuse against my ex-wife, and was filed in Colorado. Is that still open?? After 7 years??

I didn't see your email until today.

So you know, my son is now my daughter (male to female transgender). She goes by Jackie and prefers the full name Jaqquelyn. We have not made the official legal name change yet, however, so legally, as of now, still, Jackie is Jack A. Fouts. So when you talk to her, please refer to her as Jackie and use she/her pronouns.

John R. Fouts

On Mon, Jun 3, 2024 at 10:03 AM Megan B Clark <mbclark@kvc.org> wrote:

Hey John, I am reaching out to schedule a time to chat or come by your home. You're family has a open report and I'm needing to discuss it with you as well as see your son. I am free 11-1pm or after 2pm anytime the rest of the week . Feel free to give me a call when you have a moment 859 436 8503

Get Outlook for iOS

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvckentucky.org
Join us on Facebook | Instagram | LinkedIn | YouTube

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

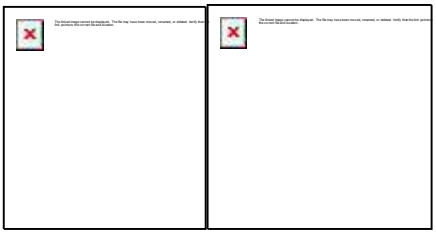
fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 16, 2022 4:41 PM
To: RaShai Reynolds
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?
Attachments: image001.png; image003.png; image002.png; image005.png; image002.png; image005.png; image003.png; image001.png

Well, thank you for letting me know.

On Wed, Nov 16, 2022, 4:18 PM RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com> wrote:

> Hi Mr. Fouts –
>
> It is with great regret that I must inform you that Dataya has had a change in her schedule. She recently notified me that Jackie's treatment schedule no longer works with her schedule. I did offer alternate options; however, she was not able to accommodate.
>
> Therefore, she will not start, and I am again looking for therapist.
>
> Susan – the BCBA is still slated to start and can offer parent training when she begins.
>
> I am sorry for the inconvenience, and I will keep you posted.
>
> RaShai Reynolds, Ph.D., BCBA-D, LBA
>
> *Pronouns: she/her*
>
> Regional Director - GA, IN, KY
> (c) 317.452.6279
>
> www.springhealthbehavioral.com



From: RaShai Reynolds <rashai.reynolds@springhealthbehavioral.com>
Date: Wednesday, November 16, 2022 at 11:27 AM
To: John Fouts <fouts.john@gmail.com>
Subject: Re: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

Hi Mr. Fouts –

The therapist's name is Dataya (Duh-tie-yuh).

No, there will be no therapy on Thanksgiving Day. You should expect to have therapy on Wednesday, though.

Email: Dataya.Hooks@springhealthbehavioral.com

Phone: 319.520.5044

Your BCBA will be Susan McConnell. She is still onboarding and I will provide you her contact information when she is complete 😊

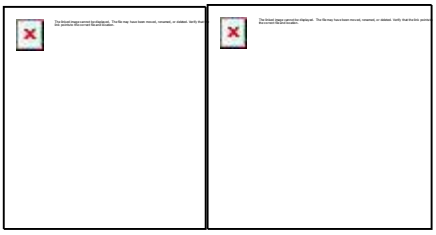
Stay warm!

RaShai Reynolds, Ph.D., BCBA-D, LBA

Pronouns: she/her

Regional Director - GA, IN, KY
(c) 317.452.6279

www.springhealthbehavioral.com



From: John Fouts <fouts.john@gmail.com>
Date: Wednesday, November 16, 2022 at 11:17 AM
To: RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: ABA Therapy Therapist Contact Information / Name / Schedule of Thanksgiving Week?

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Dr. Reynolds,

Hi. Hope you are doing well.

I wanted to follow up with you to get the ABA therapist's contact information please.

Also - during the week of Thanksgiving - I am certain that we will not be meeting with him/her on Thanksgiving Day itself. What about the Wednesday of Thanksgiving week? Trying to figure out family meal schedule too - I am sure you understand.

Please let me know when you can.

Have a good day and a great week.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 30, 2023 6:14 PM
To: Stacy Polk
Subject: Aba therapist email

Susan Mcconnell's contact info is below...

Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>

Also here is a link to that Ting Tings song That's Not My Name

https://youtu.be/v1c2OfAzDTI

Thanks Stacy.

Good seeing you today.

John

On Thu, Mar 30, 2023, 3:23 PM Stacy Polk <spolk@sevencounties.org> wrote:

> spolk@sevencounties.org is inviting you to a scheduled Zoom meeting.
>
> Join Zoom Meeting
> https://sevencounties.zoom.us/j/98003728842
>
> Meeting ID: 980 0372 8842
> One tap mobile
> +13017158592,,98003728842# US (Washington DC)
> +13052241968,,98003728842# US
>
> Dial by your location
> +1 301 715 8592 US (Washington DC)
> +1 305 224 1968 US
> +1 309 205 3325 US
> +1 312 626 6799 US (Chicago)
> +1 646 931 3860 US
> +1 929 205 6099 US (New York)
> +1 360 209 5623 US
> +1 386 347 5053 US
> +1 507 473 4847 US
> +1 564 217 2000 US
> +1 669 444 9171 US
> +1 669 900 6833 US (San Jose)

+1 689 278 1000 US
+1 719 359 4580 US
+1 253 205 0468 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
877 853 5257 US Toll-free
888 475 4499 US Toll-free
833 548 0276 US Toll-free
833 548 0282 US Toll-free
Meeting ID: 980 0372 8842
Find your local number: https://sevencounties.zoom.us/u/adggds8oci

Join by SIP
98003728842@zoomcrc.com

Join by H.323
162.255.37.11 (US West)
162.255.36.11 (US East)
115.114.131.7 (India Mumbai)
115.114.115.7 (India Hyderabad)
213.19.144.110 (Amsterdam Netherlands)
213.244.140.110 (Germany)
103.122.166.55 (Australia Sydney)
103.122.167.55 (Australia Melbourne)
149.137.40.110 (Singapore)
64.211.144.160 (Brazil)
149.137.68.253 (Mexico)
69.174.57.160 (Canada Toronto)
65.39.152.160 (Canada Vancouver)
207.226.132.110 (Japan Tokyo)
149.137.24.110 (Japan Osaka)
Meeting ID: 980 0372 8842

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 26, 2023 3:24 PM
To: Susan Mcconnell
Subject: Re: Hi Susan - wanted to touch base about Thursday schedule
Attachments: image.png

Yes 12:30 is okay and we can meet you at El Nopal in Shepherdsville. See you then, and thank you Susan.

On Wed, Apr 26, 2023 at 12:32 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

HI John
Yes I can be there by 12:30? Want meet at Nopal?
You have been there of her and that is the best thing you
can do for your daughter.

Let me know
Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 25, 2023 9:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Hi Susan - wanted to touch base about Thursday schedule

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Susan,

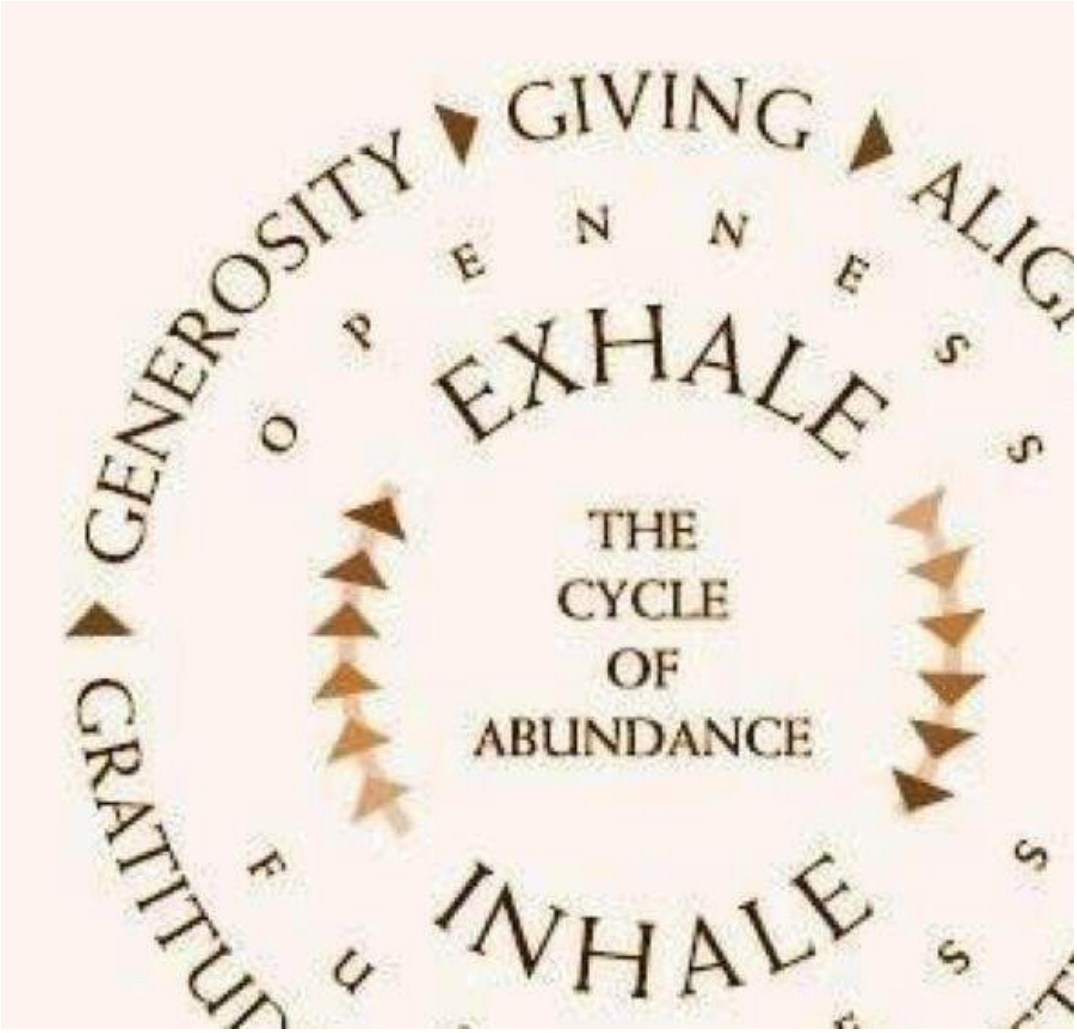
I wanted to touch base about the Thursday schedule with you. Tomorrow (4/26/2023) Wednesday, is Jackie's b-day. When we talked, I know you said you could take Jackie out for a meal for a bday treat on Thursday. I didn't know if you might be able to come a little earlier so Jackie could have lunch before 1:30 on Thursday (4/27/2023)? And you had asked me about places that Jackie likes. El Nopal is one of Jackie's favorites - and there is one of those right in Shepherdsville nearby to where we live. The lunch prices are also very reasonable there, and you get a lot of food. Jackie likes getting Chicken Fajitas, or sometimes a burrito and double rice. Either way, Jackie always wants to have a spoon in addition to the fork and knife and the spoon must be asked for separately. Jackie sometimes is assertive and orders for herself, yet, sometimes is totally not.

I'm sorry I did not write to you sooner, but it has been a hella hard week. Lots of appointments and running around and I had my IVIG infusion on Monday - that wore me out for whatever reason....Sunday night Jackie and I both only got about 3 hours of sleep - something is going on with Jackie's circadian rhythm hardcore again...still...July 11 is the soonest they could get us in to do the sleep study....I am assuming this is probably hormone related but I don't know...

Also - question for you - Jackie is starting to develop a mustache - which Jackie obviously - does not want. Shaving with a razor would only encourage faster hair growth.....I don't really know much about waxing other than it takes care of the situation for a longer amount of time. Can you talk to Jackie about that too?

Finally - Jackie has decided on what her full name is going to be whenever we get to changing it. Jaqquelyn (pronounced Jackelyn - 3 syllables) Alana (pronounced like uh-lane-uh) Fouts.

I cannot believe Jackie is going to be 12 tomorrow. I feel both really happy that Jackie has accomplished so much, and also like I have let Jackie down by not being able to do a lot of things - but that has been beyond my control...



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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 25, 2023 9:57 PM
To: Susan Mcconnell
Subject: Hi Susan - wanted to touch base about Thursday schedule
Attachments: image.png

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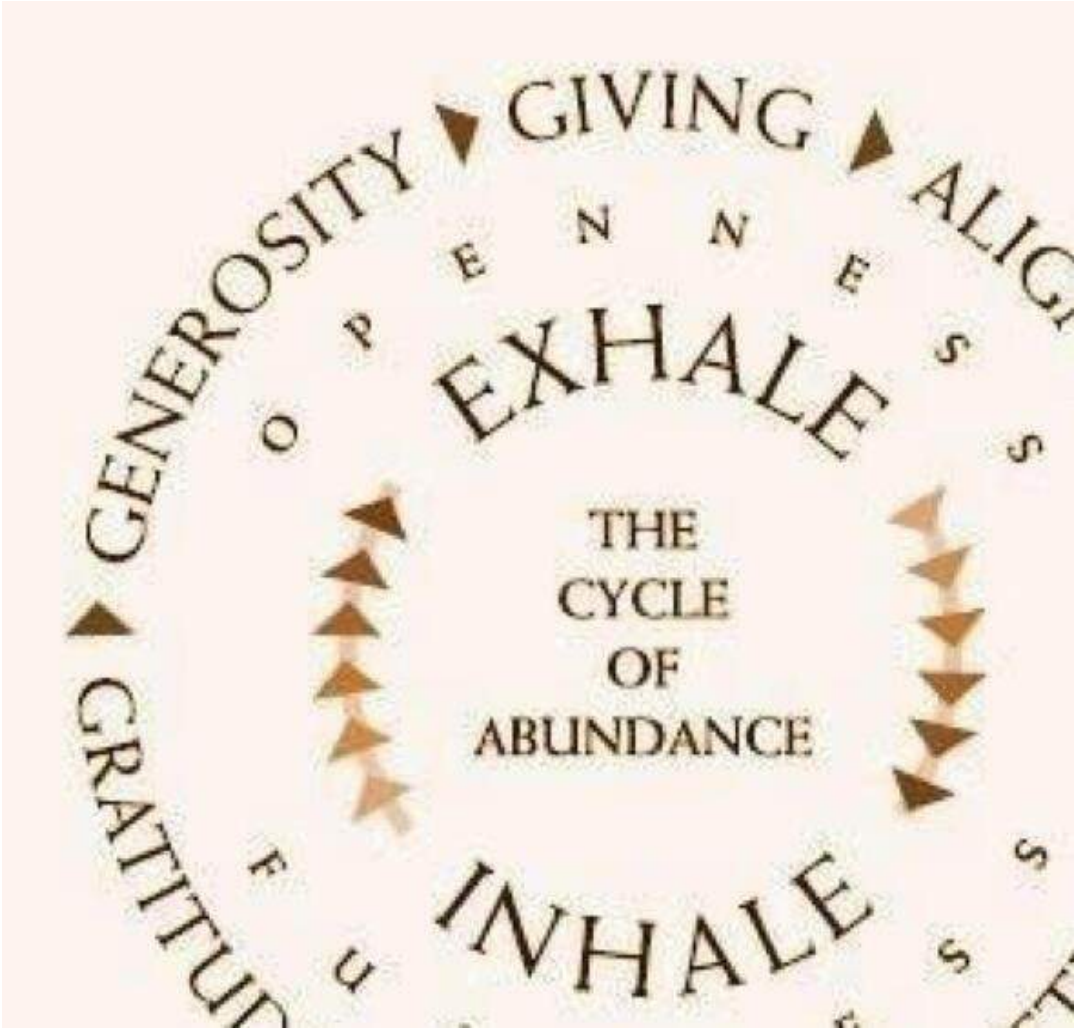

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 19, 2023 12:16 PM
To: Susan Mcconnell
Subject: Jackie's bday is April 26

Forgot to throw that in there - will be 12 years old.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 19, 2023 12:14 PM
To: Susan Mcconnell
Subject: Is there any allocation forr birthday gifts for ABA therapy clients?

Susan,

I know my parents are somewhat struggling right now - owe for taxes and stuff....but I am sure they will get Jackie some things for bday.....

I am pretty broke but hopefully will sell some more things on ebay before Jackie's bday so I can get Jackie something...I will find a way to get something anyway - or make something...Jackie knows I have no funds for the most part ... and understands that it is what it is....

I did not know if it was part of ABA therapy for Jackie to get something small? I don't know....I'm just trying to make sure Jackie has a good bday (as good as possible under the circumstances).

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, April 6, 2023 12:33 PM
To: Susan Mcconnell
Subject: Got your message - no gas to go to zoo - just plan on meeting at the house here please after your appointment for your crown

Good luck with your crown too by the way!

See you a little bit later today.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 23, 2023 12:50 AM
To: Susan Mcconnell
Subject: Re: todays visit

We can just meet next week. It is all good.

On Thu, Mar 23, 2023, 12:34 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> HI John
> I have to be back In louisville for a doctors appt. by 3pm
> Would I be able to come Friday or Sat instead? Just this week.
> I didn't want to text you late and wake you so hopefully you will get this email.
> Thanks
> Susan
> Confidentiality Notice: This email and its attachments may contain privileged and confidential information and/or protected health information (PHI) intended solely for the recipient(s) named above. If you are not the recipient, or the employee or agent responsible for delivering this message to the intended recipient, you are hereby notified that any review, dissemination, distribution, printing or copying of this email message and/or any attachments is strictly prohibited. If you have received this transmission in error, please notify the sender immediately and permanently delete this email and any attachments.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 16, 2023 2:09 PM
To: Susan Mcconnell
Subject: From Nextdoor App - Mural Painting Post Request

Brett M.
Timberline Village • 6 days ago •

Looking for someone that paints murals or free hand painting…or a REALLY talented Tagger! LOL. Wanting some animal shapes painted on exterior of our business, nothing overly detailed but nice.

2

Like

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 9, 2023 12:48 PM
To: Susan Mcconnell
Subject: Today's meeting in Louisville instead of Shepherdsville

Susan,

I've texted you a couple of times and have not heard back from you.

Need to make sure you got the messages.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 23, 2023 10:14 AM
To: Susan Mcconnell
Subject: Re: Thursday Appointment Information

Susan,

I think the park would be better for Jackie - because Jackie might be intimidated about being around lots of other people (potentially) - so - I will text you after we leave my appointment then?

John

On Thu, Feb 23, 2023 at 9:36 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

Hello John,
Yes if you would like to meet at the park it's fine. Or, we could meet at Days coffee shop in the highlands. I can treat Jackie to a pastry or something.

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 22, 2023 11:21 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Thursday Appointment Information

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******

Susan,

I have an appt that was scheduled yesterday, for tomorrow (Thursday) at 1:00pm downtown at U of L. It is with my rheumatologist - and I am not certain how long the appointment is going to take. Do you want me to text you when it is done? Would you want to meet at Cherokee Park or something (supposed to be a nice day)...would you want to meet at the doctor office to meet with Jackie?

I'd really like it if we can find time for you to talk with Jackie tomorrow - despite the appointment. Jackie's mother checked herself in, inpatient again, at a mental health facility for suicidality....it is Jackie's mom's week this week and I know Jackie feels upset about the situation. I have to also take care of my own needs, however, hence the need to keep my rheumatology appointment as well...

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, January 20, 2023 10:43 AM
To: Susan Mcconnell
Subject: Re: Please text me when you arrive

My phone number is 502.956.0052. Nice to meet you also.

On Fri, Jan 20, 2023 at 10:42 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hello John,
> Nice meeting you yesterday. Can you give me a current phone number
> to text? I did not see this message since I don't use outlook yet on my phone.
> MY phone number is 502-291-2139. I hope Jackie is having a good day!
> Thanks
> Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 19, 2023 1:26 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Please text me when you arrive

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My phone number is 502.956.0052.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 17, 2023 9:59 PM
To: Susan Mcconnell
Subject: Re: visit

Forgot to confirm with you that I received your email. I'm sorry I did not get back with you sooner. See you on Thursday

On Fri, Jan 13, 2023 at 9:29 AM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hi John,
> Good morning. Great. Let's say 1:30. The visit will be about 2 hours max. Long enough to meet and discuss your concerns and to meet Jackie.
>
> Look forward to meeting you.
> Susan

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 7:57 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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Either time works, just let me know. Also please let me know how much time to budget for the meeting. Thank you.

John

On Wed, Jan 11, 2023, 10:24 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

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> How about 1:30? Or, do you prefer 1? That should give us enough time before family gets home?
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> Thanks
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From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 11, 2023 4:20 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>
Subject: Re: visit

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> Please let me know if that is convenient for you. Where would you like to meet?
> I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

Sincerely,
Susan Mcconnell, BCBA, LBA

Susan Mcconnell, BCBA, LBA
Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
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Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected

these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

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I do not like the situation that we are in, in the basement, because my dad refuses to accept and acknowledge Jackie as Jackie as opposed to Jack. My dad said he will never call Jackie, Jackie. That means that Jackie has to have 2 identities in the same household. Also, my dad does not want anyone else calling Jackie, Jackie, in his presence, which is very confusing, and makes others not want to call Jackie, Jackie.

In addition, I have overheard my nephew and my dad talking about how wrong it is for people to be transvestites (Jackie is experiencing gender dysphoria, and is not a transvestite), but still hearing things like that is not healthy for Jackie, and the environment is not what I would prefer for it to be. My mom is 'more accepting' of Jackie, but often says mean things and has no self awareness of it. She has many narcissistic tendencies, and they are all things I should expect as I grew up with her as my mother, but still catch me off guard at times.

It is strange though, because she can be as sweet as pie, or as mean as a snake, and you never know which mother you are going to get. Jackie struggles with rage and anger issues at times probably due to the autism, has trouble with impulsivity control due to adhd, and after the long-covid diagnosis, struggles with fatigue, shortness of breath, memory issues, etc...I am hoping that Jackie recovers over time. Sjogren's Syndrome can definitely be a genetically passed disease. It is actually called Sjogren's Disease now... I am concerned Jackie may have it - Jackie has gastroparesis, migraine, cluster headaches, cyclical vomiting syndrome, neuropathy, autonomic dysfunction, anxiety, depression, fatigue, shortness of breath, memory issues/brain fog, and it just sounds so close to what I experience, that I am heart-broken that Jackie has to experience the same kinds of things.

Oh back to the custody thing....so we are supposed to have 50/50 split custody, but Jackie is with me, even on Jackie's mom's weeks, from about 7:30 a.m. to 5:30 p.m. for homeschooling. She basically takes advantage of me and uses me as a babysitter. If I say no to her though, it will only hurt Jackie in the end, and me, because Jackie tells me she is always talking badly about me and saying negative things about me. I cannot confirm nor deny this as I am not there when it is just the 2 of them.

Mondays are not a good day to meet for me as I have to have IV Benadryl with the IVIG and I am just kind of out of it in terms of being sleepy. We have various standing appointments on other days of the week. What does your schedule look like?

John R. Fouts, MBA

P. 502.956.0052

F. 502.996.8246
E. Fouts.John@gmail.com

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John

On Wed, Jan 11, 2023 at 12:47 PM Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com> wrote:

> Hello Mr. Fouts,
>
> I am Susan Mcconnell the BCBA assigned to Jackie. Would you be available next week on Tuesday?

I can come earlier in the day or after school at 5:30. It would be good for me of course to meet Jackie and talk with you both. Perhaps we can speak first, just you and I. Jackie's plan will need to be created first and then we will address her programing.
Please let me know if that is convenient for you. Where would you like to meet?
I googled your new address and it looks like your home is right off 65 south.

I hope you are well and we can meet soon.

Sincerely,
Susan Mcconnell, BCBA, LBA

Susan Mcconnell, BCBA, LBA
Board Certified, Licensed, Behavior Analyst
502-291-2139

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 3:29 PM
To: Susan Mcconnell <Susan.Mcconnell@springhealthbehavioral.com>; RaShai Reynolds <RaShai.reynolds@springhealthbehavioral.com>
Subject: Re: visit

****** CAUTION: This email originated from outside of the organization. Do not click or open attachments unless you recognize the sender and know the content is safe ******
Susan,

I have not received any message from you. What phone number did you dial? This email (from yesterday at 8:14 p.m.) is the first communication I have received from you, and I had not had a chance to respond yet as I was preparing for my bankruptcy hearing, which wrapped up only a few moments ago. If I had not had TMS therapy earlier today, I may have been able to respond sooner.

I have copied Dr. Reynolds on this correspondence so she is aware that I have returned communication to you with regard to the email you sent last night.

Is the meet and greet in person? Or is it telehealth? Do you want to do the meet and greet with Jackie present? We are living in my parents basement. My sister's oldest child (my nephew) also lives here. My parents both are still working. My mom is a teacher and gets home around 3pm when she comes straight home. My mom is 70, and also takes care of my 93 year old grandmother (her mother) who lives in Sellersburg, IN. My dad is 78, and works in economic development. He has over 40 years of experience in that field. His schedule is fairly flexible, but he is often gone during the hours of a typical workday. My mom has a Ph.D. in Differentiated Education. She has taught in the special needs sector for decades. Several years ago, she received Runner-Up for Teacher of the Year in the state of Indiana. Unfortunately, it often seems like neither parent, has any patience when they come home from work - it has all been exhausted, and Jackie and me often bear the brunt of the lack of patience.

Jackie, on paper, is with me 50% of the time, and with Jackie's mom 50% of the time, however, in reality, it is more like Jackie being with me 85% of the time, and with mom 15% of the time. Jackie harbors feelings of resentment toward me over this, but I cannot control what Jackie's mom chooses to do and

not to do. I can only control myself (all that is within my power is to control my own behaviors etc...). We are stuck here in the basement because I became unable to work during the latter part of this year due to ongoing chronic illness. After nearly 14 years...I now finally have a definitive diagnosis of Sjogren's Syndrome (systemic), CRPS, Small Fiber Polyneuropathy, Chronic Venous Insufficiency, Gastroparesis, GERD, and several other things...my eyes are greatly affected these days...double vision...blurry vision...loss of vision at times....migraines....etc...I receive IVIG on Mondays usually from 9amish to 3:30pm-ish....I have a nurse that travels to me to administer the IVIG. It is a long infusion and is very taxing on me. I also have to have Copper infusions for Copper replacement every 52 days, although, that may be shrinking in terms of the duration in between each infusion. I need to write to my Hematologist/Oncologist to see.

On 2/22/2022, Jackie began being home-schooled. Jackie was continuously being bullied at school, and the 504 plan was not at all being adhered to, and after 2 meetings with the superintendent and nothing changing, we had to do something to help preserve the remaining confidence that Jackie had. We are working on rebuilding Jackie's confidence. By we, I primarily mean me, and Jackie's therapists.

I do not like the situation that we are in, in the basement, because my dad refuses to accept and acknowledge Jackie as Jackie as opposed to Jack. My dad said he will never call Jackie, Jackie. That means that Jackie has to have 2 identities in the same household. Also, my dad does not want anyone else calling Jackie, Jackie, in his presence, which is very confusing, and makes others not want to call Jackie, Jackie.

In addition, I have overheard my nephew and my dad talking about how wrong it is for people to be transvestites (Jackie is experiencing gender dysphoria, and is not a transvestite), but still hearing things like that is not healthy for Jackie, and the environment is not what I would prefer for it to be. My mom is 'more accepting' of Jackie, but often says mean things and has no self awareness of it. She has many narcissistic tendencies, and they are all things I should expect as I grew up with her as my mother, but still catch me off guard at times.

It is strange though, because she can be as sweet as pie, or as mean as a snake, and you never know which mother you are going to get. Jackie struggles with rage and anger issues at times probably due to the autism, has trouble with impulsivity control due to adhd, and after the long-covid diagnosis, struggles with fatigue, shortness of breath, memory issues, etc...I am hoping that Jackie recovers over time. Sjogren's Syndrome can definitely be a genetically passed disease. It is actually called Sjogren's Disease now... I am concerned Jackie may have it - Jackie has gastroparesis, migraine, cluster headaches, cyclical vomiting syndrome, neuropathy, autonomic dysfunction, anxiety, depression, fatigue, shortness of breath, memory issues/brain fog, and it just sounds so close to what I experience, that I am heart-broken that Jackie has to experience the same kinds of things.

Oh back to the custody thing....so we are supposed to have 50/50 split custody, but Jackie is with me, even on Jackie's mom's weeks, from about 7:30 a.m. to 5:30 p.m. for homeschooling. She basically takes advantage of me and uses me as a babysitter. If I say no to her though, it will only hurt Jackie in the end, and me, because Jackie tells me she is always talking badly about me and saying negative things about me. I cannot confirm nor deny this as I am not there when it is just the 2 of them.

Mondays are not a good day to meet for me as I have to have IV Benadryl with the IVIG and I am just kind of out of it in terms of being sleepy. We have various standing appointments on other days of the week. What does your schedule look like?

John R. Fouts, MBA

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

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> Look forward to meeting you both.
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> Sincerely,
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Look forward to meeting you both.

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 11, 2023 10:35 AM
To: Akhilah Cherry
Subject: Please don't refer anyone else to Open Doors Counseling Center

They don't work with kids under 16 that are LGBTQIA+.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 22, 2023 2:55 PM
To: Akhilah Cherry
Subject: Re: Are you going to be at LET tonight?
Attachments: image.png

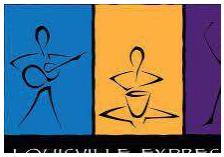
I understand if it won't be possible, but I think Jackie was really wanting to see you in person to give it to you (the small gift). I will talk to Jackie and let her know it seems that we need to leave it for you instead of seeing you in person. Thanks Akhilah.

John

On Thu, Jun 22, 2023 at 2:52 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey, hope all is well!
> I won't have online clients. Someone will be there tomorrow if you want to drop it off, you are more than welcome to if that works for you! I won't be back there as I will be at Life's Journey Counseling in St Matthews area.
>
> Thanks so much!
>
> On Thu, Jun 22, 2023 at 2:23 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Jackie and I have something small for you that I think you'd really enjoy. We just wanted to know if we could give it to you tonight if you'd be up there. Jackie really wants to give it to you in person.
> >
> > John
> >
> > ps Hope everything is good with you and your family.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, May 18, 2023 11:31 AM
To: Akhilah Cherry
Subject: Re: Update on Therapy 'Sitch' && Jaqquelyn's wishes for last 2 sessions with you
Attachments: image.png

Yes discussing these items over the next 2 / last 2 sessions some would be beneficial (while doing special projects). I get it about the time thing too...I'm in my early 40s and don't have time to do anything and I am not even able to work right now. I don't know if it is because I move very slowly now....or time moves fast...or both....or what....but I get it....

I don't know if 4H has any kind of mentor program too - it is hard because I am looking for something that includes cultural diversity (of all kinds - so exposure to all different ethnicities and cultural backgrounds) - and something that encourages and promotes being outdoors in an urban and a rural environment. Probably is going to take more than one thing to meet all those goals.

I have to focus on housing right now but will keep the mentor thing in my file so that when I am able to get to it I can do so. For right now, it is housing, SSI (to try to get income to help Jackie), looking for gas and clothing vouchers and or vouchers for school supplies for the upcoming school year etc...

As Theresa would say, Maslow's Hierarchy of Needs time...

On Thu, May 18, 2023 at 7:50 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! I was a mentor for Children of Incarcerated Parents, and it was a great opportunity for both myself and my mentee (we had fun). However, I know now I just don't have the much deserved time to dedicate to a mentee as I did then (in my early 20s).
>
> I do think having a mentor would be great for J, so I'm happy you are open to the idea. There is an application process with BBBS, to be sure they have a good match available, but it sounds like it would be worth applying and you never know unless you try! There are other programs as well if BBBS isn't what you're looking for.
>
> Again, know I am not in a position to be a mentor, as I have done years ago, but I am more than welcome to provide any resources or info if I am able to do so/ have any available. I just don't want J to need someone to "be there" for them and I don't have the time to dedicate/ carve out that they would need as a mentor would. That could be problematic for them.
>
> This is an excellent time to discuss the changes and uncertainties in life, and the beauty that comes with it. Caterpillars 🐛 to Butterflies 🦋 Seasons (Winter to spring, Spring to Summer, Summer to Fall, Fall to Winter), Flowers 💐 and how all these changes relate to growth. Helping J to adjust to change I feel is crucial, as it's the only part of life that's constant/ consistent.

Here are some videos that talk about adjusting to change. I can try and provide more resources, but I think with change itself being scary, and consistently differentiating fear from danger, these conversations can be very productive.

Adjusting to change
1. Dealing with strong feelings - https://youtu.be/o4yE6BidJCM
2. Change - https://youtu.be/XBp3MYblrE8

Fear vs Danger (you may want to look these over first)
1. https://youtu.be/c7CN8CPgQAk
2. https://youtu.be/R2FqW7B0Qis (this is a longer podcast)

Maybe we could discuss some of this next time we meet.

On Wed, May 17, 2023 at 11:57 PM John Fouts <fouts.john@gmail.com> wrote:

> Akhilah,
>
> I like the idea of a mentor....sometimes it is important to be able to go to people outside of your family especially during those years.... I really didn't have anyone myself, and was stuck in a very dysfunctional family that had to lie for protection...it was messy....that all being said.... I truly think mentorship would be beneficial. While not a 'peer'...a mentor like that is kind of in between. I will check it out tomorrow and shoot you another email. Thank you!!
>
> John
>
> On Wed, May 17, 2023 at 7:34 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
>> Hey! Yes, most definitely agree. Psychological flexibility is an important key to happiness (hence my being drawn to the modality of ACT).
>>
>> I am happy to do the activities J has requested for the last sessions. I am so thrilled, and flattered at the idea of wanting to be my friend :) they are truly an amazing individual. I want to remain open to allow any resources you all may need for referrals, as long as I can do so I totally will!
>>
>> I would love to see them connected with a mentor as well, are you open to connecting with any? I know someone at the Big Bro Big Sis program who informed me of the process and was excited for me to pass the intake info to you all if interested! I rethink they deserve to connect with someone who can carve out specific time for them to just enjoy their company and offer guidance during those difficult "middle school years". I know that age was rough for me 😫 I can try and find more mentorship referral info, but here is the BBBS link
>> https://www.bbbsky.org/child-application
>>
>> I'm sure you have heard of them, but take a look and see what you think!
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>> On Wed, May 17, 2023 at 3:23 PM John Fouts <fouts.john@gmail.com> wrote:
>>
>>> Akhilah,
>>>
>>> A few things. First - thank you for always being so good with Jaqquelyn, and so outreaching, and so helpful, and for all the guidance you have provided and anything I am missing saying there. You are

amazing. And, honestly, I don't know what I would have done without you to help Jackie at times, so thank you so much....

I contacted Michael Pedigo and left a message. I also contacted Open Doors Counseling Center. I was able to reach the receptionist there named Natalia, and will be sending them our insurance cards and stuff shortly. They have a Lexington number, but they do telehealth at home, so that is great. My fear there, is that my dad especially, does not support transgender rights (at all), and we live in his house, and Jackie may feel too uncomfortable for therapy to have a benefit. I told Jackie though, that I could drive Jackie to the Salt River here or something and give her privacy so she could talk about whatever she wanted to.

Our plan of action, is to get set up at Open Doors Counseling Center to go on and get the letter we need for the Novak PAGE Center, and that from there, we can decide if the new therapy is working out or not and make changes as necessary. Flexibility right?? That is the key to success.....actually....the key to success in all things in life is communication...I feel...

Okay - that all being said....Jackie is going to be there tomorrow night in person with her mom. Jackie wants to do a special project with you and mom together. Then Jackie said on the last session, that Jackie wants to do a special project with you and me together.

I realize this may be unconventional of an ask, but is there any way that Jackie could stay in touch with you after joining the other practice....not for therapy necessarily unless we need to ping something off of you....but as a friend to Jackie basically?? Jackie really does not have any friends, and has had so much transition in life, that Jackie doesn't really feel solid about anything I don't think. It hurts my heart...

Let me know when you can, and thank you again for all.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
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m: 502 - 512 - 8522
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> https://www.bbbsky.org/child-application
>
> I’m sure you have heard of them, but take a look and see what you think!
>
> On Wed, May 17, 2023 at 3:23 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Akhilah,
> >
> > A few things. First - thank you for always being so good with Jaqquelyn, and so outreaching, and so helpful, and for all the guidance you have provided and anything I am missing saying there. You are amazing. And, honestly, I don't know what I would have done without you to help Jackie at times, so thank you so much....
> >
> > I contacted Michael Pedigo and left a message. I also contacted Open Doors Counseling Center. I was able to reach the receptionist there named Natalia, and will be sending them our insurance cards and stuff shortly. They have a Lexington number, but they do telehealth at home, so that is great. My fear

there, is that my dad especially, does not support transgender rights (at all), and we live in his house, and Jackie may feel too uncomfortable for therapy to have a benefit. I told Jackie though, that I could drive Jackie to the Salt River here or something and give her privacy so she could talk about whatever she wanted to.

Our plan of action, is to get set up at Open Doors Counseling Center to go on and get the letter we need for the Novak PAGE Center, and that from there, we can decide if the new therapy is working out or not and make changes as necessary. Flexibility right?? That is the key to success.....actually....the key to success in all things in life is communication...I feel...

Okay - that all being said....Jackie is going to be there tomorrow night in person with her mom. Jackie wants to do a special project with you and mom together. Then Jackie said on the last session, that Jackie wants to do a special project with you and me together.

I realize this may be unconventional of an ask, but is there any way that Jackie could stay in touch with you after joining the other practice....not for therapy necessarily unless we need to ping something off of you....but as a friend to Jackie basically?? Jackie really does not have any friends, and has had so much transition in life, that Jackie doesn't really feel solid about anything I don't think. It hurts my heart...

Let me know when you can, and thank you again for all.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

**If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support*

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." - ***Tupac Amuru Shakur***

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 17, 2023 8:58 PM
To: Akhilah Cherry
Subject: Re: Can you please provide medical records for Jackie from your office? I need them for SSI claim.

It is to show Jackie's mental health diagnoses. I really just need a summary sheet mainly showing the diagnoses and codes.

On Wed, May 17, 2023, 7:34 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Do you mean the invoice info, or just all client records?
>
> On Wed, May 17, 2023 at 6:04 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Akhilah,
> >
> > Just like everything else, I need asap please....I hate to be that way...
> >
> > John
> >
> > --
> >
> > **"Shining" in Service,**
> >
> > **John R. Fouts, MBA**
> >
> > **Fax. 502.996.8246**

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Subject: Can you please provide medical records for Jackie from your office? I need them for SSI claim.

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John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 17, 2023 3:23 PM
To: Akhilah Cherry
Subject: Update on Therapy 'Sitch' && Jaqquelyn's wishes for last 2 sessions with you

Akhilah,

A few things. First - thank you for always being so good with Jaqquelyn, and so outreaching, and so helpful, and for all the guidance you have provided and anything I am missing saying there. You are amazing. And, honestly, I don't know what I would have done without you to help Jackie at times, so thank you so much....

I contacted Michael Pedigo and left a message. I also contacted Open Doors Counseling Center. I was able to reach the receptionist there named Natalia, and will be sending them our insurance cards and stuff shortly. They have a Lexington number, but they do telehealth at home, so that is great. My fear there, is that my dad especially, does not support transgender rights (at all), and we live in his house, and Jackie may feel too uncomfortable for therapy to have a benefit. I told Jackie though, that I could drive Jackie to the Salt River here or something and give her privacy so she could talk about whatever she wanted to.

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Okay - that all being said....Jackie is going to be there tomorrow night in person with her mom. Jackie wants to do a special project with you and mom together. Then Jackie said on the last session, that Jackie wants to do a special project with you and me together.

I realize this may be unconventional of an ask, but is there any way that Jackie could stay in touch with you after joining the other practice....not for therapy necessarily unless we need to ping something off of you....but as a friend to Jackie basically?? Jackie really does not have any friends, and has had so much transition in life, that Jackie doesn't really feel solid about anything I don't think. It hurts my heart...

Let me know when you can, and thank you again for all.

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, May 11, 2023 7:38 PM
To: Akhilah Cherry
Subject: Re: Telehealth request
Attachments: image.png

It came thru just a sec

On Thu, May 11, 2023, 7:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
It takes a while for it to get set up last minute. I sent one in SP just now :)

On Thu, May 11, 2023 at 7:36 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Just sent, waiting for you to join!

On Thu, May 11, 2023 at 7:33 PM John Fouts <fouts.john@gmail.com> wrote:
Can you send the link please? Thanks for creating it.

On Thu, May 11, 2023, 7:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Awesome, will set one up now..

On Thu, May 11, 2023 at 7:16 PM John Fouts <fouts.john@gmail.com> wrote:
Jackie wanted to do telehealth tonight...said she was too tired to make the trip to Louisville. Can u send a link plz?

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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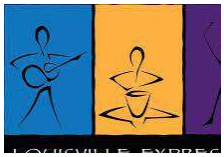

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fouts.john@gmail.com

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Sent: Thursday, May 11, 2023 7:34 PM
To: Akhilah Cherry
Subject: Re: Telehealth request
Attachments: image.png

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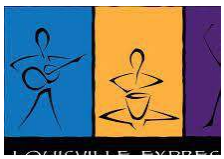

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, May 11, 2023 7:17 PM
To: Akhilah Cherry
Subject: Telehealth request

Jackie wanted to do telehealth tonight…said she was too tired to make the trip to Louisville. Can u send a link plz?

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, May 9, 2023 12:19 PM
To: Akhilah Cherry
Subject: Re: Follow Up
Attachments: image.png

Are you free right now? I have appointments the rest of the afternoon beginning at 1.

On Tue, May 9, 2023 at 8:01 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning!
>
> I am available to meet between 9am - 2 pm today (Tuesday 5/9/23). If you are not available to meet otp between those times, we can just plan to meet during our session this upcoming Thursday (5/11/23). I would like to discuss before session if possible, as there will be some changes affecting services in the summer/fall.
>
> Let me know what time works, if today works at all, if not I will plan to speak with you all this Thursday.
>
> On Mon, May 8, 2023 at 5:11 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Okay Akhilah - I am sorry I have not had a chance to get back in touch with you yet about a time to talk before the session. What times do you have available?
> >
> > John
> >
> > On Mon, May 8, 2023 at 5:00 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> >
> > > Hey! I would really like to have a conversation about this, as there are things you are mentioning that I would like to address as well regarding getting needed support in place for these upcoming years.
> > >
> > > I will reach back out to you before we meet Thursday, but definitely have some things we should touch base with day of session as well.
> > >
> > > Thanks!
> > >
> > > Akhilah
> > >
> > > On Mon, May 8, 2023 at 2:22 PM John Fouts <fouts.john@gmail.com> wrote:
> > >
> > > > Hi Akhilah and Theresa.
> > > >
> > > > I am writing with regard to Jackie and a referral Jackie's doctor (Dr. Mahajan) wrote for Jackie to go to the PAGE clinic at the Novak Center.
> > > >
> > > > In order for Jackie to schedule an appointment, we have to have a letter from a mental health provider. The letter we need has requirements that are outlined in the attached template.

I asked the Pediatric Endocrinology Department if a letter from art therapy would be okay, and they said that it should be fine if the art therapist is comfortable affirming Jackie's gender identity.

They also provided a listing of mental health professionals that they said do letters for them regularly - but said we would not have to add another therapist on to Jackie's team if a therapist we already had could do the letter for Jackie. I need to start saying Jaqquelyn. I am still getting used to the newer more full name. I have to say, however, that I do really like the way that Jaqquelyn decided to spell it.

Please let me know if you all can do a letter. Because they are able to use puberty blocking agents, and Jackie is beginning to go through puberty, I feel like time is of the essence. If you all are not able to do the letter, please let me know that as well, so I could try to get Jackie an appointment with an additional provider of mental health services.

John

---------- Forwarded message ---------
From: **Belmont, Leslie** <Leslie.Belmont@nortonhealthcare.org>
Date: Mon, May 8, 2023 at 11:40 AM
Subject: Follow Up
To: fouts.john@gmail.com <fouts.john@gmail.com>

Good afternoon!

It was a pleasure to speak with you. Please find attached recommendations of mental health providers and letter guidelines.

Please don't hesitate to reach out if you have any questions or concerns.

Looking forward to hearing from you!

Thank you,

Leslie Belmont, MS, BSN, RN

Office: (502) 588-3400 extension 50564
Novak Center for Children's Health
411 East Chestnut St.
7th Floor
Louisville, KY 40202
leslie.belmont@nortonhealthcare.org

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
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John R. Fouts, MBA

Fax. 502.996.8246

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 8, 2023 5:11 PM
To: Akhilah Cherry
Subject: Re: Follow Up

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John

On Mon, May 8, 2023 at 5:00 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

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> I will reach back out to you before we meet Thursday, but definitely have some things we should touch base with day of session as well.
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leslie.belmont@nortonhealthcare.org

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John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 25, 2023 9:24 AM
To: Akhilah Cherry
Subject: Thank you

Thanks Akhilah. I've learned there are spots for 1 to 3 students available in the 7th grade at The Phoenix School and over 200 applicants (for the total school). I don't exactly know the selection process. Thank you so much for filling out the recommendation form for Jackie.

Btw, Jackie has decided on name being

Jaqquelyn Alana Fouts

No formal paperwork changes to name yet but wanted you to know.

John

On Tue, Apr 25, 2023, 8:49 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Just filled out the recommendation form! I talked about J's energy, creativity and intelligence. I said they would be an assist to any school/organization they are a part of and would be great to be around their peers.
>
> Good luck with everything!

On Sun, Apr 23, 2023 at 11:39 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! I will be waiting for their call.
>
> Good luck! I'll let you know when they contact me. Have a great weekend!
>
> On Sun, Apr 23, 2023 at 9:49 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Akhilah,
> >
> > Please see the requirements for the reference letter if child homeschooled for more than one year (Jackie began homeschool on 02/22/2022). So Jackie has been homeschooled for more than one year....
> >
> > What you will need to complete for the 2nd step.

- **Two (2) references, the third is optional** -

  - What is needed is the name, email address and phone number of a staff member (counselor, teacher, administrator) in your student's current school.
  - They can be a current or previous staff member.
  - They do NOT have to write a recommendation letter.
  - The Phoenix will contact the person making the recommendation and explain what we need.
  - Home-schooled students
    - If your student has been home-schooled for less than one (1) year, enter recommendation information from previous school.
    - If home-schooled for more than one (1) year, provide contact information from community member, mental health counselor, behavior coach, social worker, etc.

Actually, it says the Phoenix School will contact you and let you know what they need, so I guess in that case, I will just give them your L.E.T. contact information, but this way you will have a heads up.

John

--

"Shining" in Service,

John R. Fouts, MBA

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• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1512 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, April 23, 2023 9:49 AM
To: Akhilah Cherry
Subject: Urgent - Need letter of recommendation for Jackie Fouts for Phoenix School Application (JCPS) -- I have to have all this together and turned in by the 26th (Jackie's birthday coincidentally)

Akhilah,

Please see the requirements for the reference letter if child homeschooled for more than one year (Jackie began homeschool on 02/22/2022). So Jackie has been homeschooled for more than one year....

What you will need to complete for the 2nd step.

- **Two (2) references, the third is optional** -
  - What is needed is the name, email address and phone number of a staff member (counselor, teacher, administrator) in your student's current school.
  - They can be a current or previous staff member.
  - They do NOT have to write a recommendation letter.
  - The Phoenix will contact the person making the recommendation and explain what we need.
  - Home-schooled students
    - If your student has been home-schooled for less than one (1) year, enter recommendation information from previous school.
    - If home-schooled for more than one (1) year, provide contact information from community member, mental health counselor, behavior coach, social worker, etc.

Actually, it says the Phoenix School will contact you and let you know what they need, so I guess in that case, I will just give them your L.E.T. contact information, but this way you will have a heads up.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, April 6, 2023 12:33 PM
To: Akhilah Cherry
Subject: Re: Todays Session - 4/6/23
Attachments: image.png

Akhilah - Lindsay is being released from the Brook today. She seems like she is doing much better when I spoke to her on the phone.

Jackie was asking me, early in the week, Friday night, to take her to the mental hospital for her own mental health crisis issues. I was unable to take her because of my profound fatigue. I cannot get my doctors to help me with that issue any further. But that is a whole other story...

Jackie says that she only feels like therapy is good when she sees you in person. I asked her what she wanted to do, and she said she wanted to see you in person tonight. I also texted Lindsay's phone as a reminder, so she will see the message when she is out of the hospital.

Honestly - I don't know if things 'will' smoothen out a bit anytime soon. It has been ongoing like this for well over a year.....

J

On Thu, Apr 6, 2023 at 9:34 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning!
>
> Hope all has been well. I am writing to see if J will be assisted by mom, you, or virtual. I know it is moms week to bring J, but I know you mentioned her being at the Brook. Let me know whatever works best for you all, I am more than happy to set up a virtual link until things smooth out a bit. Or I can plan to see you all in person.
>
> Thanks so much!
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at* ***9-8-8* *or* ***CLICK HERE*** *for additional resources/support*

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 30, 2023 6:09 PM
To: Akhilah Cherry
Subject: Need telehealth tonight plz

I'm too tired to bring Jackie.

Also, fyi, Jackie's mom checked in The Brook again yesterday.

She did not give us her number or anything. Do you know how that works in terms of trying to reach someone? Jackie wants to talk to her mommy.

Also, do you know what this new ridic bill banning transgender rights in KY is all about? It has me concerned.

Also, I heard Stacy from 7 County Svcs was able to connect with you, so thought that was good.

Talk to you a bit tonite.

John

P.s. Jackie is very tired but looking forward to talking to you.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 23, 2023 6:35 PM
To: Akhilah Cherry
Subject: Re: Louisville Youth Group - Gender/ LBGTQIA+ affirming group for youth

I think I reached out to them before and they did not have a group for Jackie's age. I left them a message - I'll let you know what they say. I want to say that before they told me that they did not have a group for Jackie's age group - but I don't remember. I called them a few minutes ago but had to leave a voicemail.

On Thu, Mar 23, 2023 at 5:05 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! I really think J would enjoy this group, and you would be able to get the gender affirming resources you might need. They are really compassionate, loving, and safeX and would be a great benefit I believe if you could connect with them. You can reach out and ask questions, even if you don't end up participating in the meetups/group sessions, etc.
>
> https://louisvilleyouthgroup.org/
>
> Let me know your thoughts!
>
> ___
>
> Greetings!
>
> You can learn more about LYG's programs, View our program calendar, and choose which groups to attend here: https://louisvilleyouthgroup.org/home/programming-2 - Note: To join the Virtual Group, the participant will need to email us for the link prior to the meeting.
> We also hold special events throughout the year, which are announced on social media (@wearelyg on facebook and instagram) and through the Remind Text app. We recommend staying connected to LYG virtually to get the most up to date information.
>
> **Sign up for Program and Event Announcements via Text Message through the Remind App:**
>
> - **Youth Participants (under 18)** can join as a "student" by visiting remind.com/join/lygprog or text @lygprog to 81010
> **The Remind App uses your birth date to verify that you are 13 or older. Remind does not allow us to contact anyone who registers with a birth date that would make them under 13.**
> - **Young Adults (ages 18-24)** can join as a "Student" by visiting remind.com/join/lygrising or text @lygrising to 81010
> - **Parents & Caregivers** can join as a "parent" by visiting remind.com/join/lygparents or text @lygparents to 81010

- **Teachers, Counselors, and Service Providers** can join as a “teacher” by visiting remind.com/join/lygprog3 or text @lygprog3 to 81010

Our youth participants are often chatting with each other on our Discord Server, which is for ages 13+. **To join the virtual community, the young person will need to download the Discord App**, create a profile, and then follow this link: https://discord.gg/exsQZVkTTr

> NOTE: The server is a mostly unmoderated space, but there are rules and agreements in place to keep everyone safe. **All Participants are asked to read and sign a list of Community Agreements and fill out the Introduction before getting full access to the server.** Members may be muted or banned from the server at any time for breaking these agreements.

We are here to help, so feel free to reach out with any further questions or concerns.

In Gratitude and Solidarity,
Em Joy
They : Them
Program Director
(502) 754-3314
Need to Meet? - Schedule Here: https://calendly.com/lyg-director-joy
louisvilleyouthgroup.org

--
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 23, 2023 6:30 PM
To: Akhilah Cherry
Subject: Already did bring up to ABA - basic response was - there needs to be compromise - but Jackie is so terrified that compromise isn't even possible.
Attachments: image.png

On Thu, Mar 23, 2023 at 4:54 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Oh! I just now saw the rest of your message. Yes, I will look for it to see if it is here.

As far as the other things, I think these are great points to bring up to Js ABA person. She might have some better insight as to how to approach the concerns mentioned.

On Thu, Mar 23, 2023 at 4:51 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
No worries, thanks!

On Thu, Mar 23, 2023 at 4:50 PM John Fouts <fouts.john@gmail.com> wrote:
Okay I will let Jackie's mom know it is Frankfort Ave. Thanks Akhilah.

On Thu, Mar 23, 2023 at 4:19 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey! We are meeting at the Frankfort office. I was telling Jackie if you want everyone to come over there, you are more than welcome! But yeah, as of now it's still Franksfort Ave.

And yes! That was so cool! I told her it was amazing :) so very talented, for sure!

On Thu, Mar 23, 2023 at 4:16 PM John Fouts <fouts.john@gmail.com> wrote:
Akhilah,

Jackie had mentioned wanting to meet with you at the Portland office the last time. So I did not know if you plan to meet with Jackie at Portland location or at Frankfort Ave location. Could you please let me know, so I can pass it along to Jackie's mother when she picks Jackie up??

You HAVE to check out Jackie's WORDLE game that Jackie made! Did Jackie show you PONG too? That Jackie made??

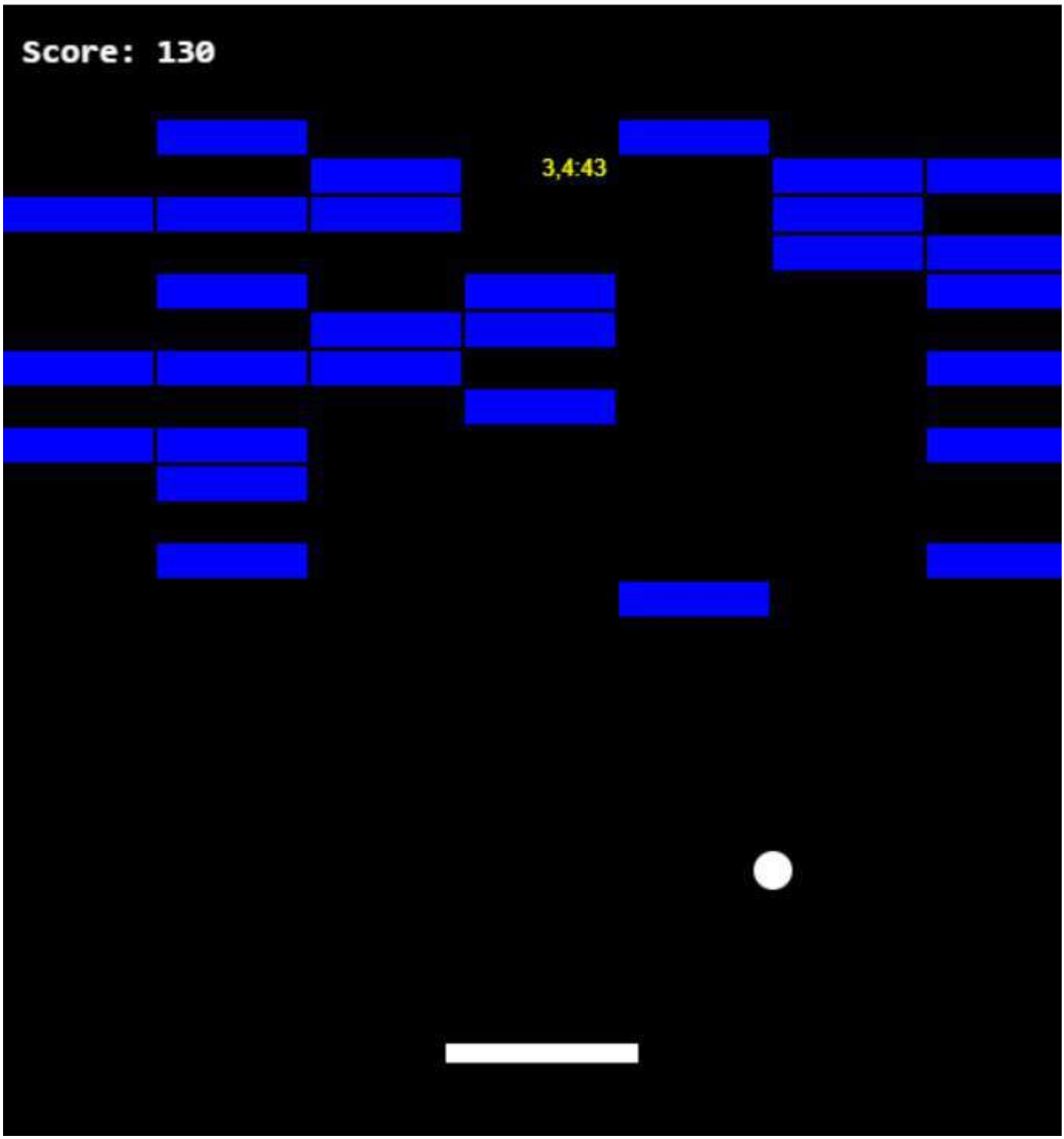
https://jacksmysticalcreatures.com/Index-Wordle.HTML

https://jacksmysticalcreatures.com/game.HTML

And Jackie made Brick Breaker today! So COOL that Jackie is learning so much with HTML and javaScript and libraries etc...!!! I'm very proud!!

Super HTML5 Brick Breaker

Click to begin. Use the mouse to move the paddle. If there are no bricks left, let the ba



==========

Akhilah - I am having A LOT of trouble getting Jackie to have any hygiene at all....I try to make sure that at a BARE MINIMUM Jackie changes underwear each day - but even that causes Jackie to be VERY ANGRY with me and when Jackie is VERY ANGRY it scares me because of some of what happened in the past...

The attached images are from when Jackie hurt me in August of last year....it wasn't cool Akhilah....you know?

If I ever bring it up Jackie says she doesn't want to talk about it - and I understand that - but Jackie still has blinding rage anger sometimes for things like me asking Jackie to put on clean underwear...and I don't know how to get Jackie to be less angry and to also have hygiene.

Jackie also doesn't like to brush teeth or brush hair....and sometimes doesn't shower - refuses showering or bathing for WEEKS at a time....what can you do to help??

Also the anxiety piece seems much worse instead of better as far as being scared in the house goes - even being in the next room can be a major issue....

Anyway - please let me know about what we can do to help Jackie.

Also - if you know of any hormone doctors in the state that would be great - I am trying to get Jackie in to see a pediatric endocrinologist to discuss many things...

Finally - still looking for an autism group that accepts insurance or Jackie's age or transgender autistic children. They are not easy to find....

Last thing - I brought a barrel stave piece of art to an art show in January - and I have not been able to go back and get it from the Portland office. If you happen to see it, could you grab it and bring it to the Frankfort Ave office so the next time I am there I can get it? I don't have hardly any gas and everything must be rationed or I would not even be asking you. Anyway it is a barrel stave with a landscape painted on one side...mainly blue and green with some trees.....

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
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1215 Portland Ave, Louisville KY 40203

https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
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John R. Fouts, MBA

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 23, 2023 6:08 PM
To: Akhilah Cherry
Subject: I also need you to talk to Jackie about how lying is bad (or suddenly not remembering things when they are acknowledged as heard) - there are a lot of issues like this that Jackie has been creating/producing/weaving - and it isn't okay - there are more an

Jackie also harbors an enormous amount of resentment toward me and I do not even know why. I think it is because I try to do basic things like make sure Jackie changes underwear each day.....so need some help with this issue too.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 15, 2023 5:57 PM
To: Akhilah Cherry
Subject: Re: Virtual Session for 3/16 @ 7:30 pm
Attachments: image.png; image.png

Yes Akhilah, virtual is fine. Jackie prefers in person, but of course, we understand if you are not feeling well - and honestly, I am not feeling that great either! But my body never acts like normal peoples' when sick due to autoimmune issues! My mom has some kind of really bad bacterial sinus infection (not related to COVID or the flu or rsv or one I am forgetting?)...anyway - hopefully you recover quickliy!!

We will see you (online) tomorrow night.

On Wed, Mar 15, 2023 at 1:59 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Hope all has been well with you guys. I apologize for not being able to shoot you all a session follow up, but I had been meaning to tell you the last two sessions on 2/23 and 3/2 went really well and I was so proud of J for how she did with the structure of our session! We did well on 3/9 as well, I just know she

was excited to spend some time with mom and had a little trouble focusing. Totally understandable, of course.

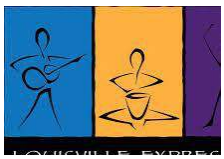
I do want to let you know that **we will have to be virtual for tomorrow 3/16**, as I have a slight cold/allergy situation that would keep me from being in person this week.

Let me know if this works for you all, if so here is the link we would be using (another reminder from SP should be emailed as well): https://video.simplepractice.com/appt-d0dea7b32fcd678f558a39d9928c88bc

Thanks!

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support**

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, February 26, 2023 12:55 AM
To: Akhilah Cherry
Subject: Lindsay will still be at hospital on Sunday

Fyi

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 24, 2023 2:53 PM
To: Akhilah Cherry
Subject: Re: Sunday appointment??

She is as of now. If something changes I will let you know. Thanks for your help to keep Jackie's mom safe. Have a good weekend!!

J

On Fri, Feb 24, 2023, 2:45 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> It was a weekly Checkin me and mom set up, but if she's still in hospital it will be cancelled.
>
> On Fri, Feb 24, 2023 at 2:40 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Akhilah, I got a notice about a Sunday appt at 12:30 with Jackie? But neither of us knew about it? Was it sent in error?
> >
> > John

--
Akhilah Cherry M.A., LPCA (she/her/hers)
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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 24, 2023 2:41 PM
To: Akhilah Cherry
Subject: Sunday appointment??

Akhilah, I got a notice about a Sunday appt at 12:30 with Jackie? But neither of us knew about it? Was it sent in error?

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 23, 2023 7:34 PM
To: Akhilah Cherry
Subject: Re: Okay will let you know on the virtual
Attachments: image.png

Yes doing virtual - sorry running late. Jackie is logging in now.

On Thu, Feb 23, 2023 at 7:31 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Hey! Just checking to see if you all decided to do virtual?

On Thu, Feb 23, 2023 at 5:00 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
https://video.simplepractice.com/appt-af686ff72eeb4ce0276db861c48b34d9

On Thu, Feb 23, 2023 at 4:55 PM John Fouts <fouts.john@gmail.com> wrote:
Can you send us a virtual link just in case?

On Thu, Feb 23, 2023, 4:46 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

No, sorry! I have clients up until 7:30 pm. I can meet virtually if that works better, that wouldn't be a problem.

On Thu, Feb 23, 2023 at 4:36 PM John Fouts <fouts.john@gmail.com> wrote:
Please lmk.

--
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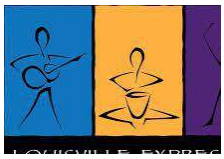

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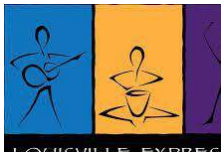

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 23, 2023 4:55 PM
To: Akhilah Cherry
Subject: Okay will let you know on the virtual

Can you send us a virtual link just in case?

On Thu, Feb 23, 2023, 4:46 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> No, sorry! I have clients up until 7:30 pm. I can meet virtually if that works better, that wouldn't be a problem.
>
> On Thu, Feb 23, 2023 at 4:36 PM John Fouts <fouts.john@gmail.com> wrote:
> > Please lmk.
> --
> Akhilah Cherry M.A., LPCA (she/her/hers)
> Therapist
> Louisville Expressive Therapies
> 2518 Frankfort Ave, Louisville KY 40206
> 1215 Portland Ave, Louisville KY 40203
> https://youtu.be/ayVIHreph9Y
>
> akhilah@LouisvilleExpressiveTherapies.com
> http://louisvilleexpressivetherapies.com/
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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 23, 2023 4:37 PM
To: Akhilah Cherry
Subject: Could you meet possibly any earlier today for Jackie?

Please lmk.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 22, 2023 7:16 PM
To: Akhilah Cherry
Subject: Letting you know - Lindsay checked in, inpatient, to mental health hospital today

It is her week, but I will be there at therapy with Jackie tomorrow since Lindsay won't be able to be there. Have a good night.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 16, 2023 11:45 PM
To: Akhilah Cherry
Subject: Re: Session follow up from 2/16/2023
Attachments: image.png

Thank you Akhilah. It is so kind of you to summarize this so neatly. I am always impressed with your therapy skills. I was worried when Dani left, but you and Jackie, I think, mesh very well together.

A few of my thoughts.....first environmentally....

Things have been hard here. My mom and dad have both acted very strangely. Like I used a coffee cup to have a drink (because I don't have any cups here and nowhere to put any cups - because we are not allowed to use most things here).....As an example, they allocated 1 drawer in a dresser in the basement to us....all of the shelves are full with books already in the basement (we live in the basement).....anyway - I used a coffee cup and they got upset about it.....then.....my dad ate some of the bacon that I had in the fridge that was pre-cooked - but I cannot afford to buy more....He got upset when I just asked him about it....and said...well....it wasn't on your shelf...so I ate it....and was very angry with me about just asking him about it....I don't understand it .....then my mom came down and said.....you all didn't use any towels did you??? very accusatory-like.....and we hadn't.....so I said ... no.... she was very angry about that.....when they came back from a trip...I had moved a dry erase board....because I tripped and almost fell down the stairs a couple of times - because it was sticking out around the stairs...I moved the dry erase board....when they came back from their trip...my mom said...you didn't move that dry erase board...did you?? I said yes because I almost fell down the stairs a couple of times...she said she uses it every month for Delta Kappa Gamma (she is the President of that in Kentucky). I told her where I put it and told her I'd bring it to her....upstairs....the board....had not had anything on it....since the 1990s when I was in college.....it is very frustrating.....then tonight my mom was upset that we used her stove to cook dinner (a frozen pizza)....we don't have any way to cook downstairs...over the weekend she was upset that we used one of her pans.....it is a terrible environment....there are good things too....but these things are just not normal things....you know? It is very upsetting to me, and I know that it is to Jackie as well...it makes Jackie feel 'unstable'...and causes me much distress and anxiety...and frustration that I have been unable to change the situation yet as I know it is impacting both me and Jackie adversely.

Next - about the knife at school thoughts....I think this is probably related to Jackie being bullied so much.....did I ever send you the reports that I made to the superintendent with regard to that subject matter? Would that context be helpful in any way?

Finally, Jackie plays a game called A Hat In Time (AHIT). There are some scenes in it that I think may be impacting Jackie - when Jackie talks about worrying about being stabbed e.g. Most of the game is not violent - but parts of it are suggestively violent (many video games are unfortunately). Look at this video, please, if time, and let me know your thoughts whenever you might have a chance. Here is a link to one of the boss fights that has a knife involved....

https://www.youtube.com/watch?v=ORr4EAQTsQQ

Start watching at 1:20 or so above...you will see what I mean...you don't need to watch the whole video...and totally understand if you don't have time to do that....

Thanks again for helping Jackie....I feel blessed that you are part of Jackie's team.

John

On Thu, Feb 16, 2023 at 9:07 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

What was discussed:

- Feelings Wheel Check in (at beginning and end of session)
- Clients treatment plan goals
- Goals J and Dad came up with outside of session
- Wanting to get to know J one on one
- J Book of Activities
- Session Structure
- Catastrophic language (ex: you want me to die, you drink 9 bottles a day) as brought up last week's session as a parent concern

Activities:

- Client was given a laminated daily task sheet, to break goals into smaller tasks
- Client led a drawing activity

See you next session.

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 15, 2023 8:23 PM
To: Akhilah Cherry
Cc: Theresa Adamchik
Subject: Re: So heard from Meridian Health per Jackie
Attachments: image.png

I agree with all Akhilah - the thing is - Jackie's mother will not communicate at all about those items unless Jackie is there. It is, in my opinion, very manipulative...whether intentional or unintentional - but I agree with you as well that that should be a definite boundary. Thanks for all you do and Theresa thank you also. I honestly just want Jackie to be the best version of Jackie that Jackie can be. Thanks for all.

On Wed, Feb 15, 2023 at 4:54 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> I agree, it could be beneficial to seek psychological services for J as you mentioned to address ongoing fears. I do want to say, after our last session I have some thoughts about J's fears. I have noticed a few times things being discussed in front of J regarding custody, as well as financial struggles. This has happened a few times, but I haven't addressed it in depth until our last session this past Thursday. I know you mentioned some of these challenges/difficulties being worse than previously, and I also notice J being included in a lot of these discussions.
>
> Although I am not a psychologist, I do think these issues being discussed in front of J could potentially exacerbate some of her fears and partly contribute to some of her insecurities as well as some of J's catastrophic language. I know you are doing all you can for J, so I am by no means taking away from all you provide. You are awesome at being a proactive parent, kudos :) I also know, we are still getting to know each other, but just wanted to provide some of my observations/feedback.
>
> Given that our initial sessions have been mainly about developing rapport, as discussed I want to be more intentional with our sessions and stick to a weekly structure. I feel it important to bring up boundaries each session, and I believe this is a boundary (discussing financial/ adult family matters in front of J) that needs to be revisited/ reinforced as a piece to the puzzle in J's self regulation. I will continue to do feelings work with J via expressive arts mediums, I just wanted to be sure we are able to address boundaries a bit more each time we meet. I will shoot you a separate follow up email from last weeks session.
>
> On Wed, Feb 15, 2023 at 4:11 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Don't have hundreds or thousands of extra dollars out of pocket to pay for a practice that does not take our insurance. I really like Dr. Charles too....just don't have any extra money. I have a goose egg instead $0.
> >
> > Right now - food is my primary focus - as I have no money - and no resources.
> >
> > On Wed, Feb 15, 2023 at 4:07 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
> >
> > > I really like Dr. Charles, so staying on his caseload would be a preference. I understand if this is not possible.

On Wed, Feb 15, 2023 at 12:58 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

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> > > What are the next steps?
> > > Do you need referrals to another psychologist?
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> > > Thanks
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> > > On Tue, Feb 14, 2023 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:
> > >
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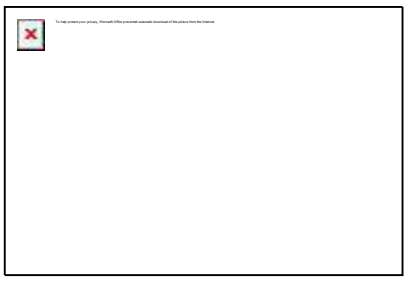
> > > Theresa Adamchik ATR-BC, LPAT, LPCC
> > > Creative Director, Owner
> > > Theresa@LouisvilleExpressiveTherapies.com
> > > Business 502-509-5380



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John R. Fouts, MBA

Fax. 502.996.8246

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Sent: Wednesday, February 15, 2023 4:07 PM
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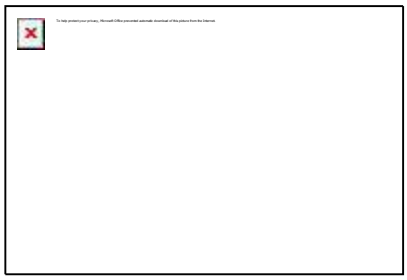

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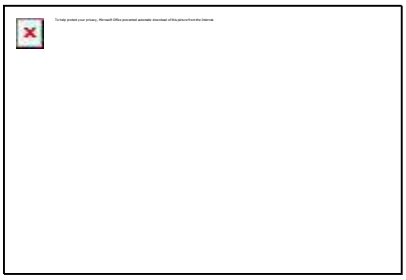

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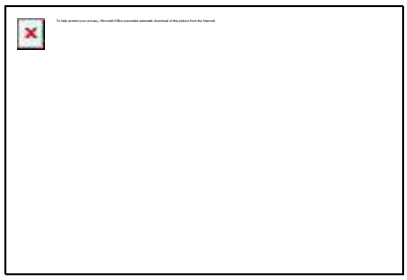

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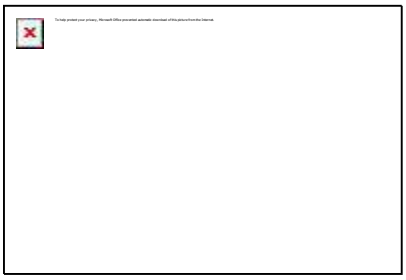

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 15, 2023 2:55 PM
To: Akhilah Cherry
Subject: Re: So heard from Meridian Health per Jackie

No - we wanted to get on-going psychological services through there - or possibly a reassessment - but do not want to jeopardize current SSI/SSDI claim for Jackie that has been in-progress for months -- so most likely no 'reassessment' at this time. Wanted a place that Jackie could go to talk with a licensed psychologist about the needs that Jackie has that may not be getting addressed with all existing resources now in place...(although I think the vast majority of needs are covered at this time). Meridian no longer accepts Medicaid, and we were told that Dr. Charles could not help us period going forward (verbally on phone by Meridian staff). Happy to discuss if need be on phone or in person or at session for Jackie in brief. Ongoing anxiety and irrational fears continue to be a major source of conflict. I need to be able to go to the bathroom e.g. without Jackie in the room with me...Jackie used to be able to handle that fine - not sure what happened or why....those are the kinds of things we were thinking maybe a psychologist could help with potentially.

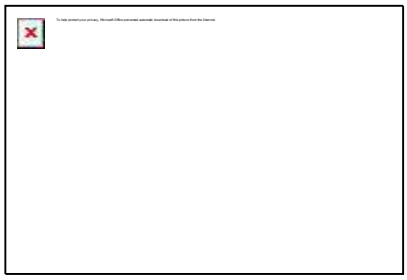
John

On Wed, Feb 15, 2023 at 12:58 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Thanks! I spoke with the psychologist at Meridian (Dr Charles), who did J's assessment. Are you all going back for reassessment?
>
> On Wed, Feb 15, 2023 at 11:00 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Well we are still on a waiting list right now. I'm having trouble, honestly, making it to the appointments that we have. As you all know, I'm the one that takes Jackie to 99% of appointments, and many times, Jackie's must be in person. With the chronic fatigue situation, it is very difficult. That being said, I think you all also know, that Jackie's care is of the utmost priority to me - my #1 priority is to get Jackie the best care that I can that Jackie needs.
> >
> > I will follow-up today to see where we are on the other waitlist.
> >
> > John
> >
> > On Wed, Feb 15, 2023 at 8:20 AM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
> >
> > > John
> > > Im CCing Akhilah to make her aware.
> > > What are the next steps?
> > > Do you need referrals to another psychologist?
> > >
> > > Thanks
> > > Theresa

On Tue, Feb 14, 2023 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 13, 2023 2:34 PM
To: Akhilah Cherry
Subject: Re: Documentation
Attachments: image.png; APD_Fouts.J.2022.pdf; APD_Fouts.J.2022.pdf; 2022-06-Jack-Neuropsychiatric-Eval-Meridian-Health-FoutsJPsychoeducationalEvaluation06-2022.pdf

Jack-Historical-Record-Psychology.pdf

Akhilah - see attachments - lmk if you need anything else. I think this gives you what you need in terms of what you listed.

On Mon, Feb 13, 2023 at 1:26 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! I have been looking through my emails, and I wanted to be sure I have all of the proper documentation for J in one place. When you get a chance, no rush (you can even bring it next session if that works best), could you provide paperwork documenting assessment for the following diagnoses for J:
>
> - **F43.22 - Adjustment disorder with anxiety**
> - **H93.25 - Central auditory processing disorder**
> - **F82.0 - Autistic disorder**
> - **F90.1 - Attention-deficit hyperactive disorder, predominantly hyperactive type**
>
> Just wanted to make sure I have J's file put together properly. I reached out to the Doctor at Meridian and he filled me in on the assessment/services rendered. I am also still waiting to hear from Darci Taggert, who I was told is the supervisor to the therapist J sees at SCS.
>
> Let me know if you need any support with getting any documentation together, or if I need to get any of the paperwork from the therapists you listed in the ROI.
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at* ***9-8-8* *or* ***CLICK HERE*** *for additional resources/support*

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, February 12, 2023 2:08 PM
To: Akhilah Cherry
Subject: Thanks for the update
Attachments: image.png

Thx for the updates. Since I had to ask so many times over so many months just to get the passport form signed, I already know she would be unlikely to sign anything else without an extreme amount of effort on my end. The thing is...right now...even though she is basically taking advantage of me as a person, she could say she never agreed to the way things are and could try to take Jackie. I do not trust her...at all...for various reasons.

I agree Jackie's sessions are in need of having safe space preserved.

Lindsay has stated many times before that she will see someone, but then has not followed through. I hope she is able to get the help she needs this time. I'm glad she is okay, for Jackie.

Enjoy your weekend!

On Sun, Feb 12, 2023, 1:59 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Spoke with Lindsay today, everything went well. We spoke about the concerns from JaF's last session and agreed she would schedule to see someone once a week. Also, I want to see you all successfully address the custody issues/other concerns, and to be sure and keep it seperate from JaF's sessions to keep that boundary. I will consult some of my colleagues and get back with you with what they might come up with. I do know that it could be possible to write something up, and have you all sign, date, and notarize it. This is something we did in our family, when we were going through some custody issues, but I can see what other options might be available if I am able to find anything. Otherwise, I believe mom getting the help she needs may play a big part in some of the communication issues that are happening, and seeing things a little more clearly with regards to finding what is best for JaF and all parties involved.
>
> Let me know if you have any more thoughts before we meet again this week, see you Thursday!
>
> FYI, will also be reaching back out to the SC therapist and ABA person as well. Have a great rest of your weekend :)
>
> On Sun, Feb 12, 2023 at 8:17 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Gm, she and I will be talking today at noon. I sent her a reminder as well. We can follow up next week, for sure. 🙏🏾
> >
> > On Sat, Feb 11, 2023 at 8:50 PM John Fouts <fouts.john@gmail.com> wrote:
> >
> > > Akhilah,
> > >
> > > Yesterday evening, Lindsay told me that her sister was going to come to be with her today. That gave me somewhat of a sense of relief. Did you talk to her today? Was she safe?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, February 11, 2023 8:50 PM
To: Akhilah Cherry
Subject: I texted Lindsay last night to make sure she was safe. Did you talk to her today?

Akhilah,

Yesterday evening, Lindsay told me that her sister was going to come to be with her today. That gave me somewhat of a sense of relief. Did you talk to her today? Was she safe?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 10, 2023 4:57 PM
To: Akhilah Cherry
Subject: Re: Session follow up from 2/9/2023

Thank you Akhilah. I feel like it is impossible to work with Jackie's mom. I do empathize with her for the feelings of suicidal ideation and anxiety and depression, however, I also am trying to maintain boundaries and not be a doormat - which is how she treated me for the vast majority of our entire marriage.

It is not okay to expect me to provide all meals and all educational resources, and all child care during her weeks, for nothing. If I were rich, I would be totally okay with it - but I have $0 in income - and I have to scrape to get gas money or food these days - and she is working - and just takes advantage of me.

The thing is...if I try to do or say anything, then she either talks badly about me to Jackie - or directly badly talks to me in front of Jackie.

When I mentioned the custody thing in session, it was to see if she was receptive as she seemed receptive (at least responded to) an email about it....although she just said...'received'. When I brought it up, when you were not in the room, she said that she had been really suicidal and struggling for a year, and said it was because of me....and I was thinking what?? I am not married to you or anything....then she kept saying that Jackie needs to just go back to public school and that would solve all the problems.....but that isn't true at all....Jackie is homeschooled for a reason....she said her only concern was Jackie going to the bathroom...and later said maybe getting bullied.....but I (John) have other concerns....like tardy notes and absent notes not being properly recorded by JCPS staff, bullying, not being allowed to go to the bathroom, being made fun of (and teachers being okay with it) because Jackie has trouble wearing shoes, Jackie not being allowed to self-regulate temperature due to dysautonomia issues...., Jackie not being given time and a half for exams, Jackie not receiving the proper instruction and time for one on one work that Jackie deserves, Jackie's auditory processing disorder not being considered whatsoever - no accommodations in the 504 plan being adhered to etc..

Then Lindsay said that she is fearful that Jackie is falling greatly behind because I am homeschooling Jackie. I just had to bite my tongue Akhilah.....that's all I can say...

Anyway - she also said that she tried to overdose on Sunday, and that she was disappointed when she woke up on Monday....Jackie was with her I think on that night/day....I would have to check to be sure...but that would be so traumatic that I cannot even imagine what would happen with Jackie.

How can we help make sure that Lindsay gets the help that she needs?

I also need to have boundaries and have the custody agreement accurately reflect what is going on. When we went to marriage counseling before, Lindsay would not ever do any of the things the therapist recommended or suggested, so it was a waste of time....she would not even go if brought up - I am sure...to a family therapist....I am thinking at this point that I just need to do the legal paperwork and submit it to the judge.

The thing is, it requires both signatures…unless there are special circumstances….by the way….Jackie is doing fine grade level wise and is ahead in several areas, and catching up in those areas that JCPS failed to work with Jackie on.

I also think Jackie is doing an outstanding job of participating well in therapy! I don't know if Jackie would be doing so well if it were not for the great atmosphere and great workers/therapists at L.E.T. Thanks for being there for Jackie and for doing all that you do!

I have been to several therapy practices and it seems like you all are more qualified and far better at what you do, and I want to appreciate and give gratitude for that.

John

On Thu, Feb 9, 2023 at 10:58 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Thanks so much for being so consistent in bringing JaF to session tonight, and for taking the time to share your feelings.
>
> I just wanted to provide you with a recap of what all we discussed, and provide you with the proper resources.
>
> **What We Discussed:**
> I created a structure (written out) for each session: 1. Feelings check in ✅
> 2. Go over ground rules (is it safe, kind, responsible? Respect our bodies, mind, and our space/environment)
> 3. Choose Activity from the "JaF Book"
> 4. Feelings Checkin ✅
>
> This way we can have a clear focus on our goals/ objectives.
>
> JaF's Fears and Socratic thought activity sheet (we will go over this again in next session as well)
>
> Positive affirmations
>
> Grounding techniques
>
> I spoke with the ABA therapist and able to exchange some great feedback. We discussed changing the language of "consequences" to "boundaries" which sounds less punitive.

Seven counties Therapist hasn't returned my call yet, will be reaching back out Friday morning/ afternoon 2/10/2023.

Activities:
- "City Reflection" Drawing
- Kolor Kollides (JaF's feelings game)
- JaF will Choose Activity from the "JaF Book" (which will be filled with fun activities pertaining to JaF's goals, some of which JaF will come up with to be added)
- Feelings Wheel:
https://docs.google.com/document/d/1Ej6KaEtRr4QqpNce559Q8tgQk4H756AxiErbztpI5xY/edit

Resources (sent to mom) in addition to a safety plan:

Download these two apps!
Worry kit -
https://apps.apple.com/app/id1476565303
Mood Tracker -
https://apps.apple.com/app/id1023271188

Please click here >>
https://docs.google.com/document/d/1lCj8ZEgzpYGL5mQewy668Q-emOcRhgq5JP7sqOCur3Y/edit
for crisis info/ resources that can be of help when experiencing stress/anxiety, depression, hopelessness, or just being overwhelmed. Let me know how else I can be of support! 👄

I will be following up with mom Sunday around noon.

I will speak with Em and T to see what resources they have as well, but I would strongly encourage at least doing MFT once or twice to work through some of the concerning issues brought up tonight. Will look up all the free sources available for working out custody, etc. as well.

I applaud you for staying persistent in doing all the things needs to supper JaF. Keep pushing, dad! 💪🏽 💥 I know it's a struggle, but you are doing all the things you can. I know as a parent it doesn't always feel like it, but you are doing amazing.
--
Akhilah Cherry M.A., LPCA (she/her/hers)
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2518 Frankfort Ave, Louisville KY 40206
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 10, 2023 4:43 PM
To: Akhilah Cherry
Subject: Thank you for staying longer - if there is anything I need to do to make sure you have what you need paperwork wise....

Akhilah,

I know that you all have to be able to bill for your time…so if there is anything else you need in order to be able to bill for the extra time we spent there - just let me know. Thanks for all you do.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 9, 2023 5:36 PM
To: Akhilah Cherry
Subject: Re: Catching up

K I'll be there.

On Thu, Feb 9, 2023, 5:35 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! I am between clients, but we can talk tonight if you are coming. I don't see it as a problem, it's totally up to you and what you are comfortable with :)
>
> On Thu, Feb 9, 2023 at 4:34 PM John Fouts <fouts.john@gmail.com> wrote:
>> Hi Akhilah.
>>
>> It is Jackie's mom's week. I wanted to touch base. Had you heard from her at all?
>>
>> Also Susan the ABA told us you got to meet with her yesterday on the phone. Did that seem to go well?
>>
>> Last for now, Jackie wants me to come to art therapy too tonight. Since it is mom's week, I didn't know what your thoughts on that might be?
>>
>> I want to be there for Jackie in the best ways.
>>
>> John

--
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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 9, 2023 4:35 PM
To: Akhilah Cherry
Subject: Catching up

Hi Akhilah.

It is Jackie's mom's week. I wanted to touch base. Had you heard from her at all?

Also Susan the ABA told us you got to meet with her yesterday on the phone. Did that seem to go well?

Last for now, Jackie wants me to come to art therapy too tonight. Since it is mom's week, I didn't know what your thoughts on that might be?

I want to be there for Jackie in the best ways.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, February 7, 2023 4:02 AM
To: Akhilah Cherry
Subject: Re: ROI - ABA Contact for JaF
Attachments: image.png

Hi Akhilah - Susan McConnell is the ABA therapist's name. Let me know if you don't hear from her and I will reach out to her and ask her to contact you. Thank you.

John

On Tue, Feb 7, 2023 at 10:54 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning! Just wanted to let you know I attempted to reach out to the ABA therapist this morning, but did not have the provider's name. They said that they will be giving me a call back, but I will be happy to speak with them once they contact me back :)
>
> Let me know if you have any direct contact info, otherwise I will let you know when someone returns my call.
>
> Thanks.
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 6, 2023 3:34 PM
To: Akhilah Cherry
Subject: Can you send formal/finalized version of the treatment plan for Jackie?

I'd just like to have something for my records please.

Also - wondered if you had had any luck reaching out to Jackie's mom?

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 2, 2023 4:11 PM
To: Akhilah Cherry
Subject: Just touching base
Attachments: 2023-01-31-SNAP-Medicaid-Child-Dependent-Care-Costs.pdf

Hi Akhilah - just quick touching base...

Yeah all those questions regarding Jackie's mom still are in question...I need a therapist or someone to talk to her about some of them...I have no income now...I have put together a basic worksheet showing how things flow - I don't really care to share it with my ex-wife as it won't make a difference - but do want to give you an idea of expenses....

I have provided to kynect.gov but I don't think it is going to make a difference....$23 per month for snap is not enough for food for the 2 of us - I CAN tell you that.... also I think it is of the utmost importance to get the custody agreement to reflect accurately the true nature of custody...

Otherwise...even though she (ex-wife) is of that mindset that it is my duty to provide school and childcare and meals for Jackie on her weeks during the work days from 7:30 am to 5pm....she could say that 'I' was not adhering to the custody agreement and then could get full custody of Jackie....in a very manipulative sort of way...and I do not trust her.... so I am wanting to get all the ducks in a row in terms of accurate custody on paper....

Also - I wanted to ask you if you knew how I can get a copy of Jackie's social security card....I can't find out how to do that??

And also - to see the status of the disability case I filed for Jackie?? I cannot see that either...??

Can you help with any of those things?? See attachment.

The true cost is more than what is listed even because I forgot to include homeschooling costs associated with printing documents at home - printer ink - printer paper - school supplies - clothing - etc... haircuts - Jackie needs a haircut....etc....

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 2, 2023 4:11 PM
To: Akhilah Cherry
Subject: Just touching base
Attachments: 2023-01-31-SNAP-Medicaid-Child-Dependent-Care-Costs.pdf

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Hi Akhilah - just quick touching base...

Yeah all those questions regarding Jackie's mom still are in question...I need a therapist or someone to talk to her about some of them...I have no income now...I have put together a basic worksheet showing how things flow - I don't really care to share it with my ex-wife as it won't make a difference - but do want to give you an idea of expenses....

I have provided to kynect.gov but I don't think it is going to make a difference....$23 per month for snap is not enough for food for the 2 of us - I CAN tell you that.... also I think it is of the utmost importance to get the custody agreement to reflect accurately the true nature of custody...

Otherwise...even though she (ex-wife) is of that mindset that it is my duty to provide school and childcare and meals for Jackie on her weeks during the work days from 7:30 am to 5pm....she could say that 'I' was not adhering to the custody agreement and then could get full custody of Jackie....in a very manipulative sort of way...and I do not trust her.... so I am wanting to get all the ducks in a row in terms of accurate custody on paper....

Also - I wanted to ask you if you knew how I can get a copy of Jackie's social security card....I can't find out how to do that??

And also - to see the status of the disability case I filed for Jackie?? I cannot see that either...??

Can you help with any of those things?? See attachment.

The true cost is more than what is listed even because I forgot to include homeschooling costs associated with printing documents at home - printer ink - printer paper - school supplies - clothing - etc... haircuts - Jackie needs a haircut....etc....

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 26, 2023 6:11 PM
To: Akhilah Cherry
Subject: Fwd: 2023-01-21

Akhilah - please see email thread below (start at bottom and read up). Jackie's mom won't communicate with me, and continues to offer nothing in terms of offsetting her share of expenses on her weeks with regard to childcare, school expenses, or food on her weeks. I also noted that we need to have the custody agreement updated to reflect the accuracy of the situation - all she wrote was 'received'. Since she is going to be there tonight, I thought you might be able to get more than one word out of her. I know you'd mentioned that you were going to reach out to her sometime this week.

Also - just to fill you in - with regard to Seven County Services, the new therapist, Beatrice (maybe Beatriz) Ortiz, was very reluctant to even see Jackie for a session - she said there would not be a way to not have overlap and therefore no way to get Medicaid to pay both bills. I was like but wait why was it possible for the last year and a half (she of course did not have an answer). It seemed like she was very strongly opposed to continuing to see Jackie but I feel that Jackie definitely needs more than just the one art therapy session each week. If you have any ideas, I'd be all ears.

There are some other things going on in the background too - but these are the current priorities.

John

---------- Forwarded message ---------
From: **Lindsay Fouts** <lindsayfoutscpa@gmail.com>
Date: Sat, Jan 21, 2023 at 5:11 PM
Subject: Re:2023-01-21
To: John Fouts <fouts.john@gmail.com>

Received

On Sat, Jan 21, 2023 at 4:12 PM John Fouts <fouts.john@gmail.com> wrote:

> Lindsay,
>
> First - thank you for the check for the insurance to get caught up with what you owed, and for the payment for your half of Jackie's glasses.
>
> **Here are the other items we need to address:**
>
> ---
> * I've asked a few times in the past, for you to help out with expenses related to these things, but you have not paid me anything related to homeschooling expenses such as (e.g. printer paper, ink, pens,

supplies, subscription services like education.com, subscription for adaptedmind.com, subscription for sumdog.com, etc...there are many more expenses...printer ink is one of the most expensive)...

---

* I need you to provide money for Jackie for food when I have Jackie on your weeks as food is not free...

---

* I need you to provide money for childcare for the hours outside of school hours that Jackie is with me on your weeks...

This has all been talked about before, but I have not received anything from you with regard to these expenses.

I'd like us to be able to work this out on our own, and it may still also be a good idea to get an amendment into the divorce agreement.

Also the written custody arrangement says 50/50, but that is not accurate, because I have Jackie 7:30 to 5:00 on your workdays, and I also have Jackie on school holidays when you may not be off work. We need to update the custody agreement to reflect accurately, in reality, what the custody looks like. We can always revise it again if or when things change again (like if you are able to work at home and have Jackie do school at home while you are working remotely or something). But we need to make sure it is accurate.

Jackie has said in the past, that you complained about when I write anything to you, or that you completely ignore it (but I am not there when it is just you two - so I do not know what conversations occur) - anyway - I'd like it please, if you did not bring Jackie into the conversation of the financial piece and also if you do not say anything negative to Jackie about me.

Please write back to let me know you have received this. I am hopeful that by this coming Friday, we can have this all worked out.

I hope you and Jackie are having a good day. I am having a very rough day - feeling very ill.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, January 20, 2023 12:28 PM
To: Akhilah Cherry
Subject: Re: JaF Treatment Plan (1 attached)
Attachments: image.png

No - my name is John - you spelled it right!! I'm sorry - I didn't mean to be confusing!!

On Fri, Jan 20, 2023 at 12:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Yikes! I spelled your name wrong too! My apologies, Jon.

On Fri, Jan 20, 2023 at 12:29 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
I hear you, and awesome in the feelings wheel :)

You are right, some things time will have to heal on its own. However, I will let you know how things go when I talk with mom before we meet next week.

Keep pushing, John! 💪🏽

On Fri, Jan 20, 2023 at 12:27 PM John Fouts <fouts.john@gmail.com> wrote:
Akhilah - take home activities are good - I incorporated the feelings chart into school today. As Jackie stated, last week at Mommy's house it wasn't discussed. I don't know how to improve the consistency for Jackie. I wish there were a more cohesive co-parenting situation. I understand some things are simply beyond what I am able to accommodate for Jackie - and all I can do is the best that I can do for Jackie when Jackie is with me.

On Fri, Jan 20, 2023 at 11:44 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
**FYI, I can send take home activities you all are welcome to try/utilize with this chart. These would be things pertaining to J's over all goals/tasks, which we can touch on during session as well.

FW:
Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.

Task Sheet for J (**CLICK HERE**):
Instructions - you can print off this task sheet each week, or have it laminated so that you can check things off daily with dry erase marker. It contains two pages, so that if you print it off it can be printed front and back.
- You can receive a check mark for completing each task listed in the far left column.
- For each check mark you receive, you also gets to fill in a line on the right side
- As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
- Once you reach the goal, you can receive a small treat for the week!

Note: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!

No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

On Fri, Jan 20, 2023 at 11:41 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.
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On Thu, Jan 19, 2023 at 3:37 PM John Fouts <fouts.john@gmail.com> wrote:

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> Thanks, John!
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> On Thu, Jan 19, 2023 at 12:20 PM John Fouts <fouts.john@gmail.com> wrote:
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For Jackie to not feel as scared to go places in the house on Jackie's own.

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For Jackie to be able to understand and accept the word No.

To work toward Jackie sleeping in Jackie's own room - because then Jackie and parents at each of their respective houses will get better rest.

For Jackie to have more structure, start doing chores again, and earn allowances or other incentives.

On Thu, Jan 19, 2023 at 12:01 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! We can discuss in more detail tonight.
>
> Thanks!
>
> On Thu, Jan 19, 2023 at 11:57 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Can you print out an ROI form and let me know whatever I need to do when I am there in person? Thank you for sending the treatment plan. My eyes have been bothering me a great deal this week, and I have had a lot of trouble seeing....so looking at screens is hard for me for whatever reason - well - because of Sjogren's Disease - I know the reason...
> >
> > This week was supposed to be the first week that Jackie met with the new 7 County Services therapist, but she canceled last minute due to having car trouble... I am not sure we want Jackie to continue going to 7 County Services. I am still trying to get Jackie in to see Meridian Behavioral Health (from a psychologist perspective). I need to follow up on that again today.
> >
> > I will review the plan as my eyes allow. I am going to see about adding some things too that we can talk about. There have been some things that Jackie has come up with that are good of

course because they are needs that are seen by Jackie, and also some things that I need to have added as goals.

Thank you for making the updates that you have made.

We will see you tonight.

John

p.s. The ABA Therapist is coming here to meet with us for the first time from 1:30pm to 3:30pm.

On Wed, Jan 18, 2023 at 11:37 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> After speaking with my supervisor, Em, I have adjusted the treatment plan to reflect the diagnosis mentioned in J's notes and info you have provided, and have attached the treatment plan to this email per your request. I will have a paper copy for you also at our next session, and have cc'd Em so that she is in the loop.
>
> I do want to mention, the **diagnosis mentioned in this treatment plan are not based on any assessments on my end.** Also, I do think it would be beneficial to speak with the other therapists involved after completing the ROI form properly, but it is definitely not mandatory. I see that an ROI has been completed on your end on 1/17/23, but is missing some info as to whom permission is given and for what.
>
> We can use the plan we have in place (attached), and it wouldn't really have anything to do with the other therapies J is involved in. I made the goals and objectives simple to leave room for other work to be done with J's other therapists. I don't want to overwhelm her, nor overlap with other work she may be doing.
>
> If the ROI's aren't completed, I am unable to speak to any of J's other therapists, or any other parties via call, text or email regarding J's treatment as it would be a violation of their privacy.
>
> We can discuss this further on Thursday when we meet, but wanted to be clear about the treatment as it stands.
>
> See you all Thursday!
>
> Let me know if you have any questions.
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***

Louisville Expressive Therapies **| 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support***

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." - ***Tupac Amuru Shakur***

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

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https://youtu.be/ayVIHreph9Y

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, January 20, 2023 12:27 PM
To: Akhilah Cherry
Subject: Re: Info on Dissociation (three attached)
Attachments: image.png

I love all of the dissociation materials you sent. If there is a way to have a dissociation workbook or worksheets to work on with Jackie, I think that Jackie could benefit from understanding Jackie's own dissociation more from an internal perspective. Is that something that can be covered at therapy with Jackie?

John

On Fri, Jan 20, 2023 at 11:54 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, January 20, 2023 12:25 PM
To: Akhilah Cherry
Subject: Re: JaF Treatment Plan (1 attached)
Attachments: image.png

Hey Akhilah - I think I spelled your name wrong last time I wrote to you - I'm so sorry about that! I hate when people spell my name Jon....was an accident - please accept my apologies...

Thanks for sending the goal chart - I think that is a great visual and starting point. I would like to make some edits though, if you think it is okay, and I have a question about how to handle the non-adherence to use of such tools when Jackie is not with me.

I would have a better opportunity to talk a bit later this afternoon. I can try to text you when I have a few free minutes. I am dealing with some things I am having to prioritize right now.

John

On Fri, Jan 20, 2023 at 11:41 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.
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> See you all Thursday!

Let me know if you have any questions.

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m: 502 - 512 - 8522
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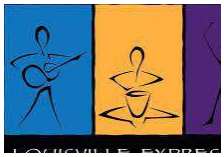

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John R. Fouts, MBA

Fax. 502.996.8246

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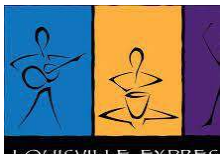

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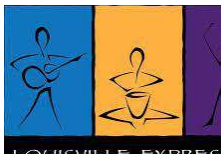

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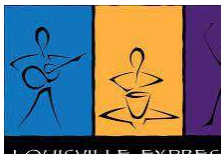

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, January 20, 2023 12:23 PM
To: Akhilah Cherry
Subject: Re: JaF Treatment Plan (1 attached)
Attachments: image.png

Akhilah - take home activities are good - I incorporated the feelings chart into school today. As Jackie stated, last week at Mommy's house it wasn't discussed. I don't know how to improve the consistency for Jackie. I wish there were a more cohesive co-parenting situation. I understand some things are simply beyond what I am able to accommodate for Jackie - and all I can do is the best that I can do for Jackie when Jackie is with me.

On Fri, Jan 20, 2023 at 11:44 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> **FYI, I can send take home activities you all are welcome to try/utilize with this chart. These would be things pertaining to J's over all goals/tasks, which we can touch on during session as well.
>
> ---
>
> FW:
> Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.
>
> Task Sheet for J (**CLICK HERE**):
> **Instructions** - you can print off this task sheet each week, or have it laminated so that you can check things off daily with dry erase marker. It contains two pages, so that if you print it off it can be printed front and back.
> - You can receive a check mark for completing each task listed in the far left column.
> - For each check mark you receive, you also gets to fill in a line on the right side
> - As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
> - Once you reach the goal, you can receive a small treat for the week!
>
> **Note**: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!
>
> No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

On Fri, Jan 20, 2023 at 11:41 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

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On Thu, Jan 19, 2023 at 3:37 PM John Fouts <fouts.john@gmail.com> wrote:
I like simple better! Please help keep us on track for simple!! I lost my way to simple a long time ago, and sincerely need help finding the way back. Thank you for simplifying things. See you soon.

On Thu, Jan 19, 2023 at 12:39 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Updated TP attached. I kept it simple, so as to not make it confusing. However, I will bring a print out tonight to keep track of the things you mentioned in this email, so we can touch base on them each session.

Thanks, John!

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Just to throw some of the things out there.....

Goals:

For Jackie to not feel as scared to go places in the house on Jackie's own.

To be able to give mommy and daddy both privacy when they are using the bathroom.

To be able to go to the bathroom without mommy and daddy needing to be right there.

To reduce fear of Slenderman.

To reduce fear of Pennywise.

To reduce fear of mirrors in general.

To be able to enjoy trees without thinking bad things will happen - this is related to Slenderman too.

For Jackie to be able to understand and accept the word No.

To work toward Jackie sleeping in Jackie's own room - because then Jackie and parents at each of their respective houses will get better rest.

For Jackie to have more structure, start doing chores again, and earn allowances or other incentives.

On Thu, Jan 19, 2023 at 12:01 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! We can discuss in more detail tonight.
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> Thanks!
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> > Thank you for making the updates that you have made.
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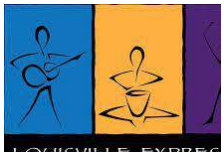

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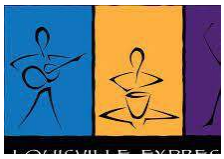

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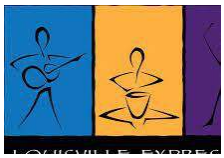

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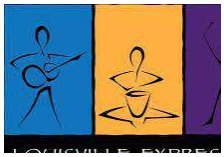

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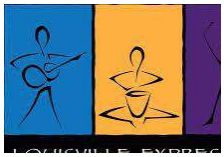

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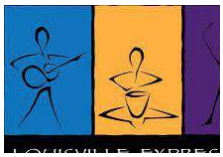

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--

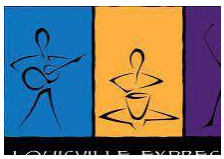
"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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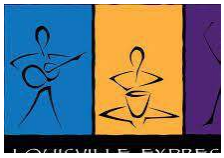

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 19, 2023 12:21 PM
To: Akhilah Cherry
Cc: Emily Ibershoff
Subject: Re: JaF Treatment Plan (1 attached)
Attachments: image.png

Just to throw some of the things out there.....

Goals:

For Jackie to not feel as scared to go places in the house on Jackie's own.

To be able to give mommy and daddy both privacy when they are using the bathroom.

To be able to go to the bathroom without mommy and daddy needing to be right there.

To reduce fear of Slenderman.

To reduce fear of Pennywise.

To reduce fear of mirrors in general.

To be able to enjoy trees without thinking bad things will happen - this is related to Slenderman too.

For Jackie to be able to understand and accept the word No.

To work toward Jackie sleeping in Jackie's own room - because then Jackie and parents at each of their respective houses will get better rest.

For Jackie to have more structure, start doing chores again, and earn allowances or other incentives.

On Thu, Jan 19, 2023 at 12:01 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! We can discuss in more detail tonight.
>
> Thanks!
>
> On Thu, Jan 19, 2023 at 11:57 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Can you print out an ROI form and let me know whatever I need to do when I am there in person? Thank you for sending the treatment plan. My eyes have been bothering me a great deal this week, and I have had a lot of trouble seeing....so looking at screens is hard for me for whatever reason - well - because of Sjogren's Disease - I know the reason...

This week was supposed to be the first week that Jackie met with the new 7 County Services therapist, but she canceled last minute due to having car trouble... I am not sure we want Jackie to continue going to 7 County Services. I am still trying to get Jackie in to see Meridian Behavioral Health (from a psychologist perspective). I need to follow up on that again today.

I will review the plan as my eyes allow. I am going to see about adding some things too that we can talk about. There have been some things that Jackie has come up with that are good of course because they are needs that are seen by Jackie, and also some things that I need to have added as goals.

Thank you for making the updates that you have made.

We will see you tonight.

John

p.s. The ABA Therapist is coming here to meet with us for the first time from 1:30pm to 3:30pm.

On Wed, Jan 18, 2023 at 11:37 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> After speaking with my supervisor, Em, I have adjusted the treatment plan to reflect the diagnosis mentioned in J's notes and info you have provided, and have attached the treatment plan to this email per your request. I will have a paper copy for you also at our next session, and have cc'd Em so that she is in the loop.
>
> I do want to mention, the **diagnosis mentioned in this treatment plan are not based on any assessments on my end.** Also, I do think it would be beneficial to speak with the other therapists involved after completing the ROI form properly, but it is definitely not mandatory. I see that an ROI has been completed on your end on 1/17/23, but is missing some info as to whom permission is given and for what.
>
> We can use the plan we have in place (attached), and it wouldn't really have anything to do with the other therapies J is involved in. I made the goals and objectives simple to leave room for other work to be done with J's other therapists. I don't want to overwhelm her, nor overlap with other work she may be doing.
>
> If the ROI's aren't completed, I am unable to speak to any of J's other therapists, or any other parties via call, text or email regarding J's treatment as it would be a violation of their privacy.
>
> We can discuss this further on Thursday when we meet, but wanted to be clear about the treatment as it stands.
>
> See you all Thursday!
>
> Let me know if you have any questions.
>
> --

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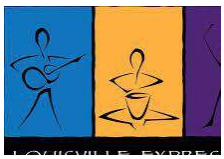

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John R. Fouts, MBA

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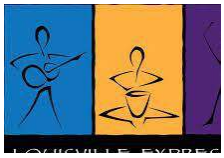

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 19, 2023 11:58 AM
To: Akhilah Cherry
Cc: Emily Ibershoff; Akhilah Cherry
Subject: Re: JaF Treatment Plan (1 attached)
Attachments: image.png

Can you print out an ROI form and let me know whatever I need to do when I am there in person? Thank you for sending the treatment plan. My eyes have been bothering me a great deal this week, and I have had a lot of trouble seeing....so looking at screens is hard for me for whatever reason - well - because of Sjogren's Disease - I know the reason...

This week was supposed to be the first week that Jackie met with the new 7 County Services therapist, but she canceled last minute due to having car trouble... I am not sure we want Jackie to continue going to 7 County Services. I am still trying to get Jackie in to see Meridian Behavioral Health (from a psychologist perspective). I need to follow up on that again today.

I will review the plan as my eyes allow. I am going to see about adding some things too that we can talk about. There have been some things that Jackie has come up with that are good of course because they are needs that are seen by Jackie, and also some things that I need to have added as goals.

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We will see you tonight.

John

p.s. The ABA Therapist is coming here to meet with us for the first time from 1:30pm to 3:30pm.

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> After speaking with my supervisor, Em, I have adjusted the treatment plan to reflect the diagnosis mentioned in J's notes and info you have provided, and have attached the treatment plan to this email per your request. I will have a paper copy for you also at our next session, and have cc'd Em so that she is in the loop.
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We can discuss this further on Thursday when we meet, but wanted to be clear about the treatment as it stands.

See you all Thursday!

Let me know if you have any questions.

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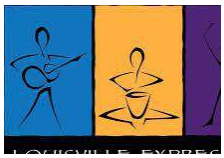

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 12, 2023 3:46 PM
To: Akhilah Cherry
Subject: Need to talk to you about school

For Jackie…

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 9:49 PM
To: Akhilah Cherry
Subject: Re: Need Copy of Treatment Plan Please - 2023-01-10
Attachments: image.png

Thanks Akhilah. I will send the neuropsych evaluation to you when I am at my laptop. I feel like a grandpa or something…my eyes suck and I can barely see the letters on my phone. It will show the adhd, autism, etc…

John

On Tue, Jan 10, 2023, 4:34 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Thanks for reaching out.

There isn't a treatment plan in our system entered by Dani, as I'd look upon transitioning to myself, nor did she state having done one. Which is why I'd suggested creating one. I also didn't see a diagnosis entered into our system. After speaking with you all and you verbally giving me a diagnosis, and after looking through the notes in our system, I entered a diagnosis on December 2 of the following (also, one had to be created in order to bill for insurance):

Diagnosis:
F43.22 - Adjustment disorder with anxiety

Diagnosis:
H93.25 - Central auditory processing disorder

Two more diagnosis that have surfaced since Dec. second include the following (via you emailing/verbalizing):
ADHD and Autism Spectrum Disorder

I asked Dani today, and she told me that Theresa (who was her site supervisor) had created a treatment plan for JF. I have included her in this email to see if there is one in a hard copy file somewhere, as I have mentioned there isn't one in Simple Practice right now (again, which is why I was creating one).

Once we have a treatment plan, whether it is one Theresa has created or if we collaborate on one together, I do want to be clear about boundaries so that we are able to work effectively! :)

I will send a separate email so that we can begin that discussion. I want to support J in the most effective way possible, and I know working together we can totally achieve that!

Akhilah

On Tue, Jan 10, 2023 at 2:43 PM John Fouts <fouts.john@gmail.com> wrote:

Hi Akhilah.

Beatriz is Jackie's other therapist (non-art-therapist) at Seven County Services. Jackie used to see Lindsey Smith there, but Lindsey has moved on and taken a different position.

I was able to meet with Beatriz today, and she said because of Medicaid rules, you each are not allowed to work on a treatment plan with any kind of overlap. I learn more things about how tough Medicaid makes things every day, yet have no control right now over choosing any other type of insurance.

Akhilah, could you please send me a copy of the treatment plan - I realize you only recently began seeing Jackie, so a copy of the plan that Dani had might be the best thing in the interim. I know you are still formulating a plan for Jackie at the moment.

If you can send it to me, and to Beatriz, it would be great appreciated.

I'm confident that you both will be great for Jackie. By the way, I found some 'spinners' at my parents house for the game that Jackie and you were working on, and will try to remember to send them with Jackie tonight when Jackie heads back to her mom's house.

I'm heading into my bankruptcy hearing shortly. Wish me luck please.

John

p.s. You may fax the treatment plan if that is easier, to 502.996.8246 (my personal fax number that I have for medical record transfer purposes). Whatever is easier for you. Also - you should already have paperwork on file that allows you, and Seven County Services, to exchange information freely...and if you need any other paperwork please let me know. Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 5, 2023 11:46 PM
To: Akhilah Cherry
Subject: Re: Three Apps to Try Out!

Thank you Akhilah. I appreciate you more than you know. I will check them out for Jackie. Thank you for staying late for the game tonight. You did not have to do that - and I want you to know how much I appreciate you caring so much for Jackie and Jackie's well-being. You could see how fragile (perhaps) that Jackie's mood can be over miscommunications etc... Jackie did an amazing and incredible job turning the mood around, and thank you for giving Jackie that compliment too. Thanks for weaving together a supportive platform for Jackie's care too. We feel lucky to have you on our team. Have a beautiful night.

John

On Thu, Jan 5, 2023 at 11:28 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Not sure how you feel about any of these, but wanted to shoot them your way so that we could maybe incorporate some if it in the treatment plan. Let me know your thoughts, and we can discuss what works best.
>
> Three Apps to Download:
>
> 1. Mood Tracker 😳 👺 😊
> https://apps.apple.com/us/app/moods-mental-health-tracking/id1023271188
>
> 2. Deep Breathing 😌 🧘
> https://apps.apple.com/us/app/worry-breath/id1454134441
>
> 3. Worry Kit 😟
> https://apps.apple.com/us/app/worry-kit/id1476565303
> --
> Akhilah Cherry M.A., LPCA (she/her/hers)
> Therapist
> Louisville Expressive Therapies
> 2518 Frankfort Ave, Louisville KY 40206
> 1215 Portland Ave, Louisville KY 40203
> https://youtu.be/ayVIHreph9Y
>
> akhilah@LouisvilleExpressiveTherapies.com
> http://louisvilleexpressivetherapies.com/
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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 5, 2023 12:59 PM
To: Akhilah Cherry
Subject: Re: I really need your all's help - 2023-01-04

Thanks for asking. I had already sent it to her, my non art therapist, and my case worker. See you tonight.

J

On Thu, Jan 5, 2023, 11:31 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Thanks for keeping me in the loop, John. I do want to be sure we are keeping Theresa in the loop as well, as she may have some insight. Is it okay to share this with her?
>
> On Wed, Jan 4, 2023 at 5:17 PM John Fouts <fouts.john@gmail.com> wrote:
>
> ---------- Forwarded message ---------
> From: **John Fouts** <fouts.john@gmail.com>
> Date: Wed, Jan 4, 2023 at 4:49 PM
> Subject: I really need your all's help - 2023-01-04
>
> I need to get the hell out of my parents house.
>
> My dad was just very angry with me because I had a light on upstairs while I was carrying stuff down to the basement from the garage (from upstairs). The stairway is too dark for me to see otherwise and I have tripped on the stairs before while carrying things - keep in mind I have to wear flip-flops, and right now have a hurt right elbow/arm/nerve/cubital tunnel area... I cannot see when trying to walk down the stairs with my hands full in a dark room or hallway. And it isn't safe. I really don't believe that my parents would care if I fell and got hurt worse at this point - honestly.
>
> Also - he was upset with me because I still had the door open that went from the garage to the house (not the garage door) but the interior door. I was trying to explain to him that I have an energy problem and that I may have to rest before I went back up the stairs for a few minutes. I have been carrying one box down...putting it away (which gives me time to catch my breath again, and then going back up to get another box).
>
> He then blew up at me and told me he was not going to heat the outside. I tried to explain that what I have makes me very tired and I may have to rest - and he said he disagrees with my energy level....and then angrily left....
>
> Now I feel that I cannot do anything at all (the overwhelmed switch got flipped or something)..that negativity drained whatever remaining energy I had...so I am going to try to get a doctor to write a letter about how devastating the fatigue can be, and random, for Sjogren's Disease from my rheumatologist I am seeing.

I am also going to ask my primary care physician and my gastroenterologist for letters about how profound the fatigue can be and how random it can hit. My dad said it wouldn't matter if I had doctors' letters, that he wouldn't believe me anyway, and he didn't care and disagrees about my health (because it is 'invisible illness')..

So I am basically asking you all to help me as much as you can to try to get some other place to be as it is not healthy for me to be here at all, nor is it healthy for Jackie.

I told him I understood why he wanted the door shut, he said he did not understand what I was saying and disagreed with my level of fatigue....but he is not living in my body - so that makes absolutely no sense - so what am I supposed to do with that?

My heart was in an AFib rhythm according to my smartwatch when I was packing up stuff - I told my mom I needed to rest because I felt very unwell....at that point in time....she said that she did not care....and that she was tired and had hired two 17 year olds to help move and she needed me to help right at that moment too, and that it was not okay for me to rest.....I had to rest anyway you all - I felt like I might die in that moment - that sounds extreme - but that is how unwell I felt and my heart was not beating right.

It is not okay with me to be emotionally abused at all - nor for Jackie to be - nor for it to happen every single day...

I need help to get me and Jackie to a safe place. I am totally exhausted. I am doing the best that I can do but there is zero understanding....literally zero.....less than zero.....

I don't know what I can do anymore. I've just declared bankruptcy - meeting of the creditors is Jan. 10th. Any landlord that checks my credit, due to the bankruptcy, will probably not allow me to stay there because I have a very low credit score presently due to the bankruptcy....I have been told that after the 10th of January....after the meeting of my creditors...and after the conclusion of the bankruptcy case, that I will have a higher score than I do right now. Before declaring bankruptcy I missed 4 payments on one card, and that sunk my score from fluctuating between 7xx and 6xx to 4xx. There was nothing I could do anyway though, because I could not afford to pay...hence the reason for the bankruptcy....

I am putting together a budget for you all to kind of see what I have going on.....it just is really upsetting to me that I am being treated in the ways that I am by my mother and father, and Jackie is being treated not right too.

John

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 4, 2023 5:18 PM
To: Akhilah Cherry
Subject: Fwd: I really need your all's help - 2023-01-04

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Wed, Jan 4, 2023 at 4:49 PM
Subject: I really need your all's help - 2023-01-04

I need to get the hell out of my parents house.

My dad was just very angry with me because I had a light on upstairs while I was carrying stuff down to the basement from the garage (from upstairs). The stairway is too dark for me to see otherwise and I have tripped on the stairs before while carrying things - keep in mind I have to wear flip-flops, and right now have a hurt right elbow/arm/nerve/cubital tunnel area... I cannot see when trying to walk down the stairs with my hands full in a dark room or hallway. And it isn't safe. I really don't believe that my parents would care if I fell and got hurt worse at this point - honestly.

Also - he was upset with me because I still had the door open that went from the garage to the house (not the garage door) but the interior door. I was trying to explain to him that I have an energy problem and that I may have to rest before I went back up the stairs for a few minutes. I have been carrying one box down...putting it away (which gives me time to catch my breath again, and then going back up to get another box).

He then blew up at me and told me he was not going to heat the outside. I tried to explain that what I have makes me very tired and I may have to rest - and he said he disagrees with my energy level....and then angrily left....

Now I feel that I cannot do anything at all (the overwhelmed switch got flipped or something)..that negativity drained whatever remaining energy I had...so I am going to try to get a doctor to write a letter about how devastating the fatigue can be, and random, for Sjogren's Disease from my rheumatologist I am seeing.

I am also going to ask my primary care physician and my gastroenterologist for letters about how profound the fatigue can be and how random it can hit. My dad said it wouldn't matter if I had doctors' letters, that he wouldn't believe me anyway, and he didn't care and disagrees about my health (because it is 'invisible illness')..

So I am basically asking you all to help me as much as you can to try to get some other place to be as it is not healthy for me to be here at all, nor is it healthy for Jackie.

I told him I understood why he wanted the door shut, he said he did not understand what I was saying and disagreed with my level of fatigue....but he is not living in my body - so that makes absolutely no sense - so what am I supposed to do with that?

My heart was in an AFib rhythm according to my smartwatch when I was packing up stuff - I told my mom I needed to rest because I felt very unwell....at that point in time....she said that she did not care....and that she was tired and had hired two 17 year olds to help move and she needed me to help right at that moment too, and that it was not okay for me to rest.....I had to rest anyway you all - I felt like I might die in that moment - that sounds extreme - but that is how unwell I felt and my heart was not beating right.

It is not okay with me to be emotionally abused at all - nor for Jackie to be - nor for it to happen every single day...

I need help to get me and Jackie to a safe place. I am totally exhausted. I am doing the best that I can do but there is zero understanding....literally zero.....less than zero.....

I don't know what I can do anymore. I've just declared bankruptcy - meeting of the creditors is Jan. 10th. Any landlord that checks my credit, due to the bankruptcy, will probably not allow me to stay there because I have a very low credit score presently due to the bankruptcy....I have been told that after the 10th of January....after the meeting of my creditors...and after the conclusion of the bankruptcy case, that I will have a higher score than I do right now. Before declaring bankruptcy I missed 4 payments on one card, and that sunk my score from fluctuating between 7xx and 6xx to 4xx. There was nothing I could do anyway though, because I could not afford to pay...hence the reason for the bankruptcy....

I am putting together a budget for you all to kind of see what I have going on.....it just is really upsetting to me that I am being treated in the ways that I am by my mother and father, and Jackie is being treated not right too.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 4, 2023 5:17 PM
To: Akhilah Cherry
Subject: Re: I really need your help - Jackie keeps gaslighting me over and over - denying it - and claiming to have no memory of it

Akhilah - either way would be fine. I think Jackie needs some 1 on 1 time with you, but I am open to meeting for half of the session with you all if that is what you think is the best.

I just sent my own therapists a note, and I am going to send it to you too so you can have some context....

Also - the thing with consequences is there is so much dissociation that Jackie claims to not even remember doing the things that calls for the consequences (every time) - so then I don't know when there is true dissociation and when there is not. I have tried explaining manipulation to Jackie but Jackie does not get it - or claims not to.

If there is no memory of an event, then the consequences stands alone and does not make sense to Jackie - do you know what I mean?

Look for an email in a few minutes with regard to our current environment/context.

John

On Tue, Jan 3, 2023 at 11:39 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Sorry for replying so late. I hear what you're saying. I would definitely like to address any behavior that may be troubling, especially if you see it's not serving J, or yourself well. I think it may be helpful to write this out, and address it together when we meet. Maybe it would help to map out clear consequences? If you'd like to talk it over a bit before we meet, I am available earlier in the day on Thursday (before noon). Or, I can map out a basic structure and then talk it over the first half of session. I still want to cover ground rules together with J, and give her a chance to map out some boundaries as well.
>
> I'm here to support! I will talk it over with my supervisor as well, Em, and Theresa. They may have more insight to offer as well.
>
> On Tue, Jan 3, 2023 at 8:52 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > It is EXTREMELY NARCISSISTIC BEHAVIOR and I cannot really handle being treated in those ways. I need help to stop this from happening as quickly as possible and in the best way possible. Please talk to Jackie - AT LENGTH - about this kind of thing and how it is wrong to treat someone that way. Jackie will just deny it and state that I am doing that to Jackie when I am not (again - classic narcissistic behavior)....I am not able to handle being treated like that so do not know what to do and am desperate for some help. My mom gaslights me constantly and denies it and I am living in her home now.....I

cannot handle being treated that way from multiple family members all the time - it makes it unsafe for me.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 3, 2023 8:52 PM
To: Akhilah Cherry
Subject: I really need your help - Jackie keeps gaslighting me over and over - denying it - and claiming to have no memory of it

It is EXTREMELY NARCISSISTIC BEHAVIOR and I cannot really handle being treated in those ways. I need help to stop this from happening as quickly as possible and in the best way possible. Please talk to Jackie - AT LENGTH - about this kind of thing and how it is wrong to treat someone that way. Jackie will just deny it and state that I am doing that to Jackie when I am not (again - classic narcissistic behavior)....I am not able to handle being treated like that so do not know what to do and am desperate for some help. My mom gaslights me constantly and denies it and I am living in her home now.....I cannot handle being treated that way from multiple family members all the time - it makes it unsafe for me.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 3, 2023 2:12 PM
To: Akhilah Cherry
Subject: Re: Session This Week - 1/5/2023 @ 7:30 pm
Attachments: image.png

Yes Akhilah - confirming we'll see ya then. Thanks for being there for Jackie!!

On Tue, Jan 3, 2023 at 12:04 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! I hope you all have had a Happy Holiday, and a Happy New Year so far!
>
> I wanted to touch base, as I have received all of your info over the break and will be looking through it to see if I can provide any assistance in that area. We can touch base on all this when we meet.
>
> I greatly appreciate the JCPS info as well. This could be helpful in creating an effective treatment plan for JaF. I certainly would like to work together with you on this.
>
> I know Simple Practice will send out a reminder, but just wanted to say I'm looking forward to seeing you all this **Thursday at 7:30 pm.**
>
> Unless anything changes, see you all then!
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**
>
> ****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***
>
> *"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." - **Tupac Amuru Shakur***
>
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, December 28, 2022 8:28 PM
To: Akhilah Cherry
Subject: Re: Out of Office from 12/22/22 - 1/5/23 Re: A few things

Akhilah - sorry forgot you were out for the holidays! I have a God awful memory - sorry about that!

John

On Wed, Dec 28, 2022 at 7:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> This email is not being monitored regularly as **I will be out from 12/22/22 - 1/5/23**. You can leave a message on the office line at 502-509-5380, and someone will get back to you.
>
> **If you are experiencing a crisis and need immediate help, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support.**
>
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> **Louisville Expressive Therapies | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**
>
> --
> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at* ***9-8-8* *or* ***CLICK HERE*** *for additional resources/support*

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” ***- Tupac Amuru Shakur***

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, December 28, 2022 7:38 PM
To: Akhilah Cherry
Subject: A few things

Lindsay - Jackie's mom, said she would go to get the passport if I made the appointment to go to the post office. I am in an I will believe it when I see it kind of state of mind.....before she said she would fill out the form if I printed it (which she didn't do), and then she said if I showed her how to fill it out (which I did), that she would do it (which she didn't), so we will see what happens.

I reminded her of the appointment tomorrow night - and want to verify with you also - that Jackie will have therapy tomorrow night.

I'm gonna send you some screen shots of the JCPS emails we keep getting about Jackie's account, but we are powerless to do anything because we do not have access to the account. Can you help us get Jackie's electronic data, and get that issue resolved? Do you know anyone at JCPS that can help?

Finally - I am very concerned about living with my parents. I would like to know if you could reach out on our behalf to Seven County Services, and to the Center for Women and Families to see if you can get us an Emergency Housing Choice Voucher (they have several available at times - but there is no way to know when or how many that I know of).

Today, my dad to Jack (he will not call Jack, Jackie) and me to lunch. Jackie voiced being afraid to go to the bathroom because of killer squids coming through the toilet. I have learned to be very non-judgmental in my life, and went with it, and was like okay - well just wait until we get back to the house, and then wash your hands. My dad was trying to force Jack (not Jackie) to go to the bathroom despite the fears. I understand where my dad is coming from - but he does not understand autism, nor how Jackie has become in recent years. It doesn't make a lot of sense. I strongly suspect that a lot of what Jackie has been going through is due to emotional abuse from Jackie's mother. I am aware of a lot that has occurred that I feel has been damaging. Don't get me wrong, I am sure that I have yelled and caused harm too at times, but not at all at the same degree or level as to what I believe my ex-wife has caused. That is my belief, and my perspective, and you and Jackie as you establish a relationship further, will be able to flush out more of what is happening. One example I can think of explicitly is that she called Jackie a 'Shitty Excuse of a Child' according to Jackie.

Not this summer, but the prior summer, Jack was trying to talk to his mom about feeling very unloved by her actions. She would not listen - outright refused, and that is when the extreme dissociation began occurring. I feel like Jackie created a new identity partly, too, to protect herself from the extreme emotional hurt. I get it - I grew up in a home with a very emotionally abusive mother (which is my other concern) - because we are going to be living with my mom and dad.

Mom mom told Jackie that she is not going to respect any boundaries and going to bust in the door anytime she wants to because it is her house and she will do whatever she pleases. She essentially told me the same thing but using other words. I described in the first sentence, how Jackie described things.

I feel like the Center for Women and Families might issue us a housing choice voucher, if they understood the full implications of the situation. I don't want my autistic child to have to have 2 identities in the same household (Jack and Jackie), nor be subjected to emotional abuse from my own mother too.

My mom and dad can both be great, and I love them both very much -- I would not even be here without them...the other problem is that I am not strong enough to be an emotional shield any longer....after living for years around narcissistic abuse, I have become very weakened - especially in its presence, and my physical state of health is already fragile. I have a new problem that I have to see about that I learned about this week - I am having AFib issues. Being around extreme stress is the opposite of what I need. Can you help us check out any options through 7 Counties and Center for Women and Families Akhilah?

Also, if you get a chance to talk to Lindsay, I really would like it if you could ask her about why the passport thing has been such a problem. I truly don't understand, and she would have been raging mad if I had treated her in the same way. I am just honestly too tired to be mad or angry all the time....and try to be as positive as possible because I believe that is the right way to be in life. I really like listening to Joe Dispenza - he is kind of 'out there' with regard to quantum theory and electromagnetism of living your future in your mind now before it happens so it can actually happen...but I really like his thought process.

I'm trying to look out for the best interest of Jackie and for me (for both of us) Akhilah....it is not going to be a pretty situation. Jackie 'had been' excited about it, but something happened that I have not even gotten a chance to talk to Jackie about...and now Jackie is not excited. I promised Jackie that I would do all I could to try to get us a place of our own soon, but I have basically run out of options at this point....well.....not all options....I have considered writing to billionaires, but I do not think my efforts would be fruitful - but you never know unless you try....

John

p.s. I hope you had a Merry Christmas if you celebrate Christmas! Or other holiday if something else! Santa left a Jenga game here for Jackie....and Sorry....and an electronic version of Yahtzee....tomorrow is the day I am moving most of the stuff out of my apartment. I have absolutely zero energy. Wish me luck. Talk to you soon.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, December 23, 2022 11:15 PM
To: Akhilah Cherry
Subject: Last Email

Akhilah,

I am really struggling....I had to file bankruptcy this month....I am having to move in with my mom and dad - who DO NOT want us to be living there. My mom and dad told me they did not even have room for 25 binders.....so how in the hell am I supposed to move in there with my child and be okay? My mother is VERY emotionally abusive....my dad is very stand-offish....and just does what my mom yells for him to do.....he just wants peace....Jackie and me moving there are going to cause him to lose his peace.....it is complicated.....I have been desperately trying to find a way to get an emergency housing choice voucher, but I have struck out on all accounts....

In Nelson County, you have to be a resident to get on the list, otherwise all residents that join are always placed on the list in front of you (so in other words you never get a call).

In Jefferson County, we are number 4,9xx on the list....which is about a 5.5 year waiting period....

In the state of Kentucky....the waiting list is CLOSED and not accepting applications.

I have learned that the Center for Women and Families and Seven County Services both have emergency vouchers, but I don't know how to try to get one. Can you help?

Being around my mom who constantly YELLS about EVERYTHING.....and being around my dad, who refuses to recognize Jackie as Jackie and will only call Jackie Jack, and Jackie therefore having to have 2 identities in the same house, will not be okay for Jackie nor me. I have already had to be a strong emotional shield just going there for Christmas Dinner, and I cannot handle it - I am not strong enough to be what I need to be there....I cannot handle the emotional abuse and the gaslighting and the pathological lying that will take place.....but I have nowhere I can go otherwise.....standard public housing is not safe for an autistic child and a chronically ill person.....

I'm also having trouble securing food because I have to eat gluten free. I get $23 per month for SNAP for Jackie and me.....food pantries don't really have gluten free sections or anything.....and I don't have any money really right now. I have 2 or 3 more weeks of unemployment....then I am waiting on a decision from disability.....Just feeling like there is no light at the end of the tunnel really.....I know life will go on...but I need guidance....I need a guiding light haha. Another major problem is that we are living in the basement, and we will have to share a kitchen with my mother who is INCREDIBLY DEMEANING, CONDESCENDING, and HATEFUL - especially when you are in her space. She can also be very kind and loving, but most of the time that is not the side we get to see, sadly.

Do you know anyone at 7 County Services or at Center for Women and Families or anywhere else that can help us get an emergency Housing Choice Voucher? This is all new territory for me but I believe

strongly that there MUST be a way for us to qualify somehow. Jackie has autism and adhd and gastroparesis and neuropathy etc....I have a list a mile long too.....

Just want to pick your brain on if you know of anything. And - with all that being said - to all a good night.....

I hope you all have a great Christmas and Happy New Year and all of that. Wish for me that I can find some kind of a girl to hang with - I haven't really been around one since my ex g/f died by suicide (which also impacted Jackie). Whole other topic to cover....I feel like all the therapy in the world cannot keep up with the continuous bombardment of trauma.

Let me know your thoughts whenever you get through the novel's worth of pages I sent you, and please know - that it is all simply so you can have a context of the situation overall for Jackie. I'm sure I have made tons of mistakes, but I have been trying my very best. I so very much appreciated it when you said I was doing a good job. Those words meant a lot to me. I can tell just by talking to you, that you must also be a very good parent/mother, and wanted to let you know that as well.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, December 23, 2022 10:56 PM
To: Akhilah Cherry
Subject: Thoughts On Documents - Have Had A Chance To Review
Attachments: Envirobiomics-Mold-Report-2.pdf; Envirobiomics-Mold-Report-1.pdf; Envirobiomics-Mold-Report-4.pdf; Envirobiomics-Mold-Report-3.pdf; APD_Fouts.J.2022.pdf; 2021-11-08-Jack-Attendance.jpg; Jack Fouts Reports Summary - 23andMe.pdf; Jack-Invitae-Results.pdf; Jack-Vaccination-Record-Digital-Card-Flu-Covid-Covid-Covid-Booster.pdf; Jack-BlueLens-LetterOfMedicalNecessity.pdf; RealTimeLabs-Fouts-Results.pdf

For the anger sheets...they have good information...but some is impractical for autistic children (and maybe adults).

As an example, Jackie used to go to timeouts, but now if I ask Jackie to go to timeout, Jackie might try to hurt me badly, or might become so emotionally dysregulated that Jackie cannot recover from the dysregulation for a few days...or might completely dissociate and have zero memory of any of the events. It has been my experience, very often with Jackie, that if Jackie gets angry, Jackie has absolutely no memory of anything when Jackie is calm again - and then cannot associate a consequence with the event. That has created even further anger issues at times. It has not always been this way - this is something that has developed in the last 2 or 3 years... mainly in the last 2 years.....

I really like the anger iceberg graphic - as Jackie - like many - is a visual learner. Jackie does have contempt for me at times - generally after Jackie comes back from Jackie's mom's house. She talks bad about me to Jackie very often, and quite frankly has zero right to do so. I was a good husband when I was married, and feel like I am still a great father (most of the time). I kind of fluctuate between feeling like a great father and feeling like a total failure as a parent. Jackie generally, from my perspective, gets angry because Jackie is tired, because of contempt, because of just not wanting to do things in general, etc... and because of shame some because Jackie has said things like Mommy has said that Jackie is a 'shitty excuse of a child'. I did not observe this, but this is something Jackie has stated happened. All I can say is it would not surprise me if this happened as Jackie's mother's behavior is completely unpredictable. There is some shame there from when Jackie was in school too because apparently teachers would say negative things about Jackie. I know in Kindergarten, Jackie's teacher, told the whole class that the class was great until Jackie came to the school, and the whole class was 'bad' because of Jackie (said it to the class...). I was SO ANGRY (that was in Bullitt County). I had a meeting with the principal of the school and the counselor, and was told that they could not do anything because that teacher had been there 27 years. They said all they could do was switch Jackie out of that class (with three weeks of school left or something). I said I did not think Jackie should be punished for the teacher's behavior - and thought about going to the school board - but thought it might cause retaliation. My mom is a teacher of special ed kids and has seen a lot, and guided me somewhat with those decisions.

I am familiar with the ACT items as I have tried ACT therapy myself. Jackie has such a complicated set of things going on - it makes it really hard to know what to do....the impulsivity from the ADHD makes it so Jackie has extreme difficulty thinking before acting and therefore doing any of the techniques like recognizing anger and then taking steps to calm down.....for the ACT therapy, Jackie is dealing with many

of the same things that I am dealing with...neuropathy....gastroparesis...anxiety....depression....reflux....what Jackie has is very likely a hereditary thing....also has a sodium channel mutation that has been shown to cause small fiber neuropathy in a knockout mouse model, but the variant is presently listed as a VUS. It is a sodium channelopathy variant...the Autism makes the linking of the concepts a challenge for Jackie. I think I mentioned to you before that there is a major mold problem where I live that I am 100% is contributing to a decline in my health AND Jackie's health, and if I could find an attorney that deals in mold cases, I would absolutely request a consultation because I believe we have a very strong case. The property management company here knows there are problems too....and I don't know what's up...but it is weird....because 2 out of 4 apartments have been vacant for months, and they don't even have a for rent sign in the yard....they won't fix anything I ask them to fix....or I should say very few of the things get fixed....like we are talking 1 out of every 10 or 15 things gets done by maintenance....and the things I ask for are VERY REASONABLE....like a working security light out front instead of one that just doesn't come on and clicks every second....etc....

I had environmental testing done here....and have attached the reports....and some JCPS stuff - I am going to have to send other JCPS stuff separately.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, December 23, 2022 9:56 PM
To: Akhilah Cherry
Subject: Re: Passport info - Response - Please Keep Confidential - 2022-12-23
Attachments: image.png

Okay Akhilah - thank you for the information. I am familiar with the process. Mom did not want to go to the post office with me to get it renewed..... I have asked so many times it is really ridiculous at this point.... I asked again today but the question was ignored again today.... I could get a court order and ask a judge to force her to sign, but I would prefer to not have to go that route - especially because my divorce attorney said it would cost $300 at least. I also think that I need to have the divorce agreement modified so that it is in alignment with actuality. Lindsay (mom) has had me do school with Jackie and be a 'built-in babysitter' during her weeks while she is at work pretty much since February when we started homeschooling Jackie. She does not give me any money for anything - not for any school supplies, not for any food, not for any activities....nothing....she has been working....I have had to file for disability...again...and am expecting them to deny me...again...as they have many times in the past....I am not presently able to work, however. I know my body 'looks' okay, but it isn't. I finally got a diagnosis that is solid for Sjogren's Syndrome (Type II) System Organ Involvement....it explains a lot....the neuropathy....the elevated liver enzymes....the dysphagia....the blurry vision and changing eyesight that is fairly constant in terms of changing, the double vision, the possible vasculitis, the arthritis issues, the fibromyalgia like syndromes, etc.... It can also be hereditary so it is on my radar to look out for that for Jackie.

The only thing that I can possibly think about the passport, is that she wants to wait until Jackie has fully transitioned if that is the route that Jackie truly chooses. But if that is what is going to happen, it is going to take years. She has not looked into any of that as far as I know.....first.....a patient has to be mentally stable....which Jackie is not.....and there has to be fairly long term stability.....hormone therapy can be started at Jackie's age now but it is not recommended at that age by about 50% of the communities that are out there, and it 'is' by the other 50%. I am not sure that Jackie 'truly' wants to be a girl. Jackie's mom has not paid much attention to Jackie for most of Jackie's life....Jackie's mom's sister....who she is WAY CLOSE TO....has 2 daughters.....when Jackie wears dresses and paints fingernails and acts girly, then suddenly mom pays close attention to Jackie.....so I am not sure if it is a situation where Jackie really truly wants to be a girl and believes he was born in the wrong body.....or if it is a case of Jackie knowing that the only way to get mom's attention is to 'be a girl', and to know that daddy will love Jackie no matter what....it is super weird in terms of timing too because about 2 years ago....Jackie was having a breakdown (one of the first severe breakdowns), and Jackie asked me to talk to mom with him. He told her how much he felt like she did not love him because she did not pay any attention to him....and her response (this took place in her car at my house when she came to pick him up).....was to tell me to get away from the car and that she didn't have time to listen to this nonsense....it is my opinion that she is a narcissist after living with her for so many years and knowing that she has little empathy and cares only about herself (again that is my opinion). I remember very distinctly when I was so ill one day I could not get out of bed, and I asked her if she could please get my medicine for me (I was taking quite a bit at that time - something like 27 rx and 18 supplements or maybe the other way around....), and she said 'no - you have two legs - you can fucking get it yourself'. Back then, she would also threaten to leave me without

health insurance etc...because I was not able to work between 2016 and the end of 2017....it is much better now without having to be around her all the time....but that is some of the background....

Back to the passport and how the ideas link up....I feel like she may want to wait until after a transition has occurred, but I need Jackie to have the passport now so I can apply to programs like Make A Wish or related for Autism that may allow Jackie to travel to places like Paris, France, which is one of Jackie's bucket list places to go. It is actually #1 on Jackie's list to see the Eiffel Tower. Jackie's mom went to Paris this Summer for a writer's workshop....and I had to ask her if she would call Jackie while she was there so Jackie could at least experience it in some way. She did call, but I feel I should not have had to ask her to do so....to me that is a common sense kind of thing.....I will say....she did bring Jackie back some french deoderant, a chocolate french coin, and a few other things...so those were some nice things she did.....I am very sick Akhilah - I know I don't look it - or hope I don't anyway - but I have a bunch of health problems like Chronic Venous Insufficiency, Chronic Fatigue Syndrome, Sjogren's Syndrome Type II, Small Fiber Polyneuropathy, Autonomic Dysfunction, Cerebral Atrophy, etc...I really want to be able to go to travel with Jackie if I can find a way how...without any money....I had to declare bankruptcy this month....but I feel like if I don't find a way to get over there with Jackie soon, then I will not be able to make it happen for Jackie, and I am the only one that will try so hard to make such things happen.

Here was the latest emailed/written response I wrote to her....I copied my parents hoping it would make a difference, but of course it hasn't made any bit of difference....I have asked many times in addition to the below, and I have no patience left. She refuses to communicate.

Oh and back to the divorce agreement thing, since I have Jackie 100% of the time on my weeks, and 7:30am to 4:45-5:00pm Monday through Friday on her weeks, I feel strongly like that needs to be reflected on the actual divorce agreement paperwork. I cannot afford to pay my attorney to make these changes. Do you know anyone that will do this type of work pro-bono for poor people? I hate to call myself that, but that is what I am right now. I never in a million years imagined that life would be so difficult for me. I have always been a 'go-getter' and one of the hardest things about this illness is all of the limitations it has.....

I am crafting another email too with some questions about the anger stuff, and thoughts, etc... I hope you have such a very Merry Christmas Akhilah! I wish this for you and your whole family!!

This is the content of the last email to her....I verbally asked her in person today if she could at least tell me her reservations to which she just walked away from the car when I dropped Jackie off....so I just don't know what to do aside from a court order....but that will just make her talk about me badly more to Jackie....I hate that she still has control over me in many ways.....she knows I won't do anything that will lead to Jackie being hurt in any way if I can help it....and is manipulative like that.....I don't know how I could have ever been married to her - I feel like I did not even know who she was....anyway though - other email coming soon....to a theatre near you....please keep everything confidential....

Please Fill Out The Form So I Can Renew Jackie's Passport - I have been asking since early October

John Fouts <fouts.john@gmail.com>
to Lindsay, Bob, Bonnia

Lindsay,

I have asked you many times to fill out this form, and you keep saying that you will - but there seems to often be an excuse.

You said you didn't have a printer...I printed out a copy for you....

You said she didn't know how to fill it out....so I sent you a video link on YouTube that was a few minutes long and asked you to watch the video.

You said you didn't have time to get it notarized, so I sent you information on how to have it notarized online so you would not even have to go anywhere - yet still - you have not completed the form.

I am not able to renew the passport without the form since you are the other parent, and we have a minor and are divorced. Children cannot renew their own passports until the age of 17.

As I noted before, I really do not think you would like it at all, if I were treating you in the way that you are treating me with regard to trying to get this done for Jackie.

And previously, I sent you all the times I had asked you.....

I asked on these dates by email:
October 5
November 7
November 10
November 17

I asked by text on:
October 25
November 3
November 8

I have asked verbally in person or on phone on:
November 4
November 11
November 18

Passport renewal takes 6 to 9 weeks once the application has been finalized and submitted...

Since Nov. 18, I have also asked you several more times, but instead of responding, you ignore my questions about it each and every time.

It is federal law that both parents have to do their part in order for a child's passport to be renewed.

Please get the form notarized, so that I can renew Jackie's passport. If you need me to re-send the link about how to fill out the form, I can do that. Or if you need me to re-send the link about how to have the form notarized by an online notary, I can do that also.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

On Thu, Dec 22, 2022 at 6:26 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

I know we didn't get a chance to discuss this today, but here is a link regarding getting a passport for a minor. I don't mind bringing this up with mom as well, next time I meet with her, and we can discuss how you would like to be supported regarding this.
https://www.us-passport-service-guide.com/child-passport.html

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at* ***9-8-8* *or* ***CLICK HERE*** *for additional resources/support*

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - ***Tupac Amuru Shakur***

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 15, 2022 2:49 PM
To: Akhilah Cherry
Subject: Re: John Fouts shared a video with you
Attachments: Screenshot (194).png; image.png

Were you able to get it to work? Jackie has suddenly had very angry outbursts toward me after having a fine morning - so I don't know what is wrong. All I know is I fed Jackie Burger King again and I got the suddenly extremely angry outburst version of Jackie - so I am thinking there may be a potential food allergen involved. Jackie keeps telling me I am a stupid man that she hates, and keeps saying that she wants to die over ever having to see me again. I told her that I hear that she feels that way, that I am sorry that she feels that way, and have asked her over and over why she feels that way - but she refuses to answer me and keeps saying I already know when I don't. I have been trying to teach Jackie - but Jackie is so angry at me all the time - I cannot handle the anger and rage directed toward me. I have tried to talk to Jackie but Jackie says she does not understand how she is possibly being mean to me. Is there any way that I could call you after Jackie's mom picks her up? I will not be able to talk in the way that I need to have privacy before then - is that okay?

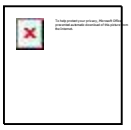
John

On Thu, Dec 15, 2022 at 10:28 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! I just wanted to touch base with you about this. For some reason, every time I click on it it shows an error. I tried it from my phone as well, but it wont show up for some reason (see attachment below)..

---------- Forwarded message ---------
From: **John Fouts (via Google Photos)** <noreply-78eb7cb33fa564237ebfc7ac9dbf4518@google.com>

Date: Sat, Dec 10, 2022 at 11:29 AM
Subject: John Fouts shared a video with you
To: <akhilah@louisvilleexpressivetherapies.com>



John Fouts: Too hard to strip audio from the video - this is one example - will send 2 more... I am the 'hated dad'.

View video

You received this mail because John Fouts shared these photos with you. If you no longer wish to receive email notifications of shared photos, unsubscribe here.

Get the Google Photos app

Google LLC
1600 Amphitheatre Pkwy
Mountain View, CA 94043 USA

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522

Louisville Expressive Therapies **| 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, December 10, 2022 11:54 AM
To: Akhilah Cherry
Subject: I ended up sending you 3 of the shorter video clips
Attachments: image.png; 20220819_162234.jpg; 20220819_162324.jpg; 20220819_162312.jpg

You can tell from them that Jackie is very emotionally dysregulated.

I can tell you that with the 2 households - at mom's house there have not ever been any consequences for anything for the most part...

At my house, when Jackie was younger, consequences made sense to Jackie. Now that Jackie is older [and post-pandemic times], Jackie does not seem to be able to correlate consequences with behaviors....so since any consequences have led to suicidality...I have erred on the side of no consequences, but feel that is not the best course of action.

Jackie hears me as screaming and yelling all the time when I am not - and when I have not ever been that way. Don't get me wrong - there have been times when I have yelled...I am a human and make mistakes....Jackie's mother used to scream all the time and we used to argue a lot in front of Jackie which I feel was traumatic for Jackie when Jackie was younger and I accept my role and responsibility for those mistakes.

I don't know how to help Jackie with recognizing tone? Jackie also is very defiant - and in the five minute long video - that is a typical part of most school days - and I cannot continue to try to homeschool Jackie with that kind of defiance - because it causes me to not have any energy. This is something Jackie denies - but Akhilah.....I have many major health problems...one of them is Chronic Fatigue Syndrome...and on many days...I cannot even get out of my bed very much - or am stuck at home....not for lack of wanting to! I just have an energy crisis physiologically in my body....and some kind of mitochondrial dysfunction....

As a side note, and with some background.... I used to not ever think that Jackie would hurt me....and I used to think until about a year and a half ago that we had a really good relationship....then all of the sudden it was like everything took a 180 degree turn and suddenly I became the 'bad guy' somehow....Jackie became very defiant toward me (which is reminiscent of when Jackie learned the word 'No' at 2 years old)...and I have felt at a loss to be able to provide Jackie with the help that Jackie needs. In addition to the videos, I included some photos of an earlier incident where Jackie had gotten upset and started hitting me....so I was trying to do a safe hands hold...I was sitting in a kitchen chair....Jackie walked her legs up the wall and knocked the chair over backwards, and I legit was screaming in pain and could not move for a half an hour...after that happened...Jackie came up and kicked me really hard in the lower back.....I probably should have tried to call 911 but I did not want Jackie to get in trouble. I have not recovered fully from that incident....which happened on August 16th...still....and that was because Jackie didn't like that I remembered a toilet seat to be at a different place than Jackie remembered...later....on a different day...some weeks later...Jackie slammed me in between the door jamb and the bathroom door because Jackie was angry with me...the uncontrollable rage scares me...especially because I do not know its source....

There may be a simple one word explanation.....'Autism'..... but that is not good enough for me as an explanation....because I need to know how I can help Jackie become the best version of Jackie possible. I feel that is my job as a parent.

And please, do not get me wrong. I love Jackie with all of my heart! I would totally do anything for Jackie, and Jackie knows this in her heart. I know that she does because she tells me that she does sometimes.... [I am still getting used to calling Jack Jackie and to saying she/her instead of he/him, so please bear with me]. Jackie and I have had some really awesome times together in life and I want more of the awesome times for both of us. Jackie is an amazing child with an incredible amount of talent - especially in terms of creativity - and has a special ability to make anyone around her smile. I used to tell her that this was her superpower - and really - I believe it is - because not many people have that kind of ability to make other people feel happy. Jackie is also a great storyteller and a great artist - especially once Jackie gets more comfortable being around someone.

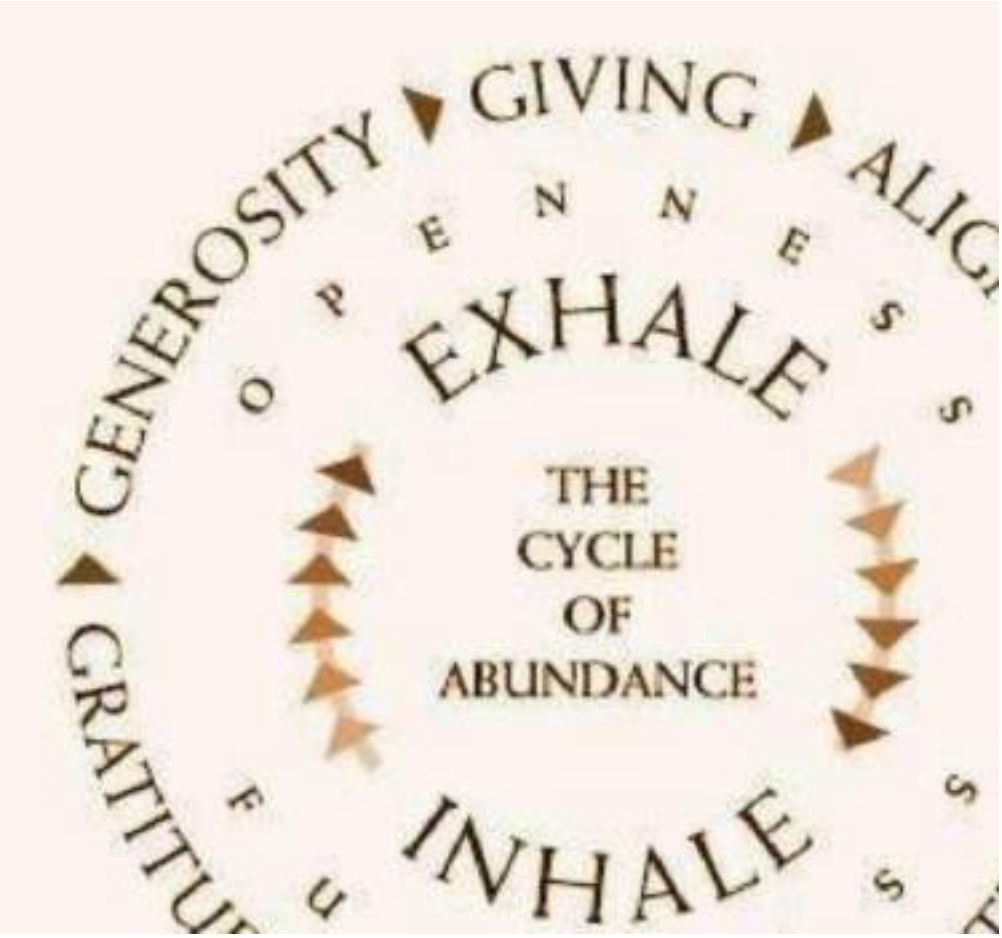
I have some immediate upcoming concerns because my dad will not recognize Jackie as Jackie [only will call her Jack], and will definitely not use she/her pronouns....my dad was born in 1944...and is old school.....out of necessity...due to medical issues....we are having to move in with my parents [we have had to live there before], and this will not be healthy for Jackie....my mom can also be very emotionally abusive - really to anyone around her - but she takes it out the most on those she loves.....she is also caring for her 93 year old mother...who is extremely emotionally abusive to her....so it is like she takes the abuse and then dishes it out....I need the cycle of abuse to end right here and right now.

I'm on the section 8 / housing choice voucher wait list but it is 5.5 years long....the medicaid waiver list is 6 years long. There are some emergency housing choice vouchers at seven county services and at center for women and families but I don't know how to gain access to those. Do you? This is all uncharted waters for me.

I won't bother you again unless you need more information, or until you reach out to me. I just felt that a longer background or a better picture of context might be helpful in terms of you and how you can help Jackie also - and me with parenting Jackie better - I am sure I need quite a bit of improvement myself....I never want to stop improving especially to be a better dad for Jackie...

Last thing I will throw out there is that where I live now - there is a mold problem - that the landlord has reffused to fix for a period of years now...I have lived here for 5 years and I am wondering if the mold has affected Jackie. The mold is primarily on the undersides of the floorboards....but mold toxicity can affect people very adversely.

Again, hope you have a very happy weekend.



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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, December 10, 2022 11:07 AM
To: Akhilah Cherry
Subject: Perfectly Fine To Call Me Any Time

Yes Akhilah - absolutely 100% fine. Thanks for asking. I will send the audio files here in a bit. I will try to cut it down to 3 of the shorter ones (so will only be a few minutes). I will have to send those links in a separate email though.

Thank you.

Hope you are having a good weekend.

John

On Sat, Dec 10, 2022 at 9:18 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Sorry for my late response, I had clients late again yesterday.
>
> Sure! That would be cool if you sent them to me. I understand, I definitely hear you wanting to find some tools that could work for the both of you at home. I will have some things to bring during session that you can either take home, or I can email. I may reach out to you via phone one day next week as well, if that is okay, after our session with mom. Just to get some input, and maybe offer any insight I might have. Would that be alright as well?
>
> Let me know your thoughts, thanks!
>
> On Fri, Dec 9, 2022 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Yes start next week - better for Jackie - and yes you can correspond with both of us - unless it is a situation where it would not be relevant for one of us - but scheduling is relevant to both of us (if that statement makes any sense). Also, I was going to tell you that I have taken some videos (with Jackie knowing) to help you maybe help us work through what we both need to change (Jackie and me) in terms of the dynamic in our relationship. I am honestly at a loss a lot of the time because it seems like there is behavior that needs modification, but consequences don't work, because if there are consequences, then I end up in a land of emotional dysregulation with Jackie for days sometimes and there seems to be a lack of understanding of how the consequence applies to the behavior, or a total lack of self awareness which I am sure is an autism thing, but I need some guidance around some situations please, and the videos are a good way to get that (video part isn't really relevant it is just the audio). May I send you some of those files? I will cut them down to size to being only the relevant parts - maybe 3 or 4 of them? I also understand if that is too much to ask! Just let me know.
> >
> > John
> >
> > On Fri, Dec 9, 2022 at 5:02 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> >
> > > Awesome! And yes, I can correspond with the both of you? So would you like to start next week? Or wait to alternate after the holidays? If sooner, I can go ahead and add it today!

On Fri, Dec 9, 2022 at 4:59 PM John Fouts <fouts.john@gmail.com> wrote:

Akhilah,

Lindsay (Jackie's mom), has agreed to bring Jackie to therapy on Thursday nights during her weeks (next week is her week) - we alternate weeks.

Please, can you add Jackie to your schedule for every Thursday night at the L.E.T. Frankfort Ave. location?

Also, can you please, then with the holiday schedule included, send us both a full schedule - at least through the holidays - so we can see what days are off days for you at L.E.T.?

Lindsay's email address is: lindsayfoutscpa@gmail.com. Her phone number is (502) 475-6897. Email is probably the best way to reach her - or text msg.

You already know mine, but I am listing here just for the sake of completeness. My email address is Fouts.John@gmail.com and my phone number is (502) 956-0052.

Jackie really enjoyed meeting with you last night and is already excited about playing hockey again with you next week!

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, December 9, 2022 5:05 PM
To: Akhilah Cherry
Subject: Re: Great News! - Jackie's Mom Has Agreed To Thursdays at 7:30 pm On Her Weeks

Yes start next week - better for Jackie - and yes you can correspond with both of us - unless it is a situation where it would not be relevant for one of us - but scheduling is relevant to both of us (if that statement makes any sense). Also, I was going to tell you that I have taken some videos (with Jackie knowing) to help you maybe help us work through what we both need to change (Jackie and me) in terms of the dynamic in our relationship. I am honestly at a loss a lot of the time because it seems like there is behavior that needs modification, but consequences don't work, because if there are consequences, then I end up in a land of emotional dysregulation with Jackie for days sometimes and there seems to be a lack of understanding of how the consequence applies to the behavior, or a total lack of self awareness which I am sure is an autism thing, but I need some guidance around some situations please, and the videos are a good way to get that (video part isn't really relevant it is just the audio). May I send you some of those files? I will cut them down to size to being only the relevant parts - maybe 3 or 4 of them? I also understand if that is too much to ask! Just let me know.

John

On Fri, Dec 9, 2022 at 5:02 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

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Therapist
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John R. Fouts, MBA

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Sent: Friday, December 9, 2022 4:59 PM
To: Akhilah Cherry
Subject: Great News! - Jackie's Mom Has Agreed To Thursdays at 7:30 pm On Her Weeks

Akhilah,

Lindsay (Jackie's mom), has agreed to bring Jackie to therapy on Thursday nights during her weeks (next week is her week) - we alternate weeks.

Please, can you add Jackie to your schedule for every Thursday night at the L.E.T. Frankfort Ave. location?

Also, can you please, then with the holiday schedule included, send us both a full schedule - at least through the holidays - so we can see what days are off days for you at L.E.T.?

Lindsay's email address is: lindsayfoutscpa@gmail.com. Her phone number is (502) 475-6897. Email is probably the best way to reach her - or text msg.

You already know mine, but I am listing here just for the sake of completeness. My email address is Fouts.John@gmail.com and my phone number is (502) 956-0052.

Jackie really enjoyed meeting with you last night and is already excited about playing hockey again with you next week!

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, December 4, 2022 1:00 PM
To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4893.jpeg; IMG_4892.jpg; image.png; IMG_4891.jpg

There should already be a form for release on file at L.E.T. but if I need to fill out a separate one that is okay. We had finally gotten Jackie approved for ABA but then before we even had our first session, the ABA therapist decided she could not take on another client.

We had 2 sessions with a speech therapist but she is on maternity leave until March.

We are on a waiting list for Occupational Therapy and have been for months.

Jackie sees a talk therapist at Seven County Services named Lindsey Smith (ROI on file already for L.E.T.) but if you need one specifically for your name - I understand - just let me know.

I have my own fax number for medical records or whatever (502) 996-8246.

Thank you Akhilah.

John

p.s. I would love to see a therapy plan with goals that we could measure progress toward.

On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).
>
> We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.
>
> Either way, looking forward to collaborating with you all!
>
> On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Hi Akhilah!
> >
> > Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without

Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar

of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and

we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

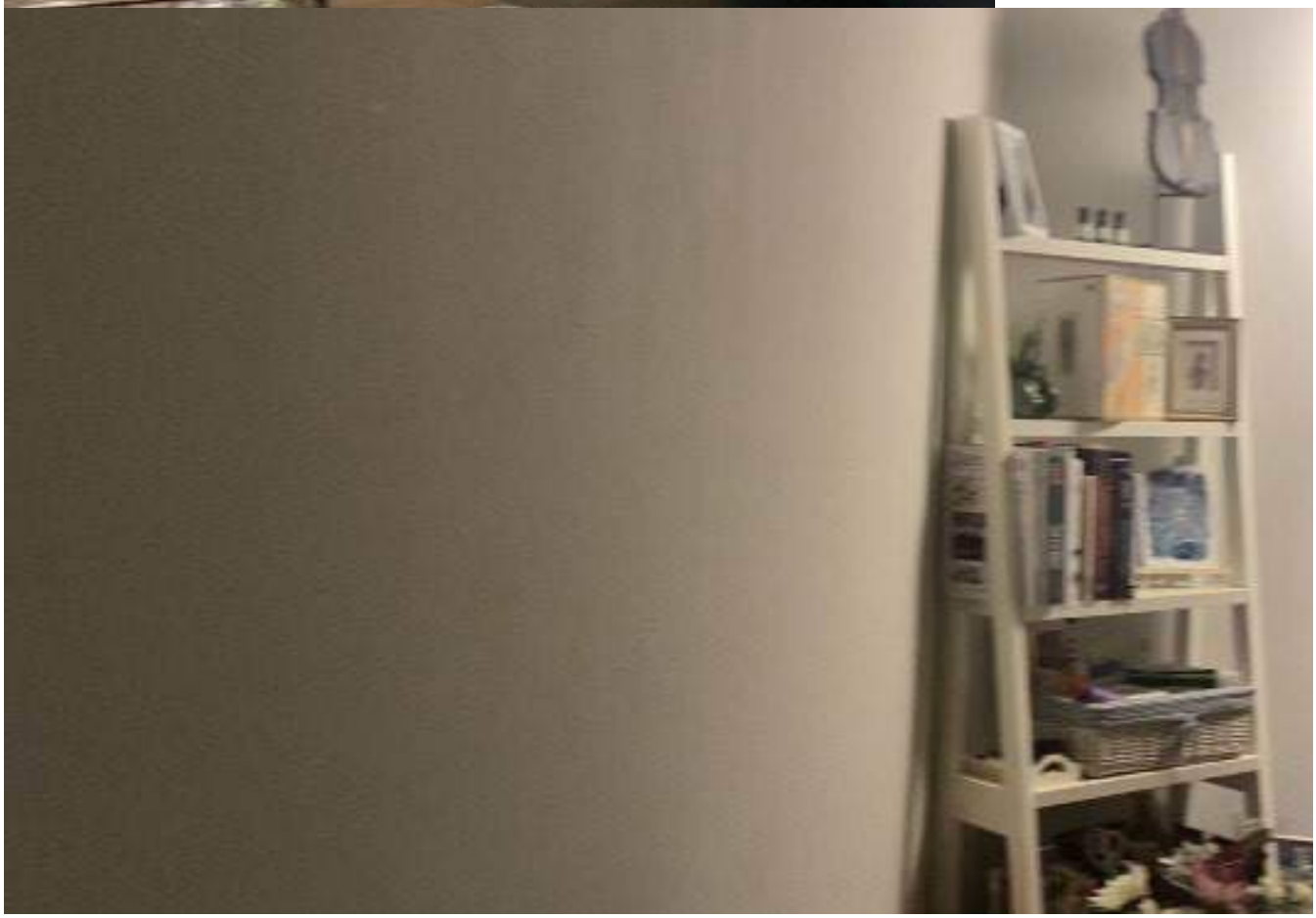
We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

**If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support*

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, December 3, 2022 11:36 AM
To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4891.jpg; IMG_4893.jpeg; IMG_4892.jpg; image.png; IMG_4890.jpg

Hi Akhilah!

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I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Thanks so much! I love big earrings :)
>
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> Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.
>
> Let me know your thoughts!
>
> Akhilah

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John

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I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

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6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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Dani Creamer

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Let me know what your thoughts are :)

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Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

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John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an

occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support***

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fouts.john@gmail.com

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To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4892.jpg; IMG_4893.jpeg; IMG_4891.jpg; image.png

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Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
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John (Jackie's dad)

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If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

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Dani and Akhilah,

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Sincerely,
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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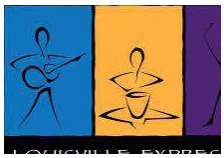
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
Louisville Expressive Therapies **| 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support**

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 23, 2022 2:29 PM
To: Akhilah Cherry
Cc: Dani Creamer
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4892.jpg; IMG_4893.jpeg; IMG_4891.jpg

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

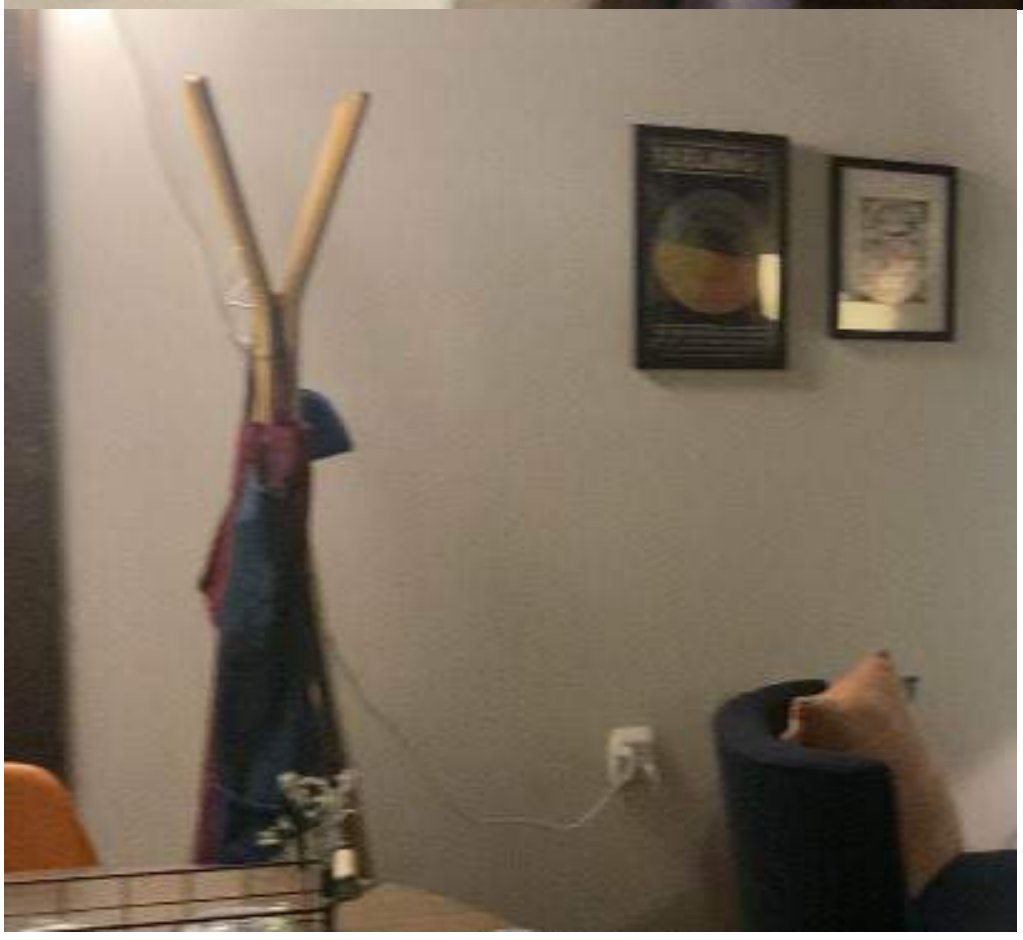
I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

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John R. Fouts, MBA

Fax. 502.996.8246

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Attachments: IMG_4890.jpg; IMG_4892.jpg; IMG_4893.jpeg; IMG_4891.jpg

The place looks cool. Jackie takes nighttime meds at 5:30 that help Jackie wind down, so I don't think an evening spot would be helpful. The problem with Saturday is that Jackie has alternating Saturdays with me and Jackie's mom...and she does not like to bring Jackie to any appointments...and I feel strongly that Jackie needs weekly appointments. Let me talk to Jackie and get that perspective and get back to you.

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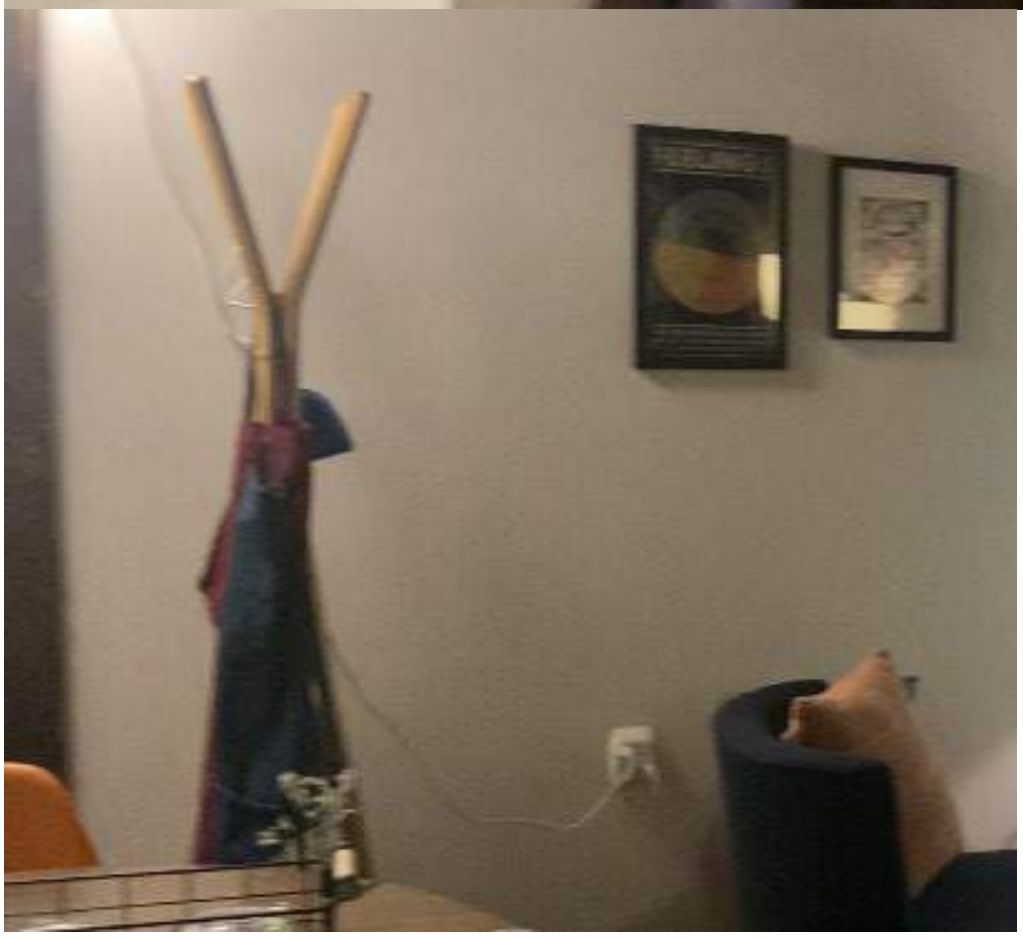

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Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a

week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206

1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
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• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 18, 2022 9:55 PM
To: Akhilah Cherry
Subject: Re: Transition after December and further recommendations

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

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> Good afternoon, John!
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> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
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> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
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> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

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Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 22, 2023 2:24 PM
To: Akhilah Cherry; Akhilah Cherry
Subject: Are you going to be at LET tonight?

Jackie and I have something small for you that I think you'd really enjoy. We just wanted to know if we could give it to you tonight if you'd be up there. Jackie really wants to give it to you in person.

John

ps Hope everything is good with you and your family.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 10, 2023 2:43 PM
To: Akhilah Cherry; Beatriz OjedaAlberteris
Subject: Need Copy of Treatment Plan Please - 2023-01-10

Hi Akhilah.

Beatriz is Jackie's other therapist (non-art-therapist) at Seven County Services. Jackie used to see Lindsey Smith there, but Lindsey has moved on and taken a different position.

I was able to meet with Beatriz today, and she said because of Medicaid rules, you each are not allowed to work on a treatment plan with any kind of overlap. I learn more things about how tough Medicaid makes things every day, yet have no control right now over choosing any other type of insurance.

Akhilah, could you please send me a copy of the treatment plan - I realize you only recently began seeing Jackie, so a copy of the plan that Dani had might be the best thing in the interim. I know you are still formulating a plan for Jackie at the moment.

If you can send it to me, and to Beatriz, it would be great appreciated.

I'm confident that you both will be great for Jackie. By the way, I found some 'spinners' at my parents house for the game that Jackie and you were working on, and will try to remember to send them with Jackie tonight when Jackie heads back to her mom's house.

I'm heading into my bankruptcy hearing shortly. Wish me luck please.

John

p.s. You may fax the treatment plan if that is easier, to 502.996.8246 (my personal fax number that I have for medical record transfer purposes). Whatever is easier for you. Also - you should already have paperwork on file that allows you, and Seven County Services, to exchange information freely...and if you need any other paperwork please let me know. Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 8, 2023 2:22 PM
To: Akhilah Cherry; Theresa Adamchik
Subject: Fwd: Follow Up
Attachments: MH Provider Checklist (1).docx; Medicaid MH Providers.docx

Hi Akhilah and Theresa.

I am writing with regard to Jackie and a referral Jackie's doctor (Dr. Mahajan) wrote for Jackie to go to the PAGE clinic at the Novak Center.

In order for Jackie to schedule an appointment, we have to have a letter from a mental health provider. The letter we need has requirements that are outlined in the attached template.

I asked the Pediatric Endocrinology Department if a letter from art therapy would be okay, and they said that it should be fine if the art therapist is comfortable affirming Jackie's gender identity.

They also provided a listing of mental health professionals that they said do letters for them regularly - but said we would not have to add another therapist on to Jackie's team if a therapist we already had could do the letter for Jackie. I need to start saying Jaqquelyn. I am still getting used to the newer more full name. I have to say, however, that I do really like the way that Jaqquelyn decided to spell it.

Please let me know if you all can do a letter. Because they are able to use puberty blocking agents, and Jackie is beginning to go through puberty, I feel like time is of the essence. If you all are not able to do the letter, please let me know that as well, so I could try to get Jackie an appointment with an additional provider of mental health services.

John

---------- Forwarded message ---------
From: **Belmont, Leslie** <Leslie.Belmont@nortonhealthcare.org>
Date: Mon, May 8, 2023 at 11:40 AM
Subject: Follow Up
To: fouts.john@gmail.com <fouts.john@gmail.com>

Good afternoon!

It was a pleasure to speak with you. Please find attached recommendations of mental health providers and letter guidelines.

Please don't hesitate to reach out if you have any questions or concerns.

Looking forward to hearing from you!

Thank you,

Leslie Belmont, MS, BSN, RN

Office: (502) 588-3400 extension 50564
Novak Center for Children's Health
411 East Chestnut St.
7th Floor
Louisville, KY 40202
leslie.belmont@nortonhealthcare.org

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 1, 2022 6:20 PM
To: Dani Creamer
Cc: John Fouts; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

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John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

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Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a

week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206

1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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John R. Fouts, MBA

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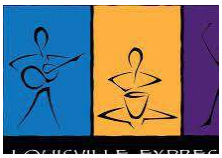
Akhilah Cherry, MA, LPCA (she/her/hers)

Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
Louisville Expressive Therapies **| 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 1, 2022 6:20 PM
To: Dani Creamer
Cc: John Fouts; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

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However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

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John R. Fouts, MBA

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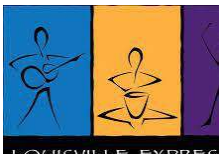

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 30, 2022 6:24 PM
To: Dani Creamer
Cc: Theresa Adamchik
Subject: Re: Transition after December and further recommendations
Attachments: IMG_4890.jpg; IMG_4892.jpg; IMG_4893.jpeg; IMG_4891.jpg

Thank you - I understand everything that you said. Part of the issue is that Jackie has such anger, and I don't know where it stems from, and I don't think Jackie really knows either. Today, on the ride to Bardstown and back for me for TMS....Jackie admitted that Jackie just takes Jackie's anger out on me (and not on anyone else). I told Jackie I appreciated that that was possible - to voice that out loud - and that I was proud of Jackie for realizing and acknowledging this. I also told Jackie that it is hard on me to absorb that negative energy (because it really is - it did not used to be)...before I got really sick it was not a big issue...but now...it is...so it is something that we need to work on...

Have not heard from Akhilah at all - I am concerned about the lack of communication - each time she is supposed to communicate, it seems that she doesn't. I am still waiting on her to get back to me from that email on Nov. 17th....it is 13 days later today - the holidays were in there...but still....it is concerning to me...I need to know if the every other week at 7:30pm is still going to work for her??? Can you find out since she has not communicated that? Can you find out please if she does not want to deal with Jackie or something? I want to make sure it is going to be a good fit.

John

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For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:

Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 30, 2022 4:35 PM
To: Dani Creamer
Cc: Akhilah Cherry; Theresa Adamchik
Subject: Re: Last session tomorrow

Okay Dani - I told Jackie - and Jackie understands

On Wed, Nov 30, 2022 at 10:34 AM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I hope you are well and JaF had a wonderful holiday last week. I wanted to reach out and state that Akhilah will be unable to attend in person tomorrow due to her other job needing her during JaF and my appointment time. I have asked Akhilah if she has 10 minutes to talk toward the end of the session, we could potentially meet via google meet. However, please inform JaF that Akhilah will not be present due to her other commitments. Please emphasize journaling, drawing, doing a puzzle, or playing a game to assist them if they become angered, or finding something to calm them down before communicating with you.
>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 17, 2022 8:08 PM
To: Dani Creamer
Cc: Theresa Adamchik; Akhilah Cherry; Akhilah Cherry
Subject: Re: Transition after December and further recommendations

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

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Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

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ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

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Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 11, 2022 11:08 PM
To: Dani Creamer
Subject: Re: meeting new therapist for JaF

Thank you Dani. I just want to tell you how good of a therapist you are....already...well above and beyond the norm from my experience....and I am so deeply grateful for you caring so much for Jackie. I understand where you are coming from, and need you to be able to have that discussion with Jackie about how you will not have contact...it is going to be hard for Jackie to understand I think. Thank you for all that you have done to help Jackie.

John

On Fri, Nov 11, 2022 at 5:25 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Great question how you pronounce Ahkilah's name is (Ah-kee-lah), and I can also provide a line of contact for them once they meet JaF. For JaF contacting me after our time together, I will have a discussion with my supervisor as to how to have this conversation with JaF. Due to my time ending with JaF, I will no longer have contact information with them such as email, phone number, etc. Therefore, there will not be be a line accessible for me to be reached at. However, I can have this conversation with JaF in a different way to explore change, transition, and how we can overcome this challenge.
>
> Sincerely,
> Danielle Creamer

On Fri, Nov 11, 2022 at 4:03 PM John Fouts <fouts.john@gmail.com> wrote:

> Yes I would like to meet the new therapist (he/she?) - how do you pronounce their name?
>
> Also - Jackie wanted to know about how to keep in touch with you once you are no longer at LET.
>
> John

On Fri, Nov 11, 2022 at 3:53 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Next week during Jackie's appointment, I wanted to ask if you all would like to meet JaF's potential new therapist with LET after my transition on November 17th. We wanted the transition to be as smooth as possible for JaF and for them to get to know the therapist Akhilah before my leaving on December 2nd. Please let me know your thoughts.
>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 11, 2022 4:03 PM
To: Dani Creamer
Subject: Re: meeting new therapist for JaF

Yes I would like to meet the new therapist (he/she?) - how do you pronounce their name?

Also - Jackie wanted to know about how to keep in touch with you once you are no longer at LET.

John

On Fri, Nov 11, 2022 at 3:53 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> Next week during Jackie's appointment, I wanted to ask if you all would like to meet JaF's potential new therapist with LET after my transition on November 17th. We wanted the transition to be as smooth as possible for JaF and for them to get to know the therapist Akhilah before my leaving on December 2nd. Please let me know your thoughts.
>
> Sincerely,
> Danielle Creamer

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 19, 2023 12:24 PM
To: Darcie Taggart
Subject: 504 Plan / Clonidine Side Effects List (although taking since 3 years old and night terrors did not occur until last 1 year or so...) / Anger Workbook We Completed / Emotions Wheels
Attachments: image.png; image.png; image.png; image.png; image.png; 2023-09-19-504-Plan-Draft-Jackie-Fouts.pdf; 2023-09-19-Gastroparesis-NORD-Description.pdf

Darcie,

Thanks so much for your time this morning. I'm so glad to hear you are taking care of the dust at your place, literally... Jackie and I both have pretty severe dust allergies and dust mite allergies, and asthma, so it's great to hear you take care of things!! I've been trying to help my parents clean their home, but they don't appreciate the help so I've had to 'grin and bear it' as they say...

Attached, please find a copy of the 504 plan in draft form - I realized I do not have a copy of the finalized form, so I asked Jennifer Rullan (Counselor a school) for a copy of the final form - but it should be the same as this one.

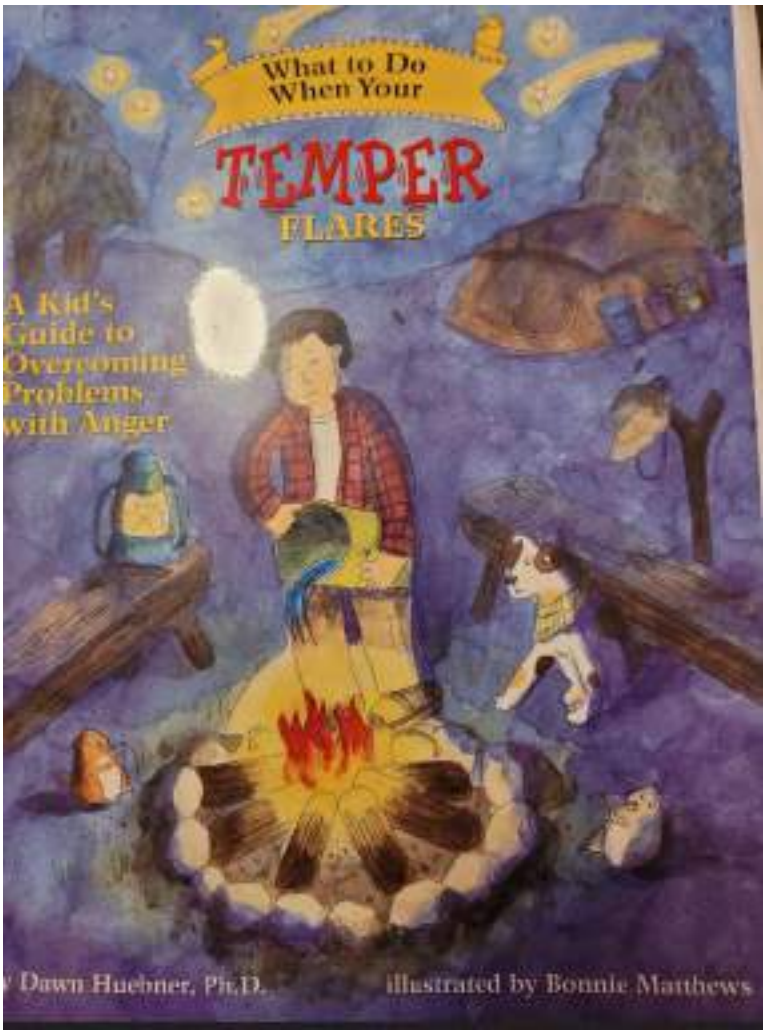
Also, please see below, screenshots of an anger workbook we completed as part of homeschool - because I believe strongly - that emotional intelligence and education is as important if not more so than intellectual intelligence and education.

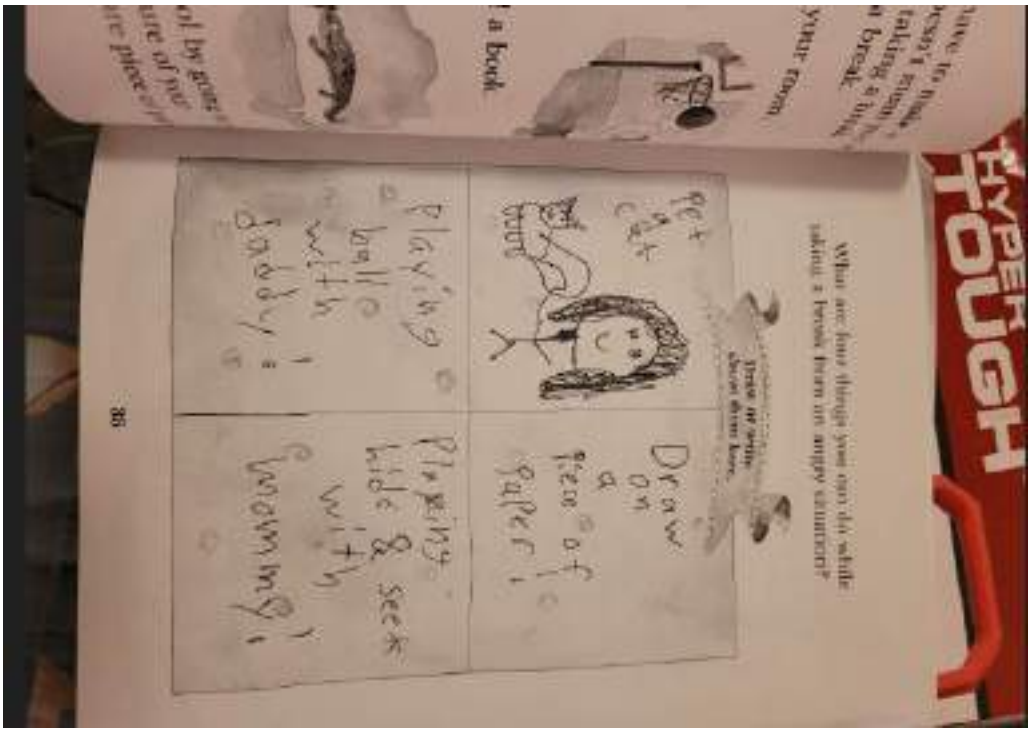
Also, please find attached, information about Gastroparesis from NORD (National Organization for Rare Disorders), and information / screenshots of two emotions wheels Jackie used with Akhilah and Dani - former art therapists (or Akhilah is still there I guess) - but Jackie seemed to be improving on recognizing emotions by utilizing the emotions wheels...

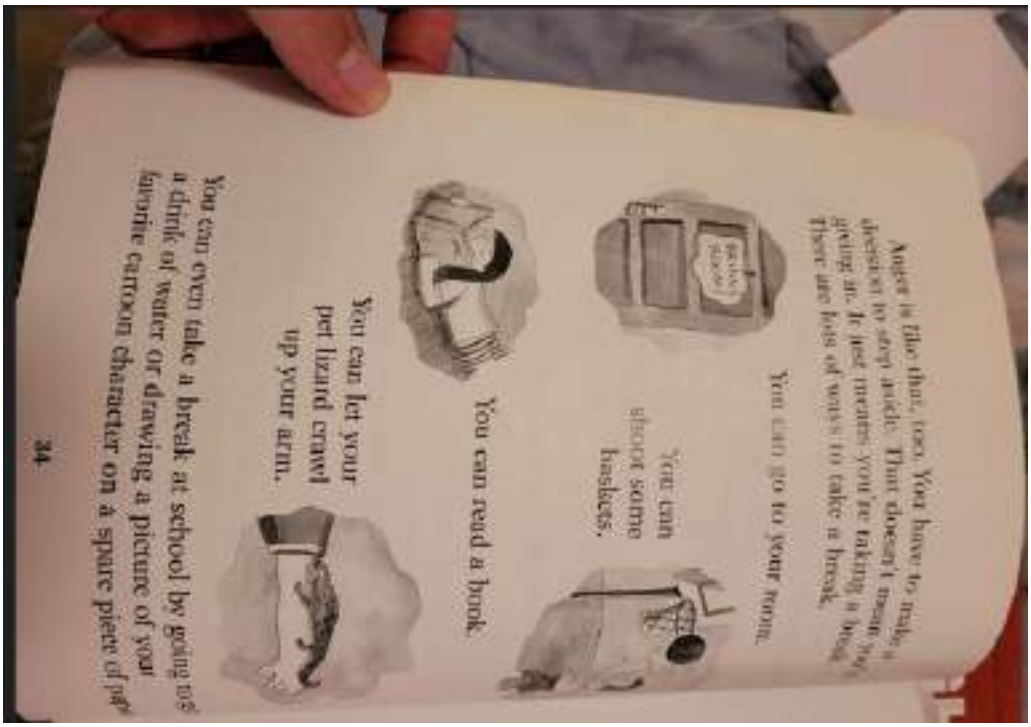
Jackie even made a game with Akhilah that was pretty cool - maybe you and she could play it sometime.

Feelings Wheel
SAD
SCARED
JOYFUL
POWERFUL
PEACEFUL
DISTANT
SARCASTIC
RESENTFUL
JEALOUS
FRUSTRATED
CRITICAL
SKEPTICAL
REVENGEFUL
DISCOURAGED
INSIGNIFICANT
INADEQUATE
EMBARRASSED
OVERWHELMED
CARING
FASCINATING
STIMULATING
AMUSED
PLAYFUL
OPTIMISTIC
SURPRISED
SUCCESSFUL
WORTHWHILE
VALUEABLE
DISCERNING
CONFIDENT
TRUSTED
RESPECTED
PROUD
HOPEFUL
CREATIVE
CHEERFUL
ENERGETIC
SENSUOUS
EXCITED
ANXIOUS
INSECURE
WORTHLESS
REJECTED
CONFUSED
CRITICAL
HATEFUL
ANGRY
HOSTILE
MAD
GUILTY
ASHAMED
EMBARRASSED
LONELY
BORED
TIRED
SLEEPY
ANESTHETIC
ISOLATED
INFERIOR
STUPID
PREOCCUPIED
DISTANT
SARCASTIC
RESENTFUL
JEALOUS
FRUSTRATED
CRITICAL
SKEPTICAL
REVENGEFUL
DISCOURAGED
INSIGNIFICANT
INADEQUATE
EMBARRASSED
OVERWHELMED
CARING
FASCINATING
STIMULATING
AMUSED
PLAYFUL
OPTIMISTIC
SURPRISED
SUCCESSFUL
WORTHWHILE
VALUEABLE
DISCERNING
CONFIDENT
TRUSTED
RESPECTED
PROUD
HOPEFUL
CREATIVE
CHEERFUL
ENERGETIC
SENSUOUS
EXCITED
ANXIOUS
INSECURE
WORTHLESS
REJECTED
CONFUSED
CRITICAL
HATEFUL
ANGRY
HOSTILE
MAD
GUILTY
ASHAMED
EMBARRASSED
LONELY
BORED
TIRED
SLEEPY
ANESTHETIC
ISOLATED
INFERIOR
STUPID
PREOCCUPIED
RELAXED
PASSIVE
RESPONSIVE
SERENE
SECURE
THANKFUL
CONFIDENT
DISCERNING
VALUEABLE
WORTHWHILE
SUCCESSFUL
SURPRISED
OPTIMISTIC
PLAYFUL
AMUSED
STIMULATING
FASCINATING
CARING
OVERWHELMED
EMBARRASSED
INADEQUATE
INSIGNIFICANT
DISCOURAGED
REVENGEFUL
SKEPTICAL
CRITICAL
RESENTFUL
SARCASTIC
DISTANT

EMBARRASSED
SCARED
WORRIED
SURPRISED
CALM
HAPPY
CONFUSED
ANGRY
BORED
SAD


What to Do When Your
TEMPER
FLARES
A Kid's Guide to Overcoming Problems with Anger
Dawn Huebner, Ph.D.
illustrated by Bonnie Matthews


HYPER TOUGH
Draw on a piece of paper.
Playing hide & seek with Mommy!
Playing ball with Daddy!
Pet a cat



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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Jack Fouts (Classroom) <no-reply@classroom.google.com>
Sent: Thursday, April 27, 2023 2:59 PM
To: Fouts.John@gmail.com
Subject: Jack Fouts added a private comment on "Art Therapy With Akhilah"

Hi John,

Jack Fouts added a private comment on **Art Therapy With Akhilah** in **The Fouts Academy**.

NEW COMMENT

Jack Fouts

I will be to tired to mark this As done tonight so I will mark it as done now or it will day doe late

Reply

Posted Apr 27 by Jack Fouts

Google LLC 1600 Amphitheatre Parkway, Mountain View, CA 94043 USA
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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Wednesday, December 28, 2022 7:38 PM
To: fouts.john@gmail.com
Subject: Out of Office from 12/22/22 - 1/5/23 Re: A few things

This email is not being monitored regularly as **I will be out from 12/22/22 - 1/5/23**. You can leave a message on the office line at 502-509-5380, and someone will get back to you.

If you are experiencing a crisis and need immediate help, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support.*

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
Louisville Expressive Therapies | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206

--

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m: 502 - 512 - 8522
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"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." ***- Tupac Amuru Shakur***

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, December 23, 2022 9:56 PM
To: fouts.john@gmail.com
Subject: Out of Office from 12/22/22 - 1/5/23 Re: Passport info - Response - Please Keep Confidential - 2022-12-23

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 22, 2022 4:51 PM
To: Jack Fouts
Subject: Fwd: appt link
Attachments: image.png

---------- Forwarded message ---------
From: **Akhilah Cherry** <akhilah@louisvilleexpressivetherapies.com>
Date: Thu, Dec 22, 2022, 4:50 PM
Subject: appt link
To: John Fouts <fouts.john@gmail.com>

https://video.simplepractice.com/appt-9640604aa72c3dcdc36a113f26e2a789

--
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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 22, 2022 4:49 PM
To: Jack Fouts
Subject: Telehealth Akhilah

Here is the link for 4:30
https://video.simplepractice.com/appt-382f7a312b89282420d162c9599b8b0c

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, June 21, 2023 12:09 PM
To: Jackie Fouts
Subject: Fwd: Akhilah's contact information? -- We can send the hammer to Akhilah - or we can drop it off for her at L.E.T.

---------- Forwarded message ---------
From: **Theresa Adamchik** <theresa@louisvilleexpressivetherapies.com>
Date: Wed, Jun 21, 2023 at 9:07 AM
Subject: Re: Akhilah's contact information?
To: John Fouts <fouts.john@gmail.com>

Yes, you can mail it or drop it off at

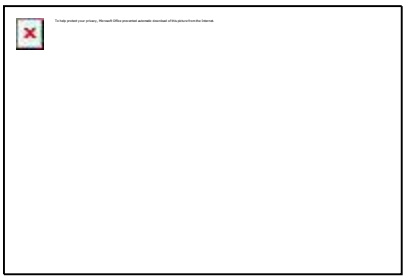
Louisville Expressive Therapies
c/o Akhilah Cherry
2518 Frankfort Ave
Louisville KY 40206

On Mon, Jun 19, 2023 at 3:27 PM John Fouts <fouts.john@gmail.com> wrote:

> Theresa,
>
> Is Akhilah still working for you? Jackie and I found a gavel that says "Kaboom" on it and Jackie would like to mail it to her or give it to her but we don't know how or where to reach her.
>
> Sincerely,
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--
Theresa Adamchik ATR-BC, LPAT, LPCC

Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



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Louisville, KY 40206

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 23, 2023 7:35 PM
To: Jackie Fouts
Subject: Fwd: Okay will let you know on the virtual
Attachments: image.png

---------- Forwarded message ---------
From: **Akhilah Cherry** <akhilah@louisvilleexpressivetherapies.com>
Date: Thu, Feb 23, 2023 at 5:00 PM
Subject: Re: Okay will let you know on the virtual
To: John Fouts <fouts.john@gmail.com>

https://video.simplepractice.com/appt-af686ff72eeb4ce0276db861c48b34d9

On Thu, Feb 23, 2023 at 4:55 PM John Fouts <fouts.john@gmail.com> wrote:
> Can you send us a virtual link just in case?
>
> On Thu, Feb 23, 2023, 4:46 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> No, sorry! I have clients up until 7:30 pm. I can meet virtually if that works better, that wouldn't be a problem.
>
> On Thu, Feb 23, 2023 at 4:36 PM John Fouts <fouts.john@gmail.com> wrote:
> > Please lmk.

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVlHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

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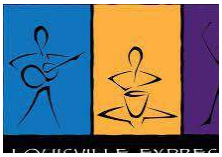

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, March 30, 2023 7:15 PM
To: Jackie Fouts; Jack Fouts
Subject: Fwd: Need telehealth tonight plz

---------- Forwarded message ---------
From: **Akhilah Cherry** <akhilah@louisvilleexpressivetherapies.com>
Date: Thu, Mar 30, 2023, 6:20 PM
Subject: Re: Need telehealth tonight plz
To: John Fouts <fouts.john@gmail.com>

No worries! Here is a virtual link for tonight
https://video.simplepractice.com/appt-472802928634030a1f40b7dc3e57d7b9?callback=simplepractice

As far as I am understanding, the bill was originally going to affect mental health services, but to my understanding it got excluded so gender affirming mental health care wouldn't be affected. That was a week ago when I heard that, I am not sure if it still stands that way. I know you mentioned reaching out to LYG before, but I would definitely encourage reaching back out to them again just to ask some of these questions. They are pretty insightful, I know the director that works over there. He/They are kinda awesome.

As far as getting info to speak to someone, I believe the first 24 hrs there may not be any info available, but I could be wrong. You could try back tomorrow and see if you can tell them what happened and see about getting in touch with her. I also don't know if it makes a difference, if you are listed as an emergency contact if they are allowed to share any info. If you have the same last name, you may be able to use that to get in touch.

And yes, I spoke with the SC case worker. Glad she was able to get in touch. She mentioned trying to get in touch with the ABA therapist as well. Happy to be able to connect with J's other therapists to assist in being able to provide the best care possible :)

On Thu, Mar 30, 2023 at 6:08 PM John Fouts <fouts.john@gmail.com> wrote:

> I'm too tired to bring Jackie.
>
> Also, fyi, Jackie's mom checked in The Brook again yesterday.
>
> She did not give us her number or anything. Do you know how that works in terms of trying to reach someone? Jackie wants to talk to her mommy.
>
> Also, do you know what this new ridic bill banning transgender rights in KY is all about? It has me concerned.

Also, I heard Stacy from 7 County Svcs was able to connect with you, so thought that was good.

Talk to you a bit tonite.

John

P.s. Jackie is very tired but looking forward to talking to you.

fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, April 13, 2023 11:46 AM
To: jackie.a.fouts@gmail.com; John Fouts
Subject: Virtual Session - 12:30 pm, 4/13/23

https://video.simplepractice.com/appt-fc4bf557b520c1403ff5cf59869d29c8

--
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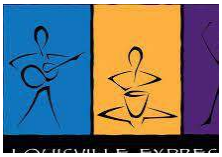

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Sent: Thursday, April 13, 2023 11:46 AM
To: jackie.a.fouts@gmail.com; John Fouts
Subject: Virtual Session - 12:30 pm, 4/13/23

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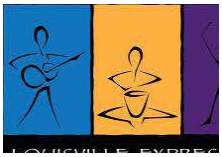

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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Tuesday, August 8, 2023 12:24 PM
To: John Fouts
Subject: Re: AC

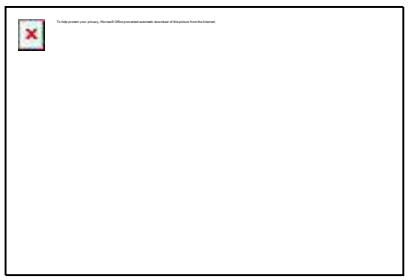
The gender affirming care was out of her scope of practice.

On Tue, Aug 8, 2023 at 12:11 PM John Fouts <fouts.john@gmail.com> wrote:

> Did Akhilah say why? Just would like to know. It had seemed like they had formed a good bond and just really weird now?
>
> Let's talk about it briefly during my session, and I will get you the other stuff regarding information you asked for afterward. I have a case manager meeting at 12:30 now (was at 12).
>
> See you soon.
>
> John

On Tue, Aug 8, 2023 at 12:01 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> Akhilah is not able to take JaF at this time.
> I can help you find a new therapist for them.
> If you can send me your prerequisites (insurance, types, genders, locations, etc) I will post it in the local therapist forum to see if anyone has any openings.
>
> Thanks,
> Talk soon
> T
>
> --
> Theresa Adamchik ATR-BC, LPAT, LPCC
> Creative Director, Owner
> Theresa@LouisvilleExpressiveTherapies.com
> Business 502-509-5380



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Fax. 502.996.8246

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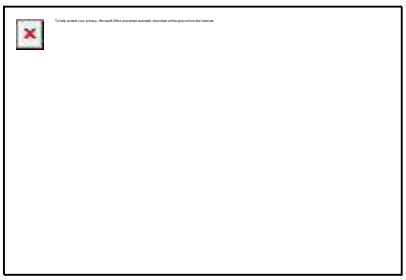

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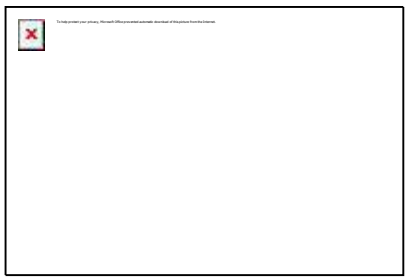

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John R. Fouts, MBA

Fax. 502.996.8246

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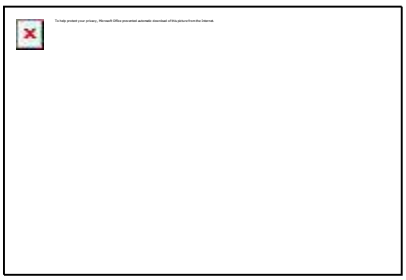

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To: John Fouts
Subject: AC

Akhilah is not able to take JaF at this time.
I can help you find a new therapist for them.
If you can send me your prerequisites (insurance, types, genders, locations, etc) I will post it in the local therapist forum to see if anyone has any openings.

Thanks,
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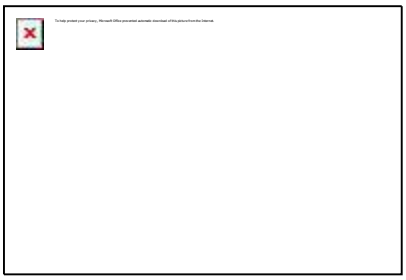

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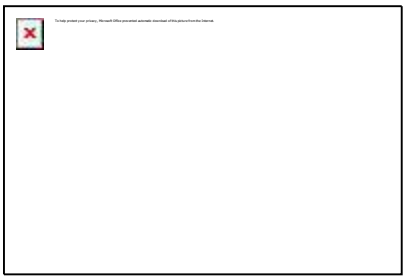

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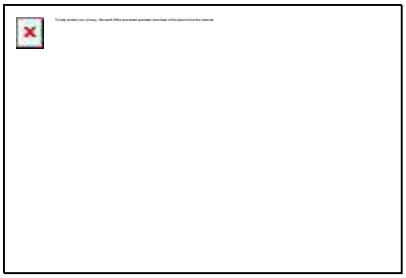

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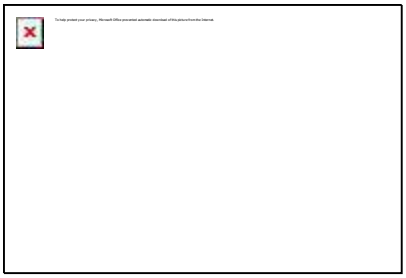

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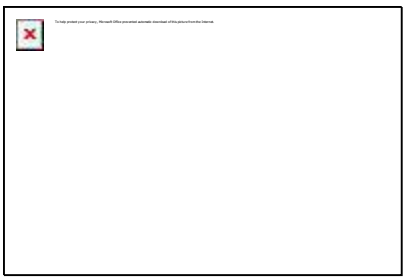

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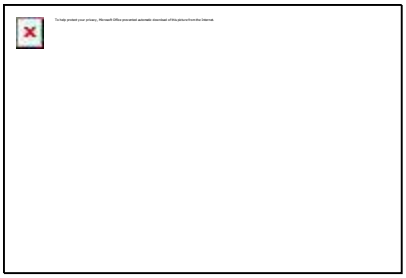

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Sent: Thursday, June 22, 2023 3:35 PM
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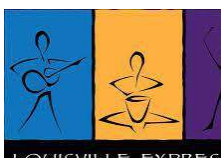

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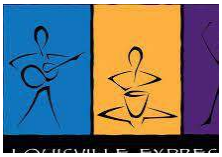

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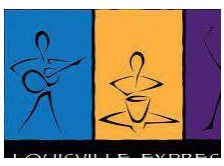

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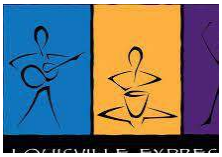

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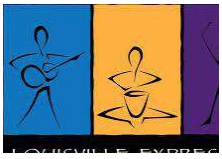

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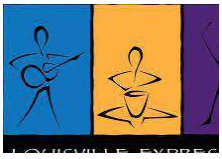
I won't have online clients. Someone will be there tomorrow if you want to drop it off, you are more than welcome to if that works for you! I won't be back there as I will be at Life's Journey Counseling in St Matthews area.

Thanks so much!

On Thu, Jun 22, 2023 at 2:23 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie and I have something small for you that I think you'd really enjoy. We just wanted to know if we could give it to you tonight if you'd be up there. Jackie really wants to give it to you in person.
>
> John
>
> ps Hope everything is good with you and your family.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Wednesday, June 21, 2023 9:07 AM
To: John Fouts
Subject: Re: Akhilah's contact information?

Yes, you can mail it or drop it off at

Louisville Expressive Therapies
c/o Akhilah Cherry
2518 Frankfort Ave
Louisville KY 40206

On Mon, Jun 19, 2023 at 3:27 PM John Fouts <fouts.john@gmail.com> wrote:

> Theresa,
>
> Is Akhilah still working for you? Jackie and I found a gavel that says "Kaboom" on it and Jackie would like to mail it to her or give it to her but we don't know how or where to reach her.
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> Sincerely,
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>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
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> **Fax. 502.996.8246**

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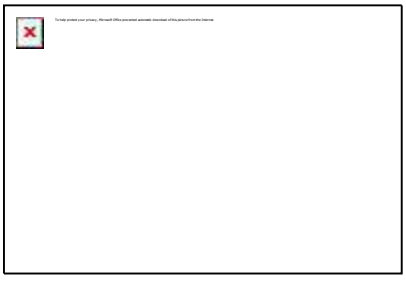

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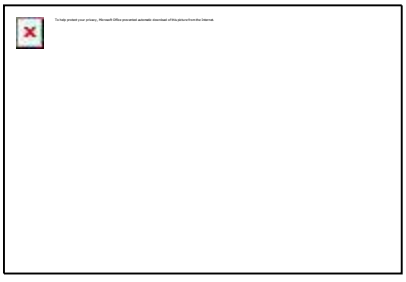

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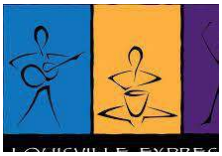

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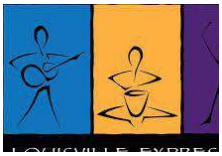

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Let me know when you can, and thank you again for all.

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1512 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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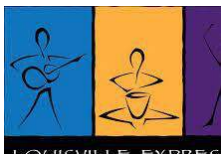

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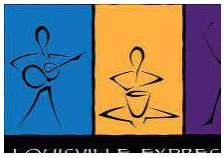

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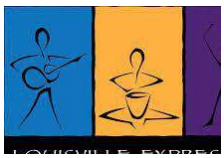

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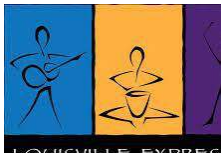

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m: 502 - 512 - 8522
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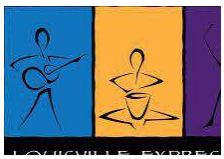

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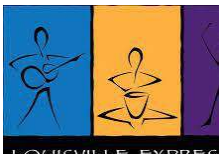

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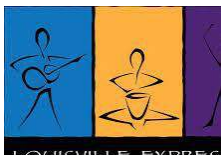

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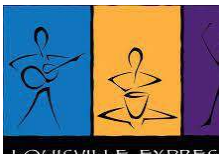

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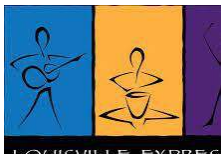

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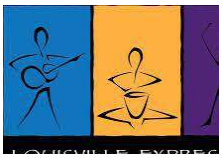

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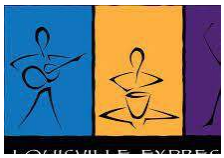

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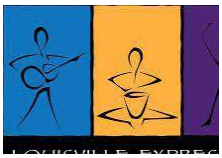

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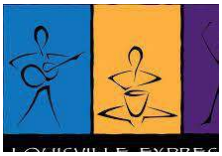

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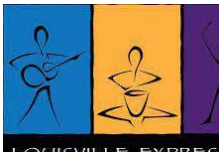

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Kentucky-transcendence.com

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, May 9, 2023 1:04 PM
To: John Fouts
Subject: References/ Referral List

Per our conversation today, here is a list of resources that I have connected with and are ready to provide care as soon as you are able to do the intake process with them. The first one listed is the one I am most excited for you to connect with, but they all seem very knowledgeable and ready to connect. We can discuss further on Thursday, but we would continue with services through the end of semester to give you time to connect with another provider.

- Michael Kenneth Pedigo - 502 - 813 - 9570, Michaelpedigo.com, Accept Medicaid (also utilizes art, sand tray, play, etc. therapeutically)
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- Meridian Behavioral Health Services (ask for "Janet") - 502 - 324 - 6002, Private Pay (already familiar with them)
- Robin M. Herrington - 502 - 747 - 1798 (hadn't gotten a call back, but comes very recommended/endorsed on Psychology today)

Louisville Youth Group - (502) 754-3314, 502 430-2016 louisvilleyouthgroup.org

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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John R. Fouts, MBA

Fax. 502.996.8246

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at* ***9-8-8* *or* ***CLICK HERE*** *for additional resources/support*

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, May 8, 2023 5:00 PM
To: John Fouts
Cc: Theresa Adamchik
Subject: Re: Follow Up

Hey! I would really like to have a conversation about this, as there are things you are mentioning that I would like to address as well regarding getting needed support in place for these upcoming years.

I will reach back out to you before we meet Thursday, but definitely have some things we should touch base with day of session as well.

Thanks!

Akhilah

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> Hi Akhilah and Theresa.
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> I am writing with regard to Jackie and a referral Jackie's doctor (Dr. Mahajan) wrote for Jackie to go to the PAGE clinic at the Novak Center.
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> In order for Jackie to schedule an appointment, we have to have a letter from a mental health provider. The letter we need has requirements that are outlined in the attached template.
>
> I asked the Pediatric Endocrinology Department if a letter from art therapy would be okay, and they said that it should be fine if the art therapist is comfortable affirming Jackie's gender identity.
>
> They also provided a listing of mental health professionals that they said do letters for them regularly - but said we would not have to add another therapist on to Jackie's team if a therapist we already had could do the letter for Jackie. I need to start saying Jaqquelyn. I am still getting used to the newer more full name. I have to say, however, that I do really like the way that Jaqquelyn decided to spell it.
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> Please let me know if you all can do a letter. Because they are able to use puberty blocking agents, and Jackie is beginning to go through puberty, I feel like time is of the essence. If you all are not able to do the letter, please let me know that as well, so I could try to get Jackie an appointment with an additional provider of mental health services.
>
> John
>
> ---------- Forwarded message ---------
> From: **Belmont, Leslie** <Leslie.Belmont@nortonhealthcare.org>
> Date: Mon, May 8, 2023 at 11:40 AM
> Subject: Follow Up
> To: fouts.john@gmail.com <fouts.john@gmail.com>

Good afternoon!

It was a pleasure to speak with you. Please find attached recommendations of mental health providers and letter guidelines.

Please don't hesitate to reach out if you have any questions or concerns.

Looking forward to hearing from you!

Thank you,

Leslie Belmont, MS, BSN, RN

Office: (502) 588-3400 extension 50564
Novak Center for Children's Health
411 East Chestnut St.
7th Floor
Louisville, KY 40202
leslie.belmont@nortonhealthcare.org

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Sunday, April 23, 2023 11:40 AM
To: John Fouts
Subject: Re: Urgent - Need letter of recommendation for Jackie Fouts for Phoenix School Application (JCPS) -- I have to have all this together and turned in by the 26th (Jackie's birthday coincidentally)

Awesome! I will be waiting for their call.

Good luck! I'll let you know when they contact me. Have a great weekend!

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> What you will need to complete for the 2nd step.
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> · **Two (2) references, the third is optional** -
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> - They can be a current or previous staff member.
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> - The Phoenix will contact the person making the recommendation and explain what we need.
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> **"Shining" in Service,**
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> **John R. Fouts, MBA**

Fax. 502.996.8246

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m: 502 - 512 - 8522
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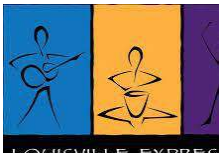

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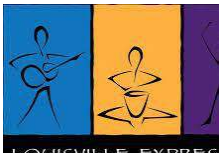

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, March 30, 2023 6:21 PM
To: John Fouts
Subject: Re: Need telehealth tonight plz

No worries! Here is a virtual link for tonight
https://video.simplepractice.com/appt-472802928634030a1f40b7dc3e57d7b9?callback=simplepractice

As far as I am understanding, the bill was originally going to affect mental health services, but to my understanding it got excluded so gender affirming mental health care wouldn't be affected. That was a week ago when I heard that, I am not sure if it still stands that way. I know you mentioned reaching out to LYG before, but I would definitely encourage reaching back out to them again just to ask some of these questions. They are pretty insightful, I know the director that works over there. He/They are kinda awesome.

As far as getting info to speak to someone, I believe the first 24 hrs there may not be any info available, but I could be wrong. You could try back tomorrow and see if you can tell them what happened and see about getting in touch with her. I also don't know if it makes a difference, if you are listed as an emergency contact if they are allowed to share any info. If you have the same last name, you may be able to use that to get in touch.

And yes, I spoke with the SC case worker. Glad she was able to get in touch. She mentioned trying to get in touch with the ABA therapist as well. Happy to be able to connect with J's other therapists to assist in being able to provide the best care possible :)

On Thu, Mar 30, 2023 at 6:08 PM John Fouts <fouts.john@gmail.com> wrote:

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Sent: Thursday, March 23, 2023 5:05 PM
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Subject: Louisville Youth Group - Gender/ LBGTQIA+ affirming group for youth

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https://louisvilleyouthgroup.org/

Let me know your thoughts!

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Greetings!

You can learn more about LYG's programs, View our program calendar, and choose which groups to attend here: https://louisvilleyouthgroup.org/home/programming-2 - Note: To join the Virtual Group, the participant will need to email us for the link prior to the meeting.
We also hold special events throughout the year, which are announced on social media (@wearelyg on facebook and instagram) and through the Remind Text app. We recommend staying connected to LYG virtually to get the most up to date information.

Sign up for Program and Event Announcements via Text Message through the Remind App:

- **Youth Participants (under 18)** can join as a "student" by visiting remind.com/join/lygprog or text @lygprog to 81010
  The Remind App uses your birth date to verify that you are 13 or older. Remind does not allow us to contact anyone who registers with a birth date that would make them under 13.
- **Young Adults (ages 18-24)** can join as a "Student" by visiting remind.com/join/lygrising or text @lygrising to 81010
- **Parents & Caregivers** can join as a "parent" by visiting remind.com/join/lygparents or text @lygparents to 81010
- **Teachers, Counselors, and Service Providers** can join as a "teacher" by visiting remind.com/join/lygprog3 or text @lygprog3 to 81010

Our youth participants are often chatting with each other on our Discord Server, which is for ages 13+. **To join the virtual community, the young person will need to**

download the Discord App, create a profile, and then follow this link: https://discord.gg/exsQZVkTTr

> NOTE: The server is a mostly unmoderated space, but there are rules and agreements in place to keep everyone safe. **All Participants are asked to read and sign a list of Community Agreements and fill out the Introduction before getting full access to the server.** Members may be muted or banned from the server at any time for breaking these agreements.

We are here to help, so feel free to reach out with any further questions or concerns.

In Gratitude and Solidarity,

Em Joy
They : Them
Program Director
(502) 754-3314
Need to Meet? - Schedule Here: https://calendly.com/lyg-director-joy
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https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Wednesday, March 15, 2023 8:13 PM
To: John Fouts
Subject: Re: Virtual Session for 3/16 @ 7:30 pm

Awesome! And yes, I definitely have some sinus things going on as well. I hope your mom feels better, and you also
See you guys Thursday at 7:30.

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On Wed, Mar 15, 2023 at 5:57 PM John Fouts <fouts.john@gmail.com> wrote:

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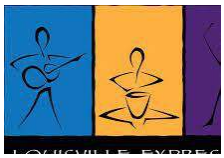

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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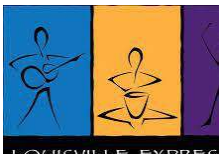

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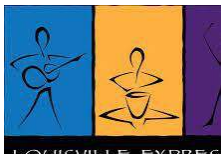

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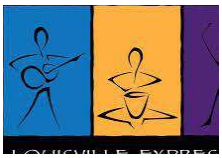

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, February 27, 2023 9:33 AM
To: John Fouts
Subject: Re: Lindsay will still be at hospital on Sunday

Thanks!

On Sun, Feb 26, 2023 at 12:55 AM John Fouts <fouts.john@gmail.com> wrote:

> Fyi

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, February 24, 2023 3:58 PM
To: John Fouts
Subject: Re: Sunday appointment??

Thanks for keeping me in the loop!

On Fri, Feb 24, 2023 at 2:53 PM John Fouts <fouts.john@gmail.com> wrote:
> She is as of now. If something changes I will let you know. Thanks for your help to keep Jackie's mom safe. Have a good weekend!!
>
> J
>
> On Fri, Feb 24, 2023, 2:45 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> > It was a weekly Checkin me and mom set up, but if she's still in hospital it will be cancelled.
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On Thu, Feb 23, 2023 at 4:55 PM John Fouts <fouts.john@gmail.com> wrote:
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On Thu, Feb 23, 2023 at 4:36 PM John Fouts <fouts.john@gmail.com> wrote:
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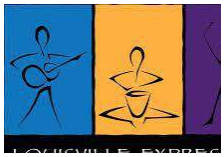

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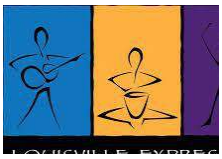

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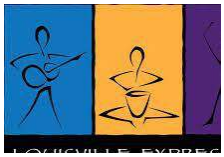
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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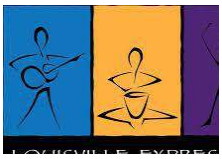

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To: John Fouts
Subject: Re: Okay will let you know on the virtual

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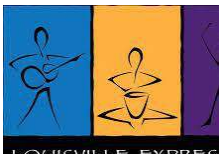

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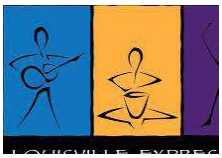

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Sent: Wednesday, February 22, 2023 8:28 PM
To: John Fouts
Subject: Re: Letting you know - Lindsay checked in, inpatient, to mental health hospital today

Thanks for the update! See you Thursday. At 7:30. Please lmk if you need to do virtual with the unexpected change, I could shoot you a link if so.

On Wed, Feb 22, 2023 at 7:16 PM John Fouts <fouts.john@gmail.com> wrote:

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> **"Shining" in Service,**
>
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> **Fax. 502.996.8246**

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Wednesday, February 15, 2023 5:41 PM
To: John Fouts
Subject: Session follow up from 2/2/2023

Hey! Just wanted to provide a session follow up before we meet again this upcoming session, on 2/16/2023.

What we discussed:
Respecting Important Boundaries - I think it is important to continue the discussion of boundaries. This includes discussions of financial struggles, custody, or other matters that may increase J's overall anxieties/fears (which is the last goal listed on J's Treatment Plan).

The other part is J respecting boundaries with others. I believe she does really well with understanding what a boundary is, and that she could attack some of her treatment plan goals by discussing the effects of when a boundary is violated and upholding the effects of the boundary violation. We can continue to flesh this out more as well, but the ABA therapist mentioned covering this in her sessions with you all when we last spoke. I won't be working on the "same things" you will be working on with her, but there will obviously always be some understandable overlap.

Mom Receiving a Check in - I did follow up with mom, and she is connected to the proper resources she needs. This will not be discussed in session in front of J, unless J brings it up in which case she is free to discuss as she wishes for purposes of reassurance.

Catastrophic Language - mom and dad both have mentioned J bringing up phrases such as "do you want to kill me" or "don't stab me mommy". After discussing with my supervisor, as well as the ABA therapist, psychologist, We will continue to explore J's views on the reasoning behind the language itself. I have thoughts based on feedback from the other therapists, but I will provide feedback based on J's response as we continue to explore her emotions behind some of her catastrophic verbalizations.

Session Structure -
1. Feelings check in
2. Go over ground rules (is it safe, kind, responsible? Respect our bodies, mind, and our space/environment)
3. Choose Expressive Arts Activity from the “JaF Book”
4. Feelings Check in.

I want to keep this same structure each week, so J knows what is expected, and so that we are able to focus more on J's goals/objectives and better monitor success.

Also, this will be beneficial in assisting J with her current goals (particularly with the second goal relating to structured tasks):

- To develop coping strategies for negative emotions; in particular anger, increase of emotional expression, increase in social cues, empathy, and acceptance of supportive boundaries.
- To handle structured tasks pertaining to school work and chores regularly.

- To reduce fear and anxiety, over all.

Activity:
J led/introduced an expressive arts activity where everyone participated in drawing a city reflection on 4 different parts of the paper. This was an activity that touched on J's goals by exercising self confidence to aid in the reduction of fear/anxiety.

Next session:

- I want to continue with our structure from last week (mentioned above - *Initial Check in, Ground Rules/Boundary Results, Expressive Arts Activity J can pick from her compiled book of activities, Final Check in*).
- J will choose an expressive arts activity from her "J***e Book" (the book will have new activities in it each week to choose from, specifically pertaining to J's treatment plan goals). I want to be sure J knows that she is free to choose any activity she likes, and that a timer will be set so that we have time for the final check in.
- If J chooses an activity that does not pertain to a goal we might need to give more attention to for the week, I will choose one directly after the first activity J chooses so that we are sure to touch on every goal listed in J's treatment plan consistently.
- J's Dry Erase Chore Chart
- Healthy Boundaries

I will review the documentation you sent, per our last email regarding J's treatment plan/ client files/ Diagnoses. I will get back with you if there is anything else that needs to be discussed regarding this info. Thanks so much for being prompt in getting this to me!

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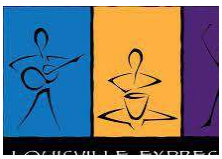

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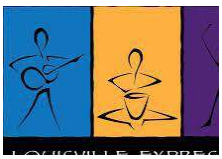

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Sent: Wednesday, February 15, 2023 4:54 PM
To: John Fouts
Cc: Theresa Adamchik
Subject: Re: So heard from Meridian Health per Jackie

I agree, it could be beneficial to seek psychological services for J as you mentioned to address ongoing fears. I do want to say, after our last session I have some thoughts about J's fears. I have noticed a few times things being discussed in front of J regarding custody, as well as financial struggles. This has happened a few times, but I haven't addressed it in depth until our last session this past Thursday. I know you mentioned some of these challenges/difficulties being worse than previously, and I also notice J being included in a lot of these discussions.

Although I am not a psychologist, I do think these issues being discussed in front of J could potentially exacerbate some of her fears and partly contribute to some of her insecurities as well as some of J's catastrophic language. I know you are doing all you can for J, so I am by no means taking away from all you provide. You are awesome at being a proactive parent, kudos :) I also know, we are still getting to know each other, but just wanted to provide some of my observations/feedback.

Given that our initial sessions have been mainly about developing rapport, as discussed I want to be more intentional with our sessions and stick to a weekly structure. I feel it important to bring up boundaries each session, and I believe this is a boundary (discussing financial/ adult family matters in front of J) that needs to be revisited/ reinforced as a piece to the puzzle in J's self regulation. I will continue to do feelings work with J via expressive arts mediums, I just wanted to be sure we are able to address boundaries a bit more each time we meet. I will shoot you a separate follow up email from last weeks session.

On Wed, Feb 15, 2023 at 4:11 PM John Fouts <fouts.john@gmail.com> wrote:

> Don't have hundreds or thousands of extra dollars out of pocket to pay for a practice that does not take our insurance. I really like Dr. Charles too....just don't have any extra money. I have a goose egg instead $0.
>
> Right now - food is my primary focus - as I have no money - and no resources.
>
> On Wed, Feb 15, 2023 at 4:07 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
>
> > I really like Dr. Charles, so staying on his caseload would be a preference. I understand if this is not possible.
> >
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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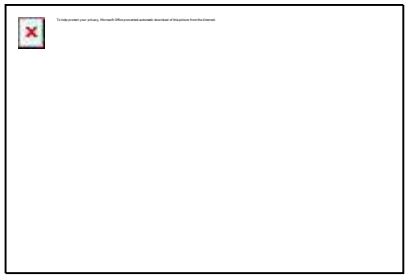

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To: John Fouts
Cc: Theresa Adamchik
Subject: Re: So heard from Meridian Health per Jackie

I agree, it could be beneficial to seek psychological services for J as you mentioned to address ongoing fears. I do want to say, after our last session I have some thoughts about J's fears. I have noticed a few times things being discussed in front of J regarding custody, as well as financial struggles. This has happened a few times, but I haven't addressed it in depth until our last session this past Thursday. I know you mentioned some of these challenges/difficulties being worse than previously, and I also notice J being included in a lot of these discussions.

Although I am not a psychologist, I do think these issues being discussed in front of J could potentially exacerbate some of her fears and partly contribute to some of her insecurities as well as some of J's catastrophic language. I know you are doing all you can for J, so I am by no means taking away from all you provide. You are awesome at being a proactive parent, kudos :) I also know, we are still getting to know each other, but just wanted to provide some of my observations/feedback.

Given that our initial sessions have been mainly about developing rapport, as discussed I want to be more intentional with our sessions and stick to a weekly structure. I feel it important to bring up boundaries each session, and I believe this is a boundary (discussing financial/ adult family matters in front of J) that needs to be revisited/ reinforced as a piece to the puzzle in J's self regulation. I will continue to do feelings work with J via expressive arts mediums, I just wanted to be sure we are able to address boundaries a bit more each time we meet. I will shoot you a separate follow up email from last weeks session.

On Wed, Feb 15, 2023 at 4:11 PM John Fouts <fouts.john@gmail.com> wrote:

> Don't have hundreds or thousands of extra dollars out of pocket to pay for a practice that does not take our insurance. I really like Dr. Charles too....just don't have any extra money. I have a goose egg instead $0.
>
> Right now - food is my primary focus - as I have no money - and no resources.
>
> On Wed, Feb 15, 2023 at 4:07 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
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> > I really like Dr. Charles, so staying on his caseload would be a preference. I understand if this is not possible.
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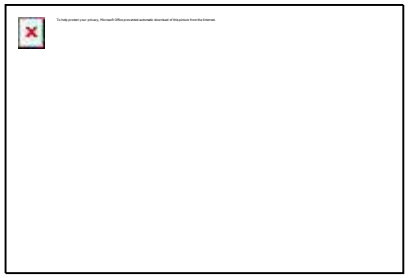

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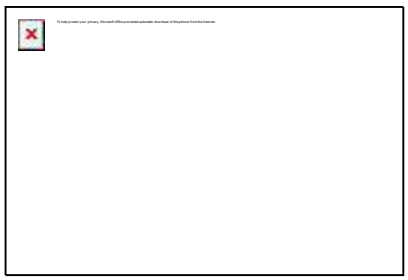

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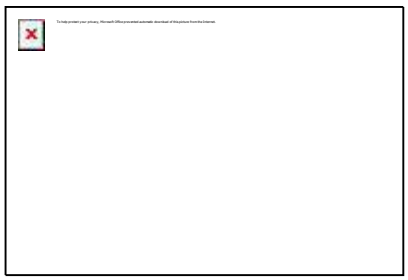

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, February 13, 2023 1:27 PM
To: John Fouts
Subject: Documentation

Hey! I have been looking through my emails, and I wanted to be sure I have all of the proper documentation for J in one place. When you get a chance, no rush (you can even bring it next session if that works best), could you provide paperwork documenting assessment for the following diagnoses for J:

- **F43.22 - Adjustment disorder with anxiety**
- **H93.25 - Central auditory processing disorder**
- **F82.0 - Autistic disorder**
- **F90.1 - Attention-deficit hyperactive disorder, predominantly hyperactive type**

Just wanted to make sure I have J's file put together properly. I reached out to the Doctor at Meridian and he filled me in on the assessment/services rendered. I am also still waiting to hear from Darci Taggert, who I was told is the supervisor to the therapist J sees at SCS.

Let me know if you need any support with getting any documentation together, or if I need to get any of the paperwork from the therapists you listed in the ROI.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Sunday, February 12, 2023 1:59 PM
To: John Fouts
Subject: Re: I texted Lindsay last night to make sure she was safe. Did you talk to her today?

Spoke with Lindsay today, everything went well. We spoke about the concerns from JaF's last session and agreed she would schedule to see someone once a week. Also, I want to see you all successfully address the custody issues/other concerns, and to be sure and keep it seperate from JaF's sessions to keep that boundary. I will consult some of my colleagues and get back with you with what they might come up with. I do know that it could be possible to write something up, and have you all sign, date, and notarize it. This is something we did in our family, when we were going through some custody issues, but I can see what other options might be available if I am able to find anything. Otherwise, I believe mom getting the help she needs may play a big part in some of the communication issues that are happening, and seeing things a little more clearly with regards to finding what is best for JaF and all parties involved.

Let me know if you have any more thoughts before we meet again this week, see you Thursday!

FYI, will also be reaching back out to the SC therapist and ABA person as well. Have a great rest of your weekend :)

On Sun, Feb 12, 2023 at 8:17 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

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> > **"Shining" in Service,**
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> > **Fax. 502.996.8246**

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, February 10, 2023 11:46 PM
To: John Fouts
Subject: Re: Thank you for staying longer - if there is anything I need to do to make sure you have what you need paperwork wise....

No worries! I will speak with Em to see if there is a way to bill for that time, but no matter what I appreciate the offer to assist. I will let you know, but I believe there wouldn't be anything you needed to do on your end, I think it would be something Em would have to assist me with.

Thanks so much, and I hope you all enjoy your weekend! I will be back in touch with you, once I touch base/follow up with mom.

On Fri, Feb 10, 2023 at 4:43 PM John Fouts <fouts.john@gmail.com> wrote:

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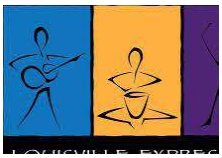

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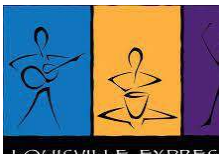

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, February 10, 2023 11:42 PM
To: John Fouts
Subject: Re: Session follow up from 2/9/2023

I completely understand. I know that you are doing all you can, and that everything that was discussed the other day was/is very difficult for all of you. I am confident things will pan out, however I know it will probably take some time before things are fluid, and will certainly take some adjusting/readjusting. I hear everything you are saying. I applaud you in taking on the much needed conversation.

With that being said, I will speak with mom on Sunday. Again, I will still be following up with Em and T so that they can offer support/ resources as well. Hang in there! One step at a time, that is all you can do.

On Fri, Feb 10, 2023 at 4:57 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you Akhilah. I feel like it is impossible to work with Jackie's mom. I do empathize with her for the feelings of suicidal ideation and anxiety and depression, however, I also am trying to maintain boundaries and not be a doormat - which is how she treated me for the vast majority of our entire marriage.
>
> It is not okay to expect me to provide all meals and all educational resources, and all child care during her weeks, for nothing. If I were rich, I would be totally okay with it - but I have $0 in income - and I have to scrape to get gas money or food these days - and she is working - and just takes advantage of me.
>
> The thing is...if I try to do or say anything, then she either talks badly about me to Jackie - or directly badly talks to me in front of Jackie.
>
> When I mentioned the custody thing in session, it was to see if she was receptive as she seemed receptive (at least responded to) an email about it....although she just said...'received'. When I brought it up, when you were not in the room, she said that she had been really suicidal and struggling for a year, and said it was because of me....and I was thinking what?? I am not married to you or anything....then she kept saying that Jackie needs to just go back to public school and that would solve all the problems.....but that isn't true at all....Jackie is homeschooled for a reason....she said her only concern was Jackie going to the bathroom...and later said maybe getting bullied.....but I (John) have other concerns....like tardy notes and absent notes not being properly recorded by JCPS staff, bullying, not being allowed to go to the bathroom, being made fun of (and teachers being okay with it) because Jackie has trouble wearing shoes, Jackie not being allowed to self-regulate temperature due to dysautonomia issues...., Jackie not being given time and a half for exams, Jackie not receiving the proper instruction and time for one on one work that Jackie deserves, Jackie's auditory processing disorder not being considered whatsoever - no accommodations in the 504 plan being adhered to etc..
>
> Then Lindsay said that she is fearful that Jackie is falling greatly behind because I am homeschooling Jackie. I just had to bite my tongue Akhilah.....that's all I can say...

Anyway - she also said that she tried to overdose on Sunday, and that she was disappointed when she woke up on Monday....Jackie was with her I think on that night/day....I would have to check to be sure...but that would be so traumatic that I cannot even imagine what would happen with Jackie.

How can we help make sure that Lindsay gets the help that she needs?

I also need to have boundaries and have the custody agreement accurately reflect what is going on. When we went to marriage counseling before, Lindsay would not ever do any of the things the therapist recommended or suggested, so it was a waste of time....she would not even go if brought up - I am sure...to a family therapist....I am thinking at this point that I just need to do the legal paperwork and submit it to the judge.

The thing is, it requires both signatures...unless there are special circumstances....by the way....Jackie is doing fine grade level wise and is ahead in several areas, and catching up in those areas that JCPS failed to work with Jackie on.

I also think Jackie is doing an outstanding job of participating well in therapy! I don't know if Jackie would be doing so well if it were not for the great atmosphere and great workers/therapists at L.E.T. Thanks for being there for Jackie and for doing all that you do!

I have been to several therapy practices and it seems like you all are more qualified and far better at what you do, and I want to appreciate and give gratitude for that.

John

On Thu, Feb 9, 2023 at 10:58 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Thanks so much for being so consistent in bringing JaF to session tonight, and for taking the time to share your feelings.
>
> I just wanted to provide you with a recap of what all we discussed, and provide you with the proper resources.
>
> **What We Discussed:**
> I created a structure (written out) for each session: 1. Feelings check in ✅
> 2. Go over ground rules (is it safe, kind, responsible? Respect our bodies, mind, and our space/environment)
> 3. Choose Activity from the “JaF Book”
> 4. Feelings Checkin ✅
>
> This way we can have a clear focus on our goals/ objectives.

JaF's Fears and Socratic thought activity sheet (we will go over this again in next session as well)

Positive affirmations

Grounding techniques

I spoke with the ABA therapist and able to exchange some great feedback. We discussed changing the language of "consequences" to "boundaries" which sounds less punitive.

Seven counties Therapist hasn't returned my call yet, will be reaching back out Friday morning/ afternoon 2/10/2023.

Activities:
- "City Reflection" Drawing
- Kolor Kollides (JaF's feelings game)
- JaF will Choose Activity from the "JaF Book" (which will be filled with fun activities pertaining to JaF's goals, some of which JaF will come up with to be added)
- Feelings Wheel:
https://docs.google.com/document/d/1Ej6KaEtRr4QqpNce559Q8tgQk4H756AxiErbztpI5xY/edit

Resources (sent to mom) in addition to a safety plan:

Download these two apps!
Worry kit -
https://apps.apple.com/app/id1476565303
Mood Tracker -
https://apps.apple.com/app/id1023271188

Please click here >>
https://docs.google.com/document/d/1lCj8ZEgzpYGL5mQewy668Q-emOcRhgq5JP7sqOCur3Y/edit
for crisis info/ resources that can be of help when experiencing stress/anxiety, depression, hopelessness, or just being overwhelmed. Let me know how else I can be of support! 💌

I will be following up with mom Sunday around noon.

I will speak with Em and T to see what resources they have as well, but I would strongly encourage at least doing MFT once or twice to work through some of the concerning issues brought up tonight. Will look up all the free sources available for working out custody, etc. as well.

I applaud you for staying persistent in doing all the things needs to supper JaF. Keep pushing, dad! 💪🏽 💥 I know it's a struggle, but you are doing all the things you can. I know as a parent it doesn't always feel like it, but you are doing amazing.
--
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John R. Fouts, MBA

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I completely understand. I know that you are doing all you can, and that everything that was discussed the other day was/is very difficult for all of you. I am confident things will pan out, however I know it will probably take some time before things are fluid, and will certainly take some adjusting/readjusting. I hear everything you are saying. I applaud you in taking on the much needed conversation.

With that being said, I will speak with mom on Sunday. Again, I will still be following up with Em and T so that they can offer support/ resources as well. Hang in there! One step at a time, that is all you can do.

On Fri, Feb 10, 2023 at 4:57 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you Akhilah. I feel like it is impossible to work with Jackie's mom. I do empathize with her for the feelings of suicidal ideation and anxiety and depression, however, I also am trying to maintain boundaries and not be a doormat - which is how she treated me for the vast majority of our entire marriage.
>
> It is not okay to expect me to provide all meals and all educational resources, and all child care during her weeks, for nothing. If I were rich, I would be totally okay with it - but I have $0 in income - and I have to scrape to get gas money or food these days - and she is working - and just takes advantage of me.
>
> The thing is...if I try to do or say anything, then she either talks badly about me to Jackie - or directly badly talks to me in front of Jackie.
>
> When I mentioned the custody thing in session, it was to see if she was receptive as she seemed receptive (at least responded to) an email about it....although she just said...'received'. When I brought it up, when you were not in the room, she said that she had been really suicidal and struggling for a year, and said it was because of me....and I was thinking what?? I am not married to you or anything....then she kept saying that Jackie needs to just go back to public school and that would solve all the problems.....but that isn't true at all....Jackie is homeschooled for a reason....she said her only concern was Jackie going to the bathroom...and later said maybe getting bullied.....but I (John) have other concerns....like tardy notes and absent notes not being properly recorded by JCPS staff, bullying, not being allowed to go to the bathroom, being made fun of (and teachers being okay with it) because Jackie has trouble wearing shoes, Jackie not being allowed to self-regulate temperature due to dysautonomia issues...., Jackie not being given time and a half for exams, Jackie not receiving the proper instruction and time for one on one work that Jackie deserves, Jackie's auditory processing disorder not being considered whatsoever - no accommodations in the 504 plan being adhered to etc..
>
> Then Lindsay said that she is fearful that Jackie is falling greatly behind because I am homeschooling Jackie. I just had to bite my tongue Akhilah.....that's all I can say...

Anyway - she also said that she tried to overdose on Sunday, and that she was disappointed when she woke up on Monday....Jackie was with her I think on that night/day....I would have to check to be sure...but that would be so traumatic that I cannot even imagine what would happen with Jackie.

How can we help make sure that Lindsay gets the help that she needs?

I also need to have boundaries and have the custody agreement accurately reflect what is going on. When we went to marriage counseling before, Lindsay would not ever do any of the things the therapist recommended or suggested, so it was a waste of time....she would not even go if brought up - I am sure...to a family therapist....I am thinking at this point that I just need to do the legal paperwork and submit it to the judge.

The thing is, it requires both signatures...unless there are special circumstances....by the way....Jackie is doing fine grade level wise and is ahead in several areas, and catching up in those areas that JCPS failed to work with Jackie on.

I also think Jackie is doing an outstanding job of participating well in therapy! I don't know if Jackie would be doing so well if it were not for the great atmosphere and great workers/therapists at L.E.T. Thanks for being there for Jackie and for doing all that you do!

I have been to several therapy practices and it seems like you all are more qualified and far better at what you do, and I want to appreciate and give gratitude for that.

John

On Thu, Feb 9, 2023 at 10:58 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey! Thanks so much for being so consistent in bringing JaF to session tonight, and for taking the time to share your feelings.
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for crisis info/ resources that can be of help when experiencing stress/anxiety, depression, hopelessness, or just being overwhelmed. Let me know how else I can be of support! 💝

I will be following up with mom Sunday around noon.

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I applaud you for staying persistent in doing all the things needs to supper JaF. Keep pushing, dad! 💪🏽 💥 I know it's a struggle, but you are doing all the things you can. I know as a parent it doesn't always feel like it, but you are doing amazing.
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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Friday, February 10, 2023 11:53 AM
To: John Fouts
Subject: Re: Here are some of the things I was telling you about

This is great, thank you!

On Fri, Feb 10, 2023 at 11:42 AM John Fouts <fouts.john@gmail.com> wrote:

Consciousness is "Creating Our Life Experiences" - Bruce Lipton:
You Will Never Feel Tired Again (Powerful Secret Energy Technique) | Bruce Lipton

The Gateway Tapes:
CIA full report on Brain Synchronization, Energy, Manifestation and the Holographic Universe
[Mind Blown!!]

Sadhguru explains 108:
108 - The Sacred Number
[There is more significance to it even than what he is stating here...]

Found this too - this is interesting...

In the Holy Bible Matthews Chapter 10 Verse 8 (108) reads::: Heal the sick, raise the dead, cleanse the lepers, cast out demons; freely ye received, freely give.

Some believe this as the reason for choosing the number 108.

Stonehenges Sarsen Circle is about 108 feet in diameter.

FM Radio frequency upper limit is 108 MHz

The temple bells ring 108 times at year end in Japan

108 degrees Fahrenheit is the internal temperature at which the vital organs of human body begin to fail from overheating

108 is composed of numbers 1, 0 and 8.

1- Stands for supreme truth or god consciousness
0- Stands for nothing or emptiness.
8- Stand for eternity or infinity. Note that the symbol of infinity is obtained by rotating 8 by 90 degrees.

Thus the sacred number 108 tells us that we are at once something, nothing and everything.

Anyway - thought you might find some of those things interesting.

Talk to you soon - thanks for being a good listener and for helping as always. I wanted to also mention how great of a job I think Akhilah is doing with helping Jackie.

See you soon.

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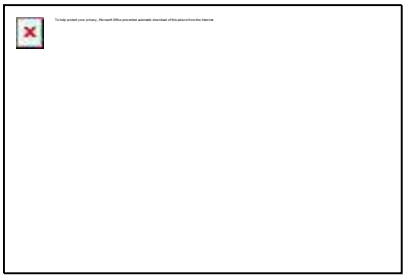

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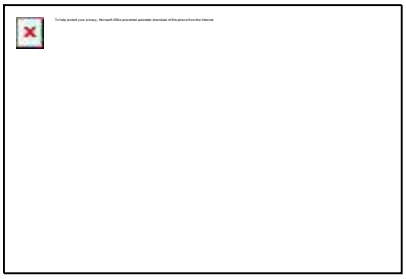

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, February 9, 2023 5:35 PM
To: John Fouts
Subject: Re: Catching up

Hey! I am between clients, but we can talk tonight if you are coming. I don't see it as a problem, it's totally up to you and what you are comfortable with :)

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, February 7, 2023 4:17 PM
To: John Fouts
Subject: Re: ROI - ABA Contact for JaF

Got it, thanks! Will do.

On Tue, Feb 7, 2023 at 4:16 PM John Fouts <fouts.john@gmail.com> wrote:

> Hi Akhilah - Susan McConnell is the ABA therapist's name. Let me know if you don't hear from her and I will reach out to her and ask her to contact you. Thank you.
>
> John
>
> On Tue, Feb 7, 2023 at 10:54 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Good morning! Just wanted to let you know I attempted to reach out to the ABA therapist this morning, but did not have the provider's name. They said that they will be giving me a call back, but I will be happy to speak with them once they contact me back :)
> >
> > Let me know if you have any direct contact info, otherwise I will let you know when someone returns my call.
> >
> > Thanks.

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, February 7, 2023 4:17 PM
To: John Fouts
Subject: Re: ROI - ABA Contact for JaF

Got it, thanks! Will do.

On Tue, Feb 7, 2023 at 4:16 PM John Fouts <fouts.john@gmail.com> wrote:

> Hi Akhilah - Susan McConnell is the ABA therapist's name. Let me know if you don't hear from her and I will reach out to her and ask her to contact you. Thank you.
>
> John
>
> On Tue, Feb 7, 2023 at 10:54 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Good morning! Just wanted to let you know I attempted to reach out to the ABA therapist this morning, but did not have the provider's name. They said that they will be giving me a call back, but I will be happy to speak with them once they contact me back :)
> >
> > Let me know if you have any direct contact info, otherwise I will let you know when someone returns my call.
> >
> > Thanks.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Louisville Expressive Therapies
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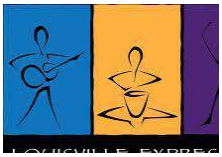

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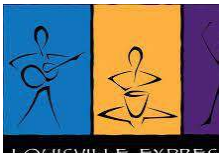

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, February 6, 2023 6:32 PM
To: John Fouts
Subject: Re: Can you send formal/finalized version of the treatment plan for Jackie?
Attachments: JAF - DiagnosisTreatmentPlan.pdf2.pdf

Treatment plan attached.

No sir, I have not yet connected with mom. Sent a text/email and waiting for a response.

On Mon, Feb 6, 2023 at 3:34 PM John Fouts <fouts.john@gmail.com> wrote:

> I'd just like to have something for my records please.
>
> Also - wondered if you had had any luck reaching out to Jackie's mom?
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> John
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> "Shining" in Service,
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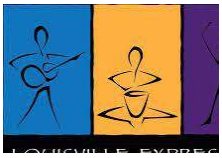

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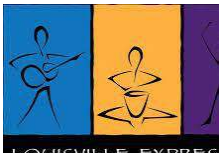

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 1:15 PM
To: John Fouts
Subject: Re: JaF Treatment Plan (1 attached)

Ah! Gotcha :)

On Fri, Jan 20, 2023 at 12:32 PM John Fouts <fouts.john@gmail.com> wrote:
No - my name is John - you spelled it right!! I'm sorry - I didn't mean to be confusing!!

On Fri, Jan 20, 2023 at 12:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Yikes! I spelled your name wrong too! My apologies, Jon.

On Fri, Jan 20, 2023 at 12:29 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
I hear you, and awesome in the feelings wheel :)

You are right, some things time will have to heal on its own. However, I will let you know how things go when I talk with mom before we meet next week.

Keep pushing, John! 💪🏽

On Fri, Jan 20, 2023 at 12:27 PM John Fouts <fouts.john@gmail.com> wrote:
Akhilah - take home activities are good - I incorporated the feelings chart into school today. As Jackie stated, last week at Mommy's house it wasn't discussed. I don't know how to improve the consistency for Jackie. I wish there were a more cohesive co-parenting situation. I understand some things are simply beyond what I am able to accommodate for Jackie - and all I can do is the best that I can do for Jackie when Jackie is with me.

On Fri, Jan 20, 2023 at 11:44 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
**FYI, I can send take home activities you all are welcome to try/utilize with this chart. These would be things pertaining to J's over all goals/tasks, which we can touch on during session as well.

FW:
Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.

Task Sheet for J (**CLICK HERE**):
Instructions - you can print off this task sheet each week, or have it laminated so that you can check things off daily with dry erase marker. It contains two pages, so that if you print it off it can be printed front and back.
- You can receive a check mark for completing each task listed in the far left column.

- For each check mark you receive, you also gets to fill in a line on the right side
- As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
- Once you reach the goal, you can receive a small treat for the week!

Note: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!

No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

On Fri, Jan 20, 2023 at 11:41 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.
>
> Task Sheet for J (**CLICK HERE**):
> **Instructions** - you can print off this task sheet each week, or have it laminated so that you can check things off daily with dry erase marker. It contains two pages, so that if you print it off it can be printed front and back.
> - You can receive a check mark for completing each task listed in the far left column.
> - For each check mark you receive, you also gets to fill in a line on the right side
> - As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
> - Once you reach the goal, you can receive a small treat for the week!
>
> **Note**: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!
>
> No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

On Thu, Jan 19, 2023 at 3:37 PM John Fouts <fouts.john@gmail.com> wrote:

> I like simple better! Please help keep us on track for simple!! I lost my way to simple a long time ago, and sincerely need help finding the way back. Thank you for simplifying things. See you soon.

On Thu, Jan 19, 2023 at 12:39 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Updated TP attached. I kept it simple, so as to not make it confusing. However, I will bring a print out tonight to keep track of the things you mentioned in this email, so we can touch base on them each session.

Thanks, John!

On Thu, Jan 19, 2023 at 12:20 PM John Fouts <fouts.john@gmail.com> wrote:

> Just to throw some of the things out there.....
>
> Goals:
>
> For Jackie to not feel as scared to go places in the house on Jackie's own.
>
> To be able to give mommy and daddy both privacy when they are using the bathroom.
>
> To be able to go to the bathroom without mommy and daddy needing to be right there.
>
> To reduce fear of Slenderman.
>
> To reduce fear of Pennywise.
>
> To reduce fear of mirrors in general.
>
> To be able to enjoy trees without thinking bad things will happen - this is related to Slenderman too.
>
> For Jackie to be able to understand and accept the word No.
>
> To work toward Jackie sleeping in Jackie's own room - because then Jackie and parents at each of their respective houses will get better rest.
>
> For Jackie to have more structure, start doing chores again, and earn allowances or other incentives.

On Thu, Jan 19, 2023 at 12:01 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! We can discuss in more detail tonight.
>
> Thanks!
>
> On Thu, Jan 19, 2023 at 11:57 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Can you print out an ROI form and let me know whatever I need to do when I am there in person? Thank you for sending the treatment plan. My eyes have been bothering me a great deal this week, and I have had a lot of trouble seeing....so looking at screens is hard for me for whatever reason - well - because of Sjogren's Disease - I know the reason...
> >
> > This week was supposed to be the first week that Jackie met with the new 7 County Services therapist, but she canceled last minute due to having car trouble... I am not sure we want

Jackie to continue going to 7 County Services. I am still trying to get Jackie in to see Meridian Behavioral Health (from a psychologist perspective). I need to follow up on that again today.

I will review the plan as my eyes allow. I am going to see about adding some things too that we can talk about. There have been some things that Jackie has come up with that are good of course because they are needs that are seen by Jackie, and also some things that I need to have added as goals.

Thank you for making the updates that you have made.

We will see you tonight.

John

p.s. The ABA Therapist is coming here to meet with us for the first time from 1:30pm to 3:30pm.

On Wed, Jan 18, 2023 at 11:37 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> After speaking with my supervisor, Em, I have adjusted the treatment plan to reflect the diagnosis mentioned in J's notes and info you have provided, and have attached the treatment plan to this email per your request. I will have a paper copy for you also at our next session, and have cc'd Em so that she is in the loop.
>
> I do want to mention, the **diagnosis mentioned in this treatment plan are not based on any assessments on my end.** Also, I do think it would be beneficial to speak with the other therapists involved after completing the ROI form properly, but it is definitely not mandatory. I see that an ROI has been completed on your end on 1/17/23, but is missing some info as to whom permission is given and for what.
>
> We can use the plan we have in place (attached), and it wouldn't really have anything to do with the other therapies J is involved in. I made the goals and objectives simple to leave room for other work to be done with J's other therapists. I don't want to overwhelm her, nor overlap with other work she may be doing.
>
> If the ROI's aren't completed, I am unable to speak to any of J's other therapists, or any other parties via call, text or email regarding J's treatment as it would be a violation of their privacy.
>
> We can discuss this further on Thursday when we meet, but wanted to be clear about the treatment as it stands.
>
> See you all Thursday!
>
> Let me know if you have any questions.

--

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 1:15 PM
To: John Fouts
Subject: Re: JaF Treatment Plan (1 attached)

Ah! Gotcha :)

On Fri, Jan 20, 2023 at 12:32 PM John Fouts <fouts.john@gmail.com> wrote:
No - my name is John - you spelled it right!! I'm sorry - I didn't mean to be confusing!!

On Fri, Jan 20, 2023 at 12:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Yikes! I spelled your name wrong too! My apologies, Jon.

On Fri, Jan 20, 2023 at 12:29 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
I hear you, and awesome in the feelings wheel :)

You are right, some things time will have to heal on its own. However, I will let you know how things go when I talk with mom before we meet next week.

Keep pushing, John! 💪🏽

On Fri, Jan 20, 2023 at 12:27 PM John Fouts <fouts.john@gmail.com> wrote:
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Task Sheet for J (**CLICK HERE**):
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- You can receive a check mark for completing each task listed in the far left column.

- For each check mark you receive, you also gets to fill in a line on the right side
- As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
- Once you reach the goal, you can receive a small treat for the week!

Note: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!

No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

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> Updated TP attached. I kept it simple, so as to not make it confusing. However, I will bring a print out tonight to keep track of the things you mentioned in this email, so we can touch base on them each session.

Thanks, John!

On Thu, Jan 19, 2023 at 12:20 PM John Fouts <fouts.john@gmail.com> wrote:

> Just to throw some of the things out there.....
>
> Goals:
>
> For Jackie to not feel as scared to go places in the house on Jackie's own.
>
> To be able to give mommy and daddy both privacy when they are using the bathroom.
>
> To be able to go to the bathroom without mommy and daddy needing to be right there.
>
> To reduce fear of Slenderman.
>
> To reduce fear of Pennywise.
>
> To reduce fear of mirrors in general.
>
> To be able to enjoy trees without thinking bad things will happen - this is related to Slenderman too.
>
> For Jackie to be able to understand and accept the word No.
>
> To work toward Jackie sleeping in Jackie's own room - because then Jackie and parents at each of their respective houses will get better rest.
>
> For Jackie to have more structure, start doing chores again, and earn allowances or other incentives.

On Thu, Jan 19, 2023 at 12:01 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Awesome! We can discuss in more detail tonight.
>
> Thanks!
>
> On Thu, Jan 19, 2023 at 11:57 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Can you print out an ROI form and let me know whatever I need to do when I am there in person? Thank you for sending the treatment plan. My eyes have been bothering me a great deal this week, and I have had a lot of trouble seeing....so looking at screens is hard for me for whatever reason - well - because of Sjogren's Disease - I know the reason...
> >
> > This week was supposed to be the first week that Jackie met with the new 7 County Services therapist, but she canceled last minute due to having car trouble... I am not sure we want

Jackie to continue going to 7 County Services. I am still trying to get Jackie in to see Meridian Behavioral Health (from a psychologist perspective). I need to follow up on that again today.

I will review the plan as my eyes allow. I am going to see about adding some things too that we can talk about. There have been some things that Jackie has come up with that are good of course because they are needs that are seen by Jackie, and also some things that I need to have added as goals.

Thank you for making the updates that you have made.

We will see you tonight.

John

p.s. The ABA Therapist is coming here to meet with us for the first time from 1:30pm to 3:30pm.

On Wed, Jan 18, 2023 at 11:37 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> After speaking with my supervisor, Em, I have adjusted the treatment plan to reflect the diagnosis mentioned in J's notes and info you have provided, and have attached the treatment plan to this email per your request. I will have a paper copy for you also at our next session, and have cc'd Em so that she is in the loop.
>
> I do want to mention, the **diagnosis mentioned in this treatment plan are not based on any assessments on my end.** Also, I do think it would be beneficial to speak with the other therapists involved after completing the ROI form properly, but it is definitely not mandatory. I see that an ROI has been completed on your end on 1/17/23, but is missing some info as to whom permission is given and for what.
>
> We can use the plan we have in place (attached), and it wouldn't really have anything to do with the other therapies J is involved in. I made the goals and objectives simple to leave room for other work to be done with J's other therapists. I don't want to overwhelm her, nor overlap with other work she may be doing.
>
> If the ROI's aren't completed, I am unable to speak to any of J's other therapists, or any other parties via call, text or email regarding J's treatment as it would be a violation of their privacy.
>
> We can discuss this further on Thursday when we meet, but wanted to be clear about the treatment as it stands.
>
> See you all Thursday!
>
> Let me know if you have any questions.

--

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 1:15 PM
To: John Fouts
Subject: Re: Info on Dissociation (three attached)

Sure! As I think this can also play into empathy. I will add it into some activities we can do in session, as well as take home.

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> See you all Thursday!
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> Let me know if you have any questions.
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> ***Akhilah Cherry, MA, LPCA (she/her/hers)***
> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 12:30 PM
To: John Fouts
Subject: Re: JaF Treatment Plan (1 attached)

I hear you, and awesome in the feelings wheel :)

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Keep pushing, John! 💪🏽

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> - As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
> - Once you reach the goal, you can receive a small treat for the week!
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> **Note**: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!

No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

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I like simple better! Please help keep us on track for simple!! I lost my way to simple a long time ago, and sincerely need help finding the way back. Thank you for simplifying things. See you soon.

On Thu, Jan 19, 2023 at 12:39 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Updated TP attached. I kept it simple, so as to not make it confusing. However, I will bring a print out tonight to keep track of the things you mentioned in this email, so we can touch base on them each session.

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Sent: Friday, January 20, 2023 12:30 PM
To: John Fouts
Subject: Re: JaF Treatment Plan (1 attached)

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> ***Therapist***
> ***e:akhilah@LouisvilleExpressiveTherapies.com***
> ***m: 502 - 512 - 8522***
> ***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 12:30 PM
To: John Fouts
Subject: Re: JaF Treatment Plan (1 attached)

Yikes! I spelled your name wrong too! My apologies, Jon.

On Fri, Jan 20, 2023 at 12:29 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
I hear you, and awesome in the feelings wheel :)

You are right, some things time will have to heal on its own. However, I will let you know how things go when I talk with mom before we meet next week.

Keep pushing, John! 💪🏽

On Fri, Jan 20, 2023 at 12:27 PM John Fouts <fouts.john@gmail.com> wrote:
Akhilah - take home activities are good - I incorporated the feelings chart into school today. As Jackie stated, last week at Mommy's house it wasn't discussed. I don't know how to improve the consistency for Jackie. I wish there were a more cohesive co-parenting situation. I understand some things are simply beyond what I am able to accommodate for Jackie - and all I can do is the best that I can do for Jackie when Jackie is with me.

On Fri, Jan 20, 2023 at 11:44 AM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
**FYI, I can send take home activities you all are welcome to try/utilize with this chart. These would be things pertaining to J's over all goals/tasks, which we can touch on during session as well.

FW:
Good morning! I sent a text, but I am sure you are busy during this time of day. I wanted to shoot this your way, as it pertains to J's goals/tasks. You may or may not feel this is a good fit, and maybe some of this will be discussed with the Behavioral Therapist, but here is it is just in case.

Task Sheet for J (**CLICK HERE**):
Instructions - you can print off this task sheet each week, or have it laminated so that you can check things off daily with dry erase marker. It contains two pages, so that if you print it off it can be printed front and back.
- You can receive a check mark for completing each task listed in the far left column.
- For each check mark you receive, you also gets to fill in a line on the right side
- As you progress upward (on the thermometer on the right), you eventually reach the goal at the top!
- Once you reach the goal, you can receive a small treat for the week!

Note: Before beginning the tasks, at the beginning of the week, discuss what the treat will be at the end of the week, and you can even print out a picture of it to put on the refrigerator, or hang on wall in room. Or, you can but something small, wrap/decorate it, and have it be a surprise!

No worries if you don't want to use this, or if you already have something else you'd rather use instead. This is simply a suggestion based off the tasks you mentioned in the last email. Let me know your thoughts, and if you think this would be a good idea for her!

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> ***m: 502 - 512 - 8522***
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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 11:54 AM
To: John Fouts
Subject: Info on Dissociation (three attached)
Attachments: Dissociative Experiences Scales (DES).pdf; Dissociation and Trauma.pdf; types_of_dissociation_en-us.pdf

--

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 20, 2023 11:54 AM
To: John Fouts
Subject: Info on Dissociation (three attached)
Attachments: Dissociative Experiences Scales (DES).pdf; Dissociation and Trauma.pdf; types_of_dissociation_en-us.pdf

--

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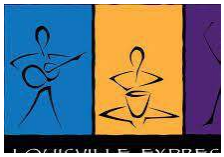

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John R. Fouts, MBA

Fax. 502.996.8246

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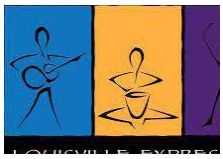

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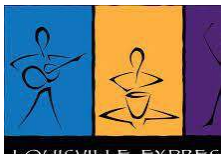

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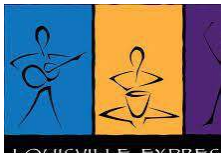

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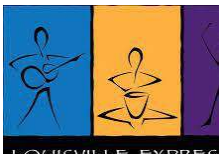

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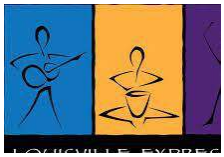

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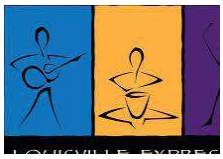

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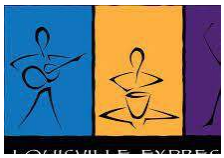

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Fax. 502.996.8246

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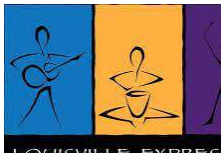

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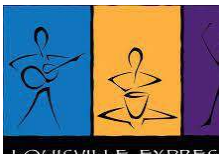

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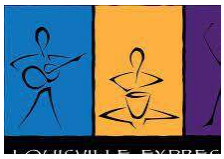

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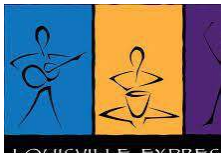

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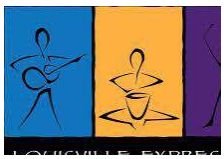

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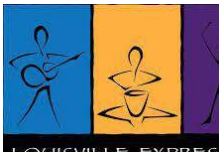

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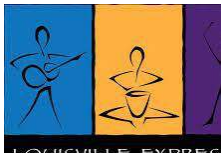

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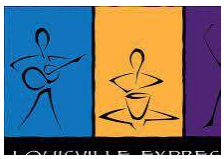

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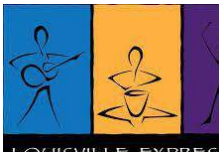

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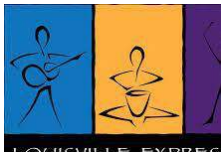

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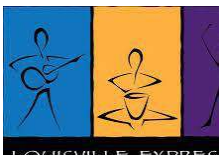

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Sent: Thursday, January 19, 2023 12:39 PM
To: John Fouts
Cc: Emily Ibershoff
Subject: Re: JaF Treatment Plan (1 attached)
Attachments: JaF - DiagnosisTreatmentPlan.pdf, updated 1.19.23.pdf

Updated TP attached. I kept it simple, so as to not make it confusing. However, I will bring a print out tonight to keep track of the things you mentioned in this email, so we can touch base on them each session.

Thanks, John!

On Thu, Jan 19, 2023 at 12:20 PM John Fouts <fouts.john@gmail.com> wrote:

> Just to throw some of the things out there.....
>
> Goals:
>
> For Jackie to not feel as scared to go places in the house on Jackie's own.
>
> To be able to give mommy and daddy both privacy when they are using the bathroom.
>
> To be able to go to the bathroom without mommy and daddy needing to be right there.
>
> To reduce fear of Slenderman.
>
> To reduce fear of Pennywise.
>
> To reduce fear of mirrors in general.
>
> To be able to enjoy trees without thinking bad things will happen - this is related to Slenderman too.
>
> For Jackie to be able to understand and accept the word No.
>
> To work toward Jackie sleeping in Jackie's own room - because then Jackie and parents at each of their respective houses will get better rest.
>
> For Jackie to have more structure, start doing chores again, and earn allowances or other incentives.

On Thu, Jan 19, 2023 at 12:01 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

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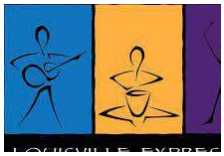

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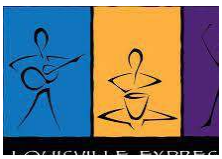

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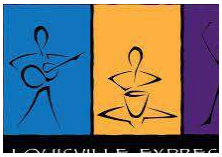

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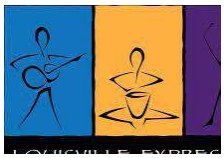

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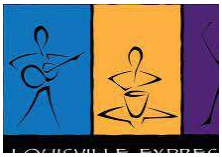

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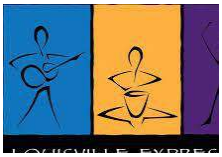

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Wednesday, January 18, 2023 11:37 AM
To: John Fouts
Cc: Emily Ibershoff; Akhilah Cherry
Subject: JaF Treatment Plan (1 attached)
Attachments: JaF - DiagnosisTreatmentPlan.pdf

After speaking with my supervisor, Em, I have adjusted the treatment plan to reflect the diagnosis mentioned in J's notes and info you have provided, and have attached the treatment plan to this email per your request. I will have a paper copy for you also at our next session, and have cc'd Em so that she is in the loop.

I do want to mention, the **diagnosis mentioned in this treatment plan are not based on any assessments on my end.** Also, I do think it would be beneficial to speak with the other therapists involved after completing the ROI form properly, but it is definitely not mandatory. I see that an ROI has been completed on your end on 1/17/23, but is missing some info as to whom permission is given and for what.

We can use the plan we have in place (attached), and it wouldn't really have anything to do with the other therapies J is involved in. I made the goals and objectives simple to leave room for other work to be done with J's other therapists. I don't want to overwhelm her, nor overlap with other work she may be doing.

If the ROI's aren't completed, I am unable to speak to any of J's other therapists, or any other parties via call, text or email regarding J's treatment as it would be a violation of their privacy.

We can discuss this further on Thursday when we meet, but wanted to be clear about the treatment as it stands.

See you all Thursday!

Let me know if you have any questions.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, January 13, 2023 12:23 PM
To: John Fouts
Subject: JF - Diagnosis and treatment plan

Let me know your thoughts. This doesn't include any edits we discussed today, but I'd like your input regarding smaller tasks in completing objectives listed at bottom. Official copy will be finalized once discussing with my site supervisor.

Thanks!

Give yourself Grace as well.

Diagnosis and treatment plan

Diagnosis

- **F43.22 - Adjustment disorder with anxiety**
- **H93.25 - Central auditory processing disorder**
- **F84.0 - Autistic disorder**
- **F90.9 - Attention-deficit hyperactivity disorder, unspecified type**

Presenting Problem

Display of negative emotions, particularly anger and trouble identifying empathy.

Goal

To develop coping strategies for negative emotions; in particular anger, increase of emotional expression, increase in social cues and empathy.

Objective

Clients will use expressive arts mediums 1-2 times per month to explore emotions, particularly with anger, as well as empathy.

Clients will use mindfulness exercises 3-5 times per week to increase positive self talk, and work through negative emotions.

Treatment frequency: Weekly

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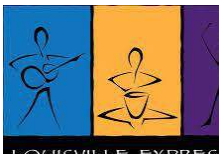

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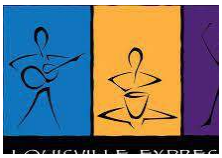

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> > **Fax. 502.996.8246**

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, January 10, 2023 4:34 PM
To: John Fouts
Cc: Theresa Adamchik
Subject: Re: Need Copy of Treatment Plan Please - 2023-01-10

Hey, John! Thanks for reaching out.

There isn't a treatment plan in our system entered by Dani, as I'd look upon transitioning to myself, nor did she state having done one. Which is why I'd suggested creating one. I also didn't see a diagnosis entered into our system. After speaking with you all and you verbally giving me a diagnosis, and after looking through the notes in our system, I entered a diagnosis on December 2 of the following (also, one had to be created in order to bill for insurance):

Diagnosis:
F43.22 - Adjustment disorder with anxiety

Diagnosis:
H93.25 - Central auditory processing disorder

Two more diagnosis that have surfaced since Dec. second include the following (via you emailing/verbalizing):
ADHD and Autism Spectrum Disorder

I asked Dani today, and she told me that Theresa (who was her site supervisor) had created a treatment plan for JF. I have included her in this email to see if there is one in a hard copy file somewhere, as I have mentioned there isn't one in Simple Practice right now (again, which is why I was creating one).

Once we have a treatment plan, whether it is one Theresa has created or if we collaborate on one together, I do want to be clear about boundaries so that we are able to work effectively! :)

I will send a separate email so that we can begin that discussion. I want to support J in the most effective way possible, and I know working together we can totally achieve that!

Akhilah

On Tue, Jan 10, 2023 at 2:43 PM John Fouts <fouts.john@gmail.com> wrote:

> Hi Akhilah.
>
> Beatriz is Jackie's other therapist (non-art-therapist) at Seven County Services. Jackie used to see Lindsey Smith there, but Lindsey has moved on and taken a different position.
>
> I was able to meet with Beatriz today, and she said because of Medicaid rules, you each are not allowed to work on a treatment plan with any kind of overlap. I learn more things about how tough Medicaid makes things every day, yet have no control right now over choosing any other type of insurance.

Akhilah, could you please send me a copy of the treatment plan - I realize you only recently began seeing Jackie, so a copy of the plan that Dani had might be the best thing in the interim. I know you are still formulating a plan for Jackie at the moment.

If you can send it to me, and to Beatriz, it would be great appreciated.

I'm confident that you both will be great for Jackie. By the way, I found some 'spinners' at my parents house for the game that Jackie and you were working on, and will try to remember to send them with Jackie tonight when Jackie heads back to her mom's house.

I'm heading into my bankruptcy hearing shortly. Wish me luck please.

John

p.s. You may fax the treatment plan if that is easier, to 502.996.8246 (my personal fax number that I have for medical record transfer purposes). Whatever is easier for you. Also - you should already have paperwork on file that allows you, and Seven County Services, to exchange information freely...and if you need any other paperwork please let me know. Thank you.

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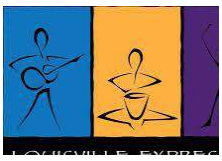

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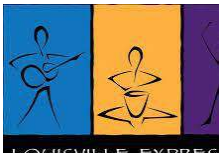

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, January 5, 2023 11:28 PM
To: John Fouts
Subject: Three Apps to Try Out!

Hey! Not sure how you feel about any of these, but wanted to shoot them your way so that we could maybe incorporate some if it in the treatment plan. Let me know your thoughts, and we can discuss what works best.

Three Apps to Download:

1. Mood Tracker 😥 😡 😊
https://apps.apple.com/us/app/moods-mental-health-tracking/id1023271188

2. Deep Breathing 😮‍💨 🧘🏾
https://apps.apple.com/us/app/worry-breath/id1454134441

3. Worry Kit 😟
https://apps.apple.com/us/app/worry-kit/id1476565303
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Subject: Three Apps to Try Out!

Hey! Not sure how you feel about any of these, but wanted to shoot them your way so that we could maybe incorporate some if it in the treatment plan. Let me know your thoughts, and we can discuss what works best.

Three Apps to Download:

1. Mood Tracker 😥 😡 😊
https://apps.apple.com/us/app/moods-mental-health-tracking/id1023271188

2. Deep Breathing 😌 🧘🏾
https://apps.apple.com/us/app/worry-breath/id1454134441

3. Worry Kit 😟
https://apps.apple.com/us/app/worry-kit/id1476565303
--
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Therapist
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1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, January 5, 2023 2:36 PM
To: John Fouts
Subject: Re: I really need your all's help - 2023-01-04

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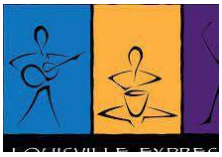

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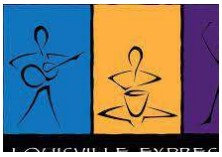

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Sent: Tuesday, January 3, 2023 11:39 PM
To: John Fouts
Subject: Re: I really need your help - Jackie keeps gaslighting me over and over - denying it - and claiming to have no memory of it

Hey! Sorry for replying so late. I hear what you're saying. I would definitely like to address any behavior that may be troubling, especially if you see it's not serving J, or yourself well. I think it may be helpful to write this out, and address it together when we meet. Maybe it would help to map out clear consequences? If you'd like to talk it over a bit before we meet, I am available earlier in the day on Thursday (before noon). Or, I can map out a basic structure and then talk it over the first half of session. I still want to cover ground rules together with J, and give her a chance to map out some boundaries as well.

I'm here to support! I will talk it over with my supervisor as well, Em, and Theresa. They may have more insight to offer as well.

On Tue, Jan 3, 2023 at 8:52 PM John Fouts <fouts.john@gmail.com> wrote:

> It is EXTREMELY NARCISSISTIC BEHAVIOR and I cannot really handle being treated in those ways. I need help to stop this from happening as quickly as possible and in the best way possible. Please talk to Jackie - AT LENGTH - about this kind of thing and how it is wrong to treat someone that way. Jackie will just deny it and state that I am doing that to Jackie when I am not (again - classic narcissistic behavior)....I am not able to handle being treated like that so do not know what to do and am desperate for some help. My mom gaslights me constantly and denies it and I am living in her home now.....I cannot handle being treated that way from multiple family members all the time - it makes it unsafe for me.
>
> John
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, January 3, 2023 11:39 PM
To: John Fouts
Subject: Re: I really need your help - Jackie keeps gaslighting me over and over - denying it - and claiming to have no memory of it

Hey! Sorry for replying so late. I hear what you're saying. I would definitely like to address any behavior that may be troubling, especially if you see it's not serving J, or yourself well. I think it may be helpful to write this out, and address it together when we meet. Maybe it would help to map out clear consequences? If you'd like to talk it over a bit before we meet, I am available earlier in the day on Thursday (before noon). Or, I can map out a basic structure and then talk it over the first half of session. I still want to cover ground rules together with J, and give her a chance to map out some boundaries as well.

I'm here to support! I will talk it over with my supervisor as well, Em, and Theresa. They may have more insight to offer as well.

On Tue, Jan 3, 2023 at 8:52 PM John Fouts <fouts.john@gmail.com> wrote:

> It is EXTREMELY NARCISSISTIC BEHAVIOR and I cannot really handle being treated in those ways. I need help to stop this from happening as quickly as possible and in the best way possible. Please talk to Jackie - AT LENGTH - about this kind of thing and how it is wrong to treat someone that way. Jackie will just deny it and state that I am doing that to Jackie when I am not (again - classic narcissistic behavior)....I am not able to handle being treated like that so do not know what to do and am desperate for some help. My mom gaslights me constantly and denies it and I am living in her home now.....I cannot handle being treated that way from multiple family members all the time - it makes it unsafe for me.
>
> John
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--
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Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Tuesday, January 3, 2023 12:04 PM
To: John Fouts
Subject: Session This Week - 1/5/2023 @ 7:30 pm

Hey! I hope you all have had a Happy Holiday, and a Happy New Year so far!

I wanted to touch base, as I have received all of your info over the break and will be looking through it to see if I can provide any assistance in that area. We can touch base on all this when we meet.

I greatly appreciate the JCPS info as well. This could be helpful in creating an effective treatment plan for JaF. I certainly would like to work together with you on this.

I know Simple Practice will send out a reminder, but just wanted to say I'm looking forward to seeing you all this **Thursday at 7:30 pm.**

Unless anything changes, see you all then!

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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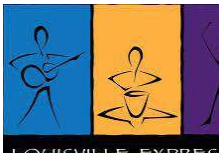

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fouts.john@gmail.com

From: Lindsay Fouts <lindsayfoutscpa@gmail.com>
Sent: Wednesday, December 28, 2022 8:45 PM
To: John Fouts
Cc: Jack Fouts
Subject: Re: Nevermind forgot Akhilah is on holiday break - no therapy tomorrow!!

Thank you for letting us know!

On Wed, Dec 28, 2022 at 8:28 PM John Fouts <fouts.john@gmail.com> wrote:

> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 22, 2022 6:26 PM
To: John Fouts
Subject: Passport info

I know we didn't get a chance to discuss this today, but here is a link regarding getting a passport for a minor. I don't mind bringing this up with mom as well, next time I meet with her, and we can discuss how you would like to be supported regarding this.
https://www.us-passport-service-guide.com/child-passport.html

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 22, 2022 6:24 PM
To: John Fouts
Subject: Home School info (we can address this further at our next session)
Attachments: IEP.pdf

Louisville Home School Group
LFPL Homeschool Resources
Homeschooling and Special Needs
Homeschooling and Autism (Time for Learning Page)
IEP and Homeschooling

--
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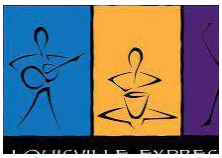

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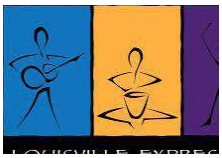

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 22, 2022 6:00 PM
To: John Fouts
Subject: Info on ACT (Acceptance and Commitment Therapy)

I wanted to provide you with some info on this, as well. This is a method I often implement with a lot of my clients, in conjunction with different expressive arts modalities. Just wanted to let you have a look at it and see what you think.You can look up for yourself how this works with individuals with autism, as a solution focused therapy.

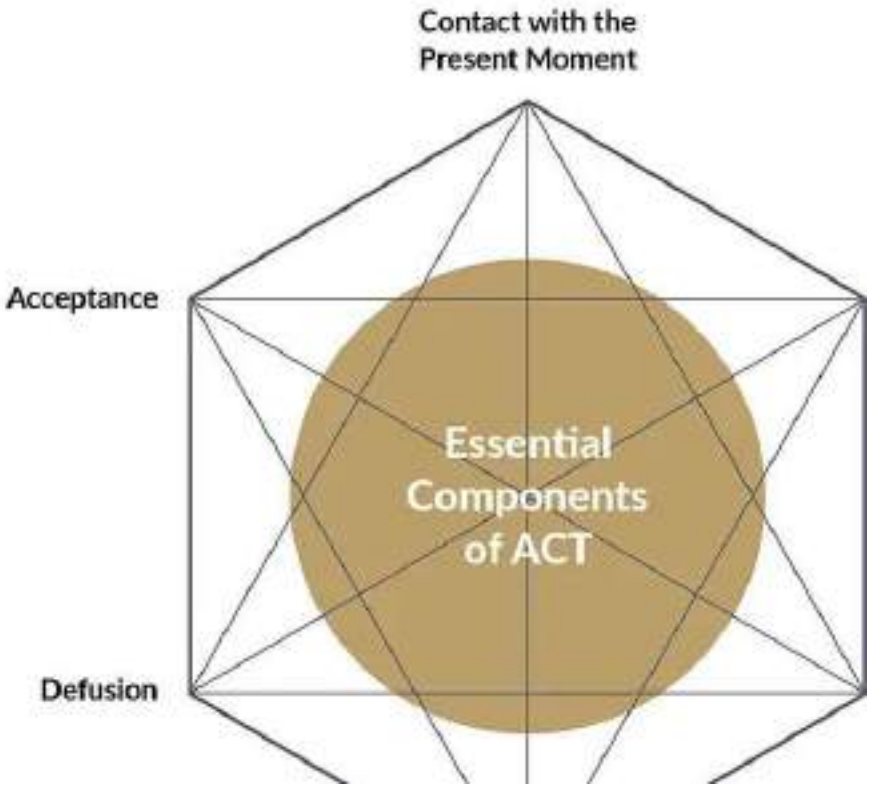
Feel free to reach out if you have questions, we can also talk more about it in January :)

What is ACT?

- Article on ACT - https://www.psychologytoday.com/us/therapy-types/acceptance-and-commitment-therapy
- Short Videos on ACT - https://youtu.be/ScwXgqO_d7Y
- https://positivepsychology.com/act-techniques/

Mindfulness/ Grounding Exercises (chose only one)
1. Acceptance - https://youtu.be/jrmKtaMqOh4
2. Difusion - https://youtu.be/BXAzdXJGMeE
3. Values & Committed to Action - https://youtu.be/yoVmoOnjscM
4. Self as Context - https://youtu.be/kl5cyCXelZc
5. Contact with the Present Moment - https://youtu.be/kthk-vmQ02A

Hexaflex Model for Psychological Flexibility (CLICK HERE to see more):



Other Exercises

- Leaves on a Stream Exercise - https://youtu.be/00AbNXNLUUs
- 5-4-3-2-1 Exercise - https://youtu.be/30VMIEmA114

--

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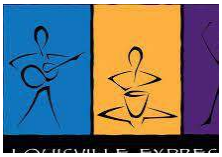

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 22, 2022 5:51 PM
To: John Fouts
Subject: Anger
Attachments: what-is-anger-activity.pdf; coping-skills-anger (1).pdf; anger-warning-signs-children.pdf; anger-iceberg.pdf

--
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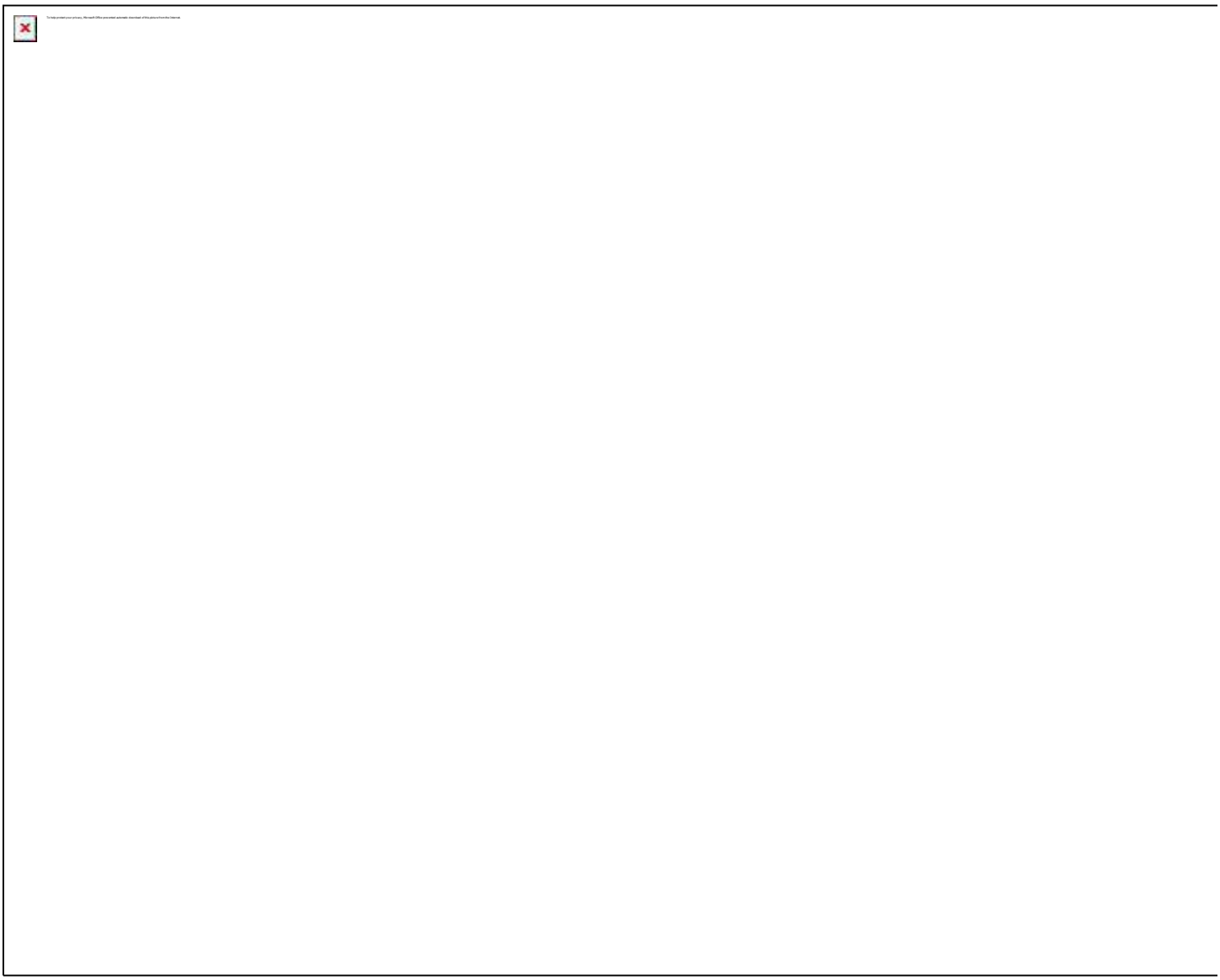
Sent: Thursday, December 22, 2022 5:47 PM
To: John Fouts
Subject: Goals/ Anger/ Protective Factors info sheets
Attachments: protective-factors.pdf; stress-exploration.pdf; coping-skills-anger.pdf; goal-breakdown.pdf; anger-warning-signs.pdf; relaxation-techniques.pdf



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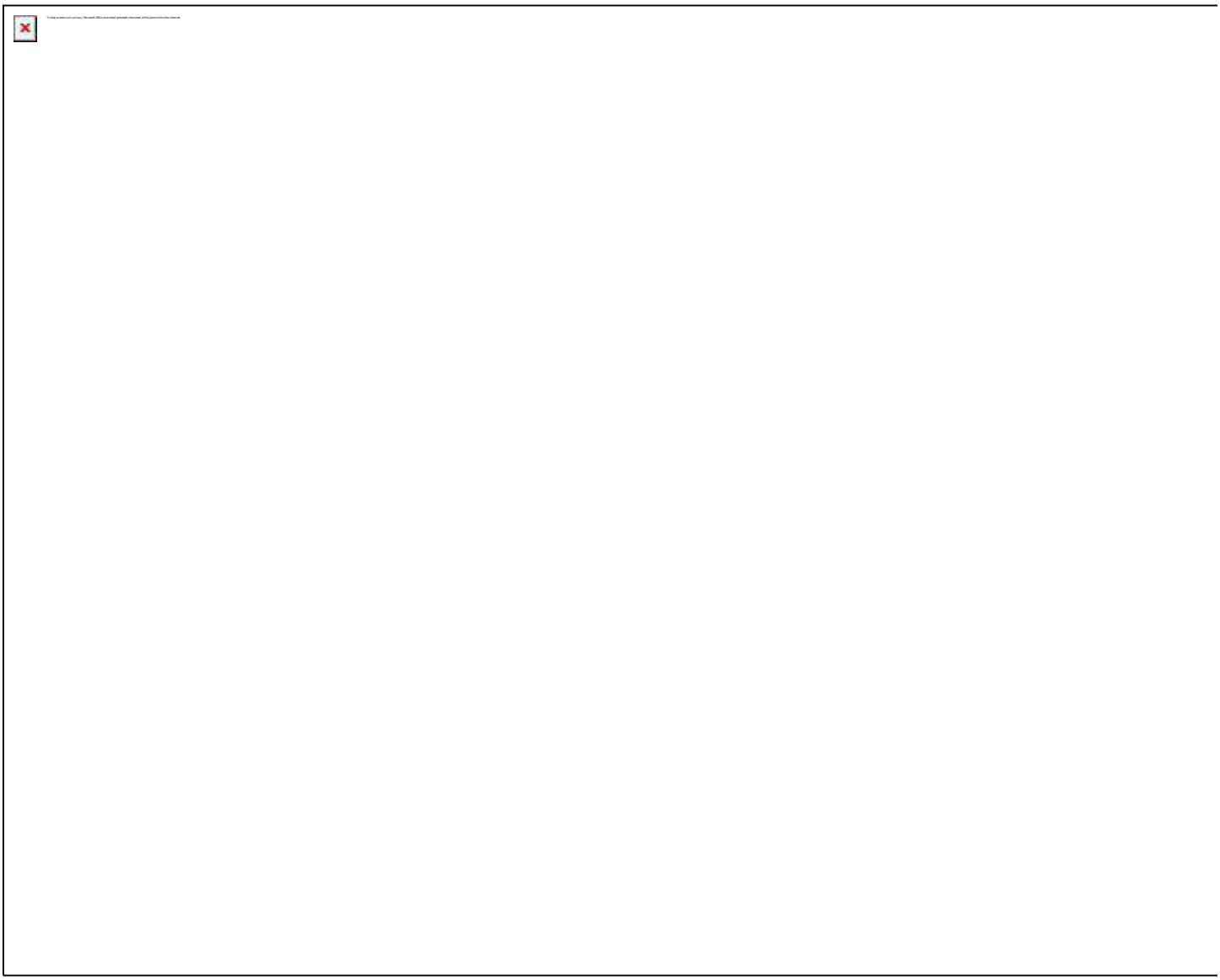

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From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, December 22, 2022 4:50 PM
To: John Fouts
Subject: appt link

https://video.simplepractice.com/appt-9640604aa72c3dcdc36a113f26e2a789

--
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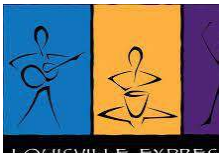

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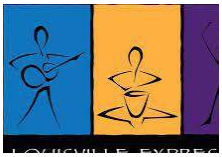

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fouts.john@gmail.com

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Sent: Thursday, December 22, 2022 10:03 AM
To: John Fouts
Subject: Weather Advisory - No In Person Tonight 12/22/2022

Hey! I just heard in the news it's a road advisory bc the conditions are going to be so bad. I had a wreck last year so I definitely don't want to risk that again, nor have you all make that risk as well.

With that being said, Do you want to do a telehealth? Or would you like to just call this a cancel and see you all in January?

Just an FYI, here are the times I still have available:

Thursdays (evenings at Frankfort, mornings can be at either Fra. or Prtl.)
9:30 am - _____
10:30 am - _____
11:30 am - _____
12:30 pm - _____
1:30 pm - _____
4:30 pm - (biweekly)/ _____
5:30 pm - (biweekly)/ _____
6:30 pm - (biweekly)/ _____
7:30 pm - _____

Fridays (Portland):
10:30 am - _____
11:30 am - _____

I know you had previously done earlier in the day, so I'm happy to say next semester I could accommodate the earlier times as I will not be returning to my previous day job to do counseling full time 😊

Akhilah
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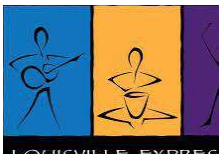

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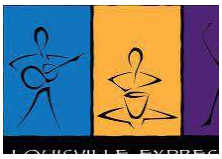

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To: John Fouts
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Hey! I just wanted to touch base with you about this. For some reason, every time I click on it it shows an error. I tried it from my phone as well, but it wont show up for some reason (see attachment below)..

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From: **John Fouts (via Google Photos)** <noreply-78eb7cb33fa564237ebfc7ac9dbf4518@google.com>
Date: Sat, Dec 10, 2022 at 11:29 AM
Subject: John Fouts shared a video with you
To: <akhilah@louisvilleexpressivetherapies.com>

John Fouts: Too hard to strip audio from the video - this is one example - will send 2 more... I am the 'hated dad'.

View video

You received this mail because John Fouts shared these photos with you. If you no longer wish to receive email notifications of shared photos, unsubscribe here.

Get the Google Photos app

Google LLC
1600 Amphitheatre Pkwy
Mountain View, CA 94043 USA

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John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 10, 2022 9:10 AM
To: John Fouts
Subject: Re: Great News! - Jackie's Mom Has Agreed To Thursdays at 7:30 pm On Her Weeks

Sorry for my late response, I had clients late again yesterday.

Sure! That would be cool if you sent them to me. I understand, I definitely hear you wanting to find some tools that could work for the both of you at home. I will have some things to bring during session that you can either take home, or I can email. I may reach out to you via phone one day next week as well, if that is okay, after our session with mom. Just to get some input, and maybe offer any insight I might have. Would that be alright as well?

Let me know your thoughts, thanks!

On Fri, Dec 9, 2022 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:

> Yes start next week - better for Jackie - and yes you can correspond with both of us - unless it is a situation where it would not be relevant for one of us - but scheduling is relevant to both of us (if that statement makes any sense). Also, I was going to tell you that I have taken some videos (with Jackie knowing) to help you maybe help us work through what we both need to change (Jackie and me) in terms of the dynamic in our relationship. I am honestly at a loss a lot of the time because it seems like there is behavior that needs modification, but consequences don't work, because if there are consequences, then I end up in a land of emotional dysregulation with Jackie for days sometimes and there seems to be a lack of understanding of how the consequence applies to the behavior, or a total lack of self awareness which I am sure is an autism thing, but I need some guidance around some situations please, and the videos are a good way to get that (video part isn't really relevant it is just the audio). May I send you some of those files? I will cut them down to size to being only the relevant parts - maybe 3 or 4 of them? I also understand if that is too much to ask! Just let me know.
>
> John
>
> On Fri, Dec 9, 2022 at 5:02 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Awesome! And yes, I can correspond with the both of you? So would you like to start next week? Or wait to alternate after the holidays? If sooner, I can go ahead and add it today!
> >
> > On Fri, Dec 9, 2022 at 4:59 PM John Fouts <fouts.john@gmail.com> wrote:
> >
> > > Akhilah,
> > >
> > > Lindsay (Jackie's mom), has agreed to bring Jackie to therapy on Thursday nights during her weeks (next week is her week) - we alternate weeks.
> > >
> > > Please, can you add Jackie to your schedule for every Thursday night at the L.E.T. Frankfort Ave. location?

Also, can you please, then with the holiday schedule included, send us both a full schedule - at least through the holidays - so we can see what days are off days for you at L.E.T.?

Lindsay's email address is: lindsayfoutscpa@gmail.com. Her phone number is (502) 475-6897. Email is probably the best way to reach her - or text msg.

You already know mine, but I am listing here just for the sake of completeness. My email address is Fouts.John@gmail.com and my phone number is (502) 956-0052.

Jackie really enjoyed meeting with you last night and is already excited about playing hockey again with you next week!

John

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Sent: Friday, December 9, 2022 5:02 PM
To: John Fouts
Subject: Re: Great News! - Jackie's Mom Has Agreed To Thursdays at 7:30 pm On Her Weeks

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, December 5, 2022 9:33 AM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Ahh, gotcha. Thanks so much! I will double check to be sure. See you all in a few days :)

On Sun, Dec 4, 2022 at 1:00 PM John Fouts <fouts.john@gmail.com> wrote:
> There should already be a form for release on file at L.E.T. but if I need to fill out a separate one that is okay. We had finally gotten Jackie approved for ABA but then before we even had our first session, the ABA therapist decided she could not take on another client.
>
> We had 2 sessions with a speech therapist but she is on maternity leave until March.
>
> We are on a waiting list for Occupational Therapy and have been for months.
>
> Jackie sees a talk therapist at Seven County Services named Lindsey Smith (ROI on file already for L.E.T.) but if you need one specifically for your name - I understand - just let me know.
>
> I have my own fax number for medical records or whatever (502) 996-8246.
>
> Thank you Akhilah.
>
> John
>
> p.s. I would love to see a therapy plan with goals that we could measure progress toward.
>
> On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> > Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).
> >
> > We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.
> >
> > Either way, looking forward to collaborating with you all!
> >
> > On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:
> > > Hi Akhilah!
> > >
> > > Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for

actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
> For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states,

starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work

moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...
>
> Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!
>
> John
>
> On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:
>
> > Hi John,
> >
> > I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
> >
> > First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be

transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support***

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." ***- Tupac Amuru Shakur***

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John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

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https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Monday, December 5, 2022 9:33 AM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Ahh, gotcha. Thanks so much! I will double check to be sure. See you all in a few days :)

On Sun, Dec 4, 2022 at 1:00 PM John Fouts <fouts.john@gmail.com> wrote:
> There should already be a form for release on file at L.E.T. but if I need to fill out a separate one that is okay. We had finally gotten Jackie approved for ABA but then before we even had our first session, the ABA therapist decided she could not take on another client.
>
> We had 2 sessions with a speech therapist but she is on maternity leave until March.
>
> We are on a waiting list for Occupational Therapy and have been for months.
>
> Jackie sees a talk therapist at Seven County Services named Lindsey Smith (ROI on file already for L.E.T.) but if you need one specifically for your name - I understand - just let me know.
>
> I have my own fax number for medical records or whatever (502) 996-8246.
>
> Thank you Akhilah.
>
> John
>
> p.s. I would love to see a therapy plan with goals that we could measure progress toward.
>
> On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
> > Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).
> >
> > We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.
> >
> > Either way, looking forward to collaborating with you all!
> >
> > On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:
> > > Hi Akhilah!
> > >
> > > Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for

actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
> For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states,

starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.

Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...

Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work

moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
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transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
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1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8* or *CLICK HERE* for additional resources/support***

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:20 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Sorry, I meant to say **Release of Information (ROI) Form (I believe that is the correct for for me to be able to communicate with their other therapists and vice versa. Again, no worries if you are uncomfortable with that. Just wanted to get your thoughts :)

On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Akhilah!

Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022

January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

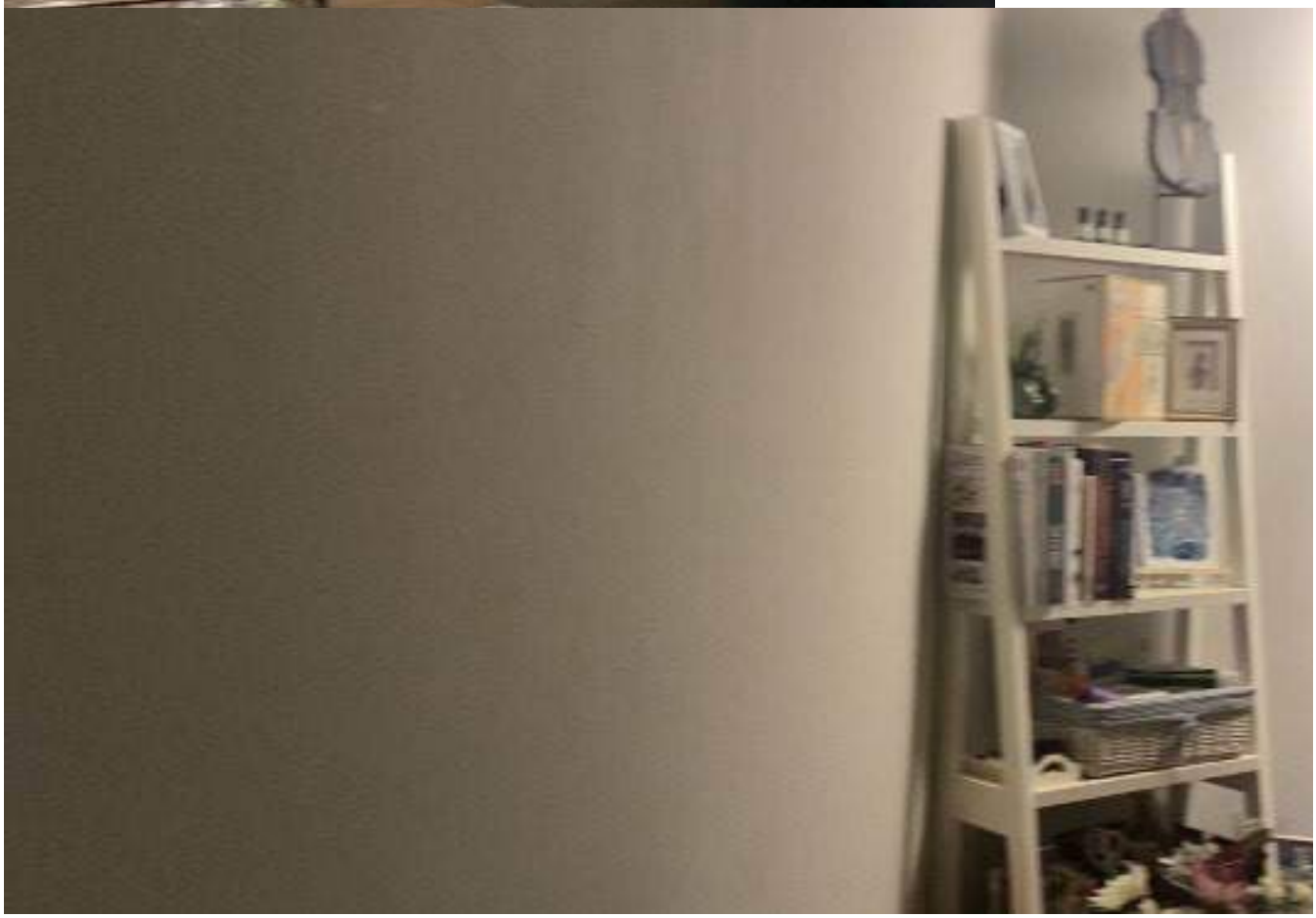
We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
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Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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John R. Fouts, MBA

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m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
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2518 Frankfort Ave, Louisville KY 40206
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• Suicide and Crisis Lifeline: Call 988

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:20 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Sorry, I meant to say **Release of Information (ROI) Form (I believe that is the correct for for me to be able to communicate with their other therapists and vice versa. Again, no worries if you are uncomfortable with that. Just wanted to get your thoughts :)

On Sat, Dec 3, 2022 at 12:17 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

On Sat, Dec 3, 2022 at 11:36 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Akhilah!

Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

On Fri, Dec 2, 2022 at 11:30 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022

January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

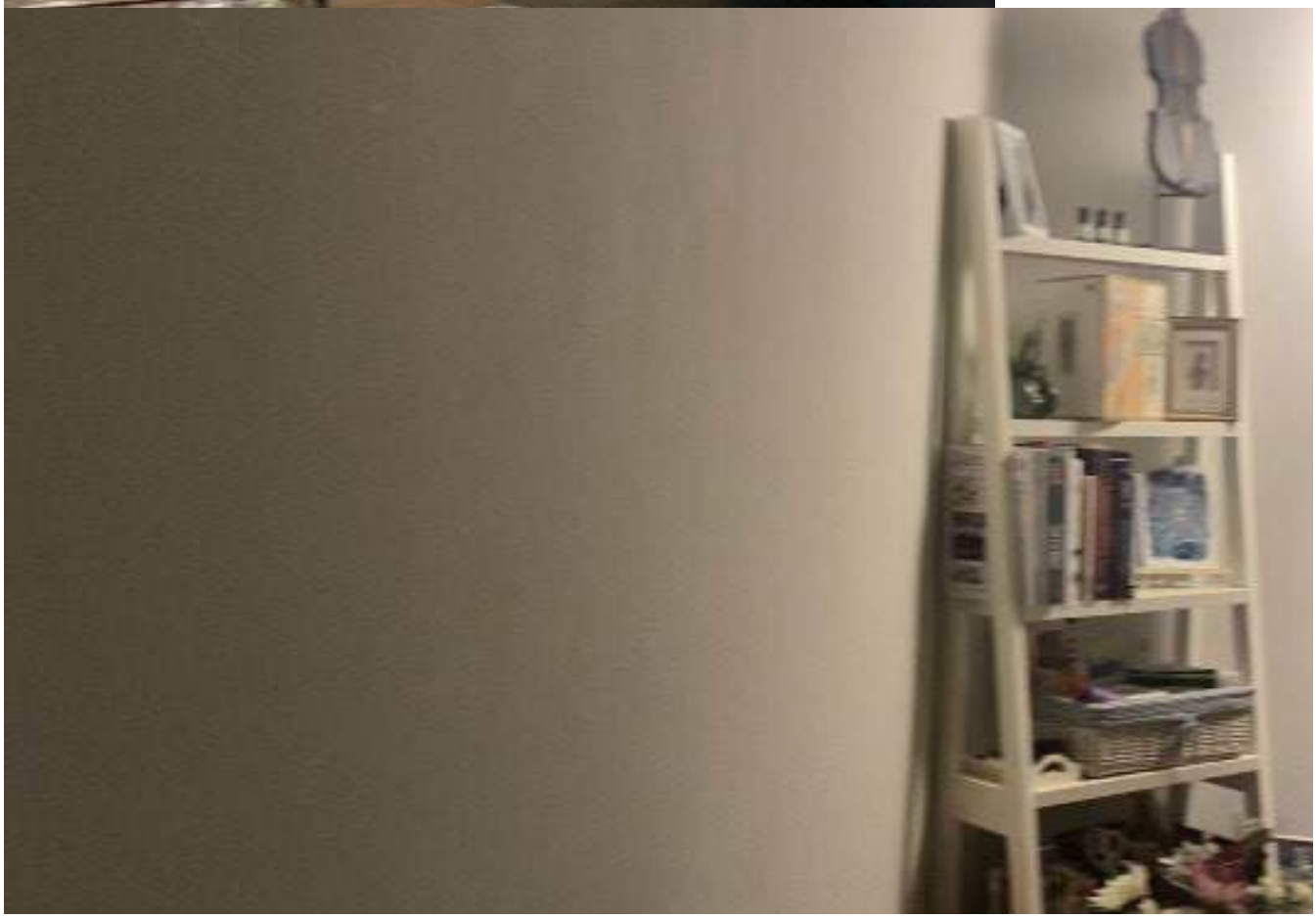
We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Saturday, December 3, 2022 12:17 PM
To: John Fouts
Subject: Re: Transition after December and further recommendations

Hey! Thanks for this info. My day time job is as the accessibility services coordinator at a college, so I am pretty familiar with long COVID and it's effects, as well as am I familiar with ASD (and SPD).

We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

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Hi Akhilah!

Happy Saturday! There are a lot of concerns - I've listed a few here... Jackie has several physical health ailments that are similar to those that I have. Jackie also is dealing with Long Covid symptoms specifically of fatigue, shortness of breath, and short term memory loss. Other concerns are those of autism spectrum disorder level 2, adhd, suicidal ideation, no ability to have consequences for actions, extreme regression in many areas, and I don't know why, and more. Goals I would like for Jackie to have are to reduce levels of anxiety and fears (e.g. I cannot even go to the bathroom on my own without Jackie right next to me because Jackie has such fears) - an example is a fear of Slender Man...Jackie is no longer able to sleep in Jackie's own room although Jackie did from ages 6 to 10...just a couple examples there. Jackie used to know about people's bubbles and not to get into them and not to interpret conversations constantly, but somehow Jackie has not been using these skills - and I am not exactly certain as to what is going on. I want Jackie to learn how to create happiness from within, to be a self-sufficient adult as much as possible one day, and to be able to receive and give love with as much robustness as possible for Jackie and for those in Jackie's life both now and in the future. Jackie is a very creative and artistic child with a unique way of communicating. It is not always easy to get out of Jackie what Jackie needs or wants - so communicating clearly and effectively should be a goal (as it should be for all of us!)...just saying all humans could probably use help in that area.

I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

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Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

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Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
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February 16	7:30 pm - 8:20 pm

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March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of

running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?
>
> How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?
>
> Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The

Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

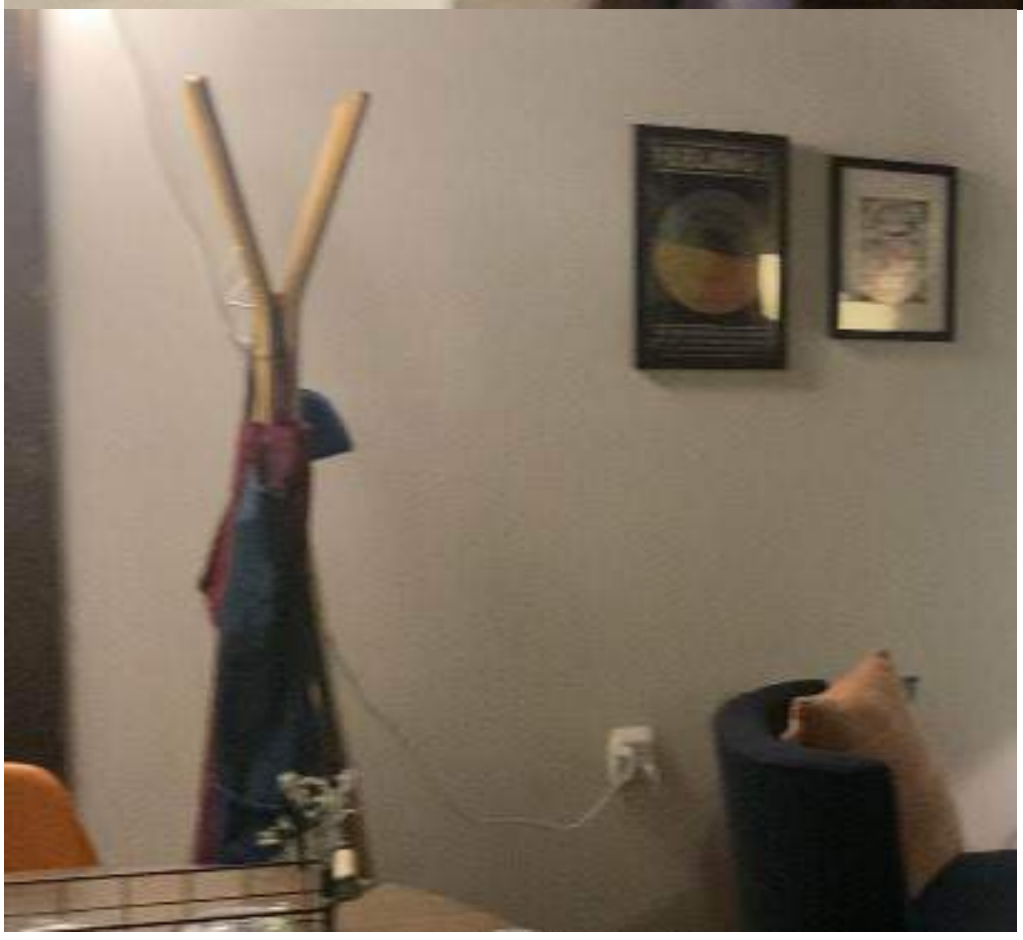
I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Hey again, John!

I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
https://youtu.be/tKDQ07XC2Rk



As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially

see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below.
Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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We can definitely address your concerns, as I want to be as supportive as I can through this process. I want to create a treatment plan (to at least have a guideline for what we will be doing), but I know J is seeing a few other therapists as well? Would you all be willing to do an ROI form for me to communicate with them? No worries at all if you don't.

Either way, looking forward to collaborating with you all!

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I'll sit in for 15 or 20 minutes maybe of the first session - Jackie is always saying that Jackie needs all the time and I don't want to interfere with Jackie's needs. You seemed very nice and kind in the short time I got to meet you. Looking forward to seeing you soon for Jackie.

John

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Let me know your thoughts!

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Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
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6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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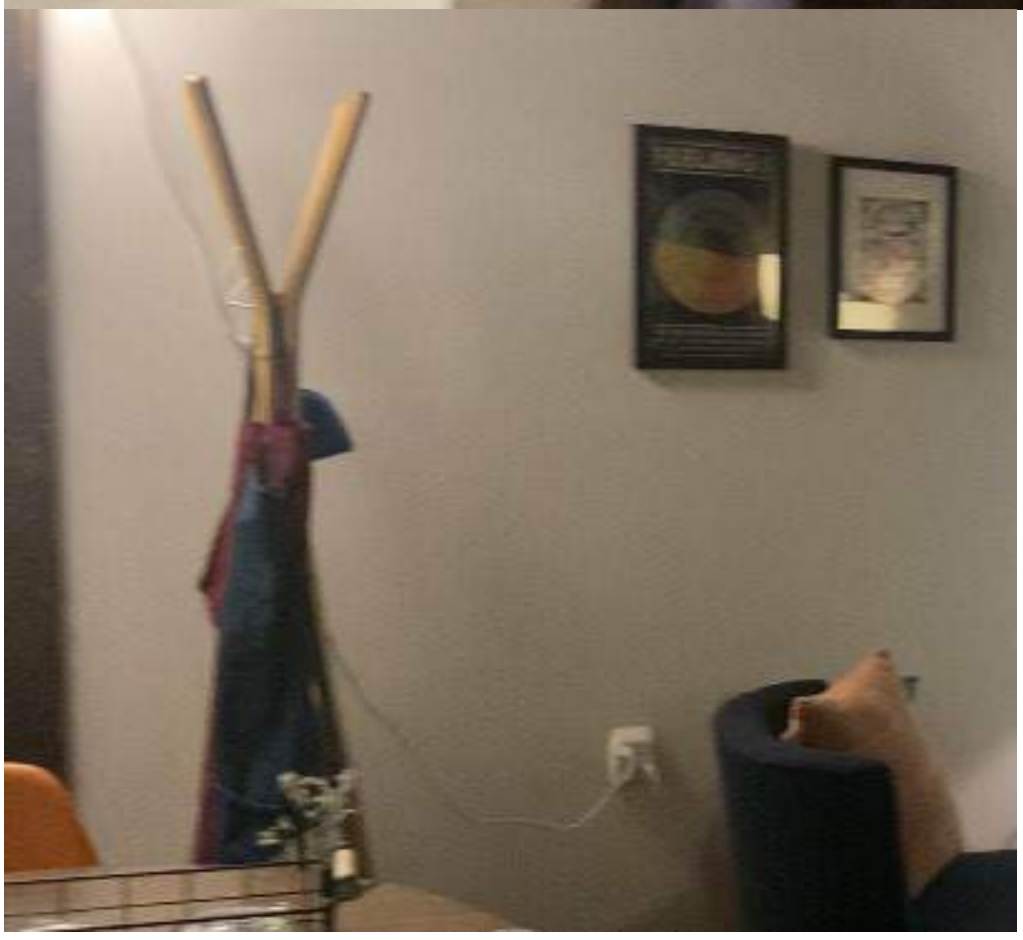

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Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Good afternoon, John!
>
> It was really great to meet with J today :)
>
> I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.
>
> I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...
>
> **Available Times/ Days:**
> Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
> Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
> Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)
>
> If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.
>
> If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially

see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist

Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, December 2, 2022 11:30 PM
To: John Fouts
Cc: Dani Creamer; Emily Ibershoff; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
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12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

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Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

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Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

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Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
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> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
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week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

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On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
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> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
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> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
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> I look forward to my last sessions with JaF, and will see you tomorrow.
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> Sincerely,
> Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, December 2, 2022 11:30 PM
To: John Fouts
Cc: Dani Creamer; Emily Ibershoff; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Thanks so much! I love big earrings :)

If you like, could you possibly sit in on the first part of our session, just so we can sort of talk for a bit and address any concerns you might have? I know it is late, and appreciate you being able to make the scheduling adjustment so we could make it work.

Again, I have looked through you alls notes so I can get better acclimated to what you all have been working towards, but definitely would like to speak about it in person so we can be on the same page about what is best for Jackie.

Let me know your thoughts!

Akhilah

On Thu, Dec 1, 2022 at 6:26 PM John Fouts <fouts.john@gmail.com> wrote:
Thank you Akhilah. It was nice to put a face with your name today. I really liked your hoop earrings btw.

I think Jackie and you will get along well. Jackie started going by Jackie instead of Jack about 2 months ago - I am not sure of all the reasons why...I also feel like Jackiee has been regressing behavior wise. anyway - letting you know I got the schedule. See you soon, and thank you for sending it.

John

On Thu, Dec 1, 2022 at 6:20 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
Hey, John! Great seeing you all today :)

I just wanted to send a follow up email to the conversation we had at the end of Ja's session. **I would officially meet with Ja on 12/8 at 7:30pm in the Frankfort Ave Office location**. Here is a calendar of the remaining time for this year, and days we would have for next year. I don't anticipate anything will change, but I will keep you updated if I need to cancel for any reason (medical reasons, etc.).

I have made note of everything you mentioned in your last few emails, as well as will I be going over the notes from you and Dani's past sessions so I can get a little more familiar with Ja and how I will be able to better assist in our sessions.

Please let me know if you have any further questions, and we can definitely talk more next week!

JaF Fall 2022 Schedule

Session Days	Times/ Cancellations
December 8	7:30 pm - 8:20 pm - FIRST FALL SESSION 2022
December 22	7:30 pm - 8:20 pm - LAST FALL SESSION 2022
January 5 (2023)	Resume sessions - 7:30 pm - 8:20 pm
January 19	7:30 pm - 8:20 pm
February 2	7:30 pm - 8:20 pm
February 16	7:30 pm - 8:20 pm
March 2	7:30 pm - 8:20 pm
March 16	7:30 pm - 8:20 pm
March 30	7:30 pm - 8:20 pm
April 13	7:30 pm - 8:20 pm
April 27	7:30 pm - 8:20 pm
May 11	7:30 pm - 8:20 pm
May 25	7:30 pm - 8:20 pm - Last Session Spring, reevaluate for summer

On Mon, Nov 28, 2022 at 12:33 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to respond to your email from the 23rd and assist with a couple of the questions that you provided for me! First, I did talk about the transition with JaF and that we cannot be "angry" with someone if they have no control over the situation and stated that you had nothing to do with my leaving or JaF. JaF replied and stated that "I will miss you", and therefore I think some of the anger about the transition is the thought of leaving and being sad about the loss. JaF also has became resistive and avoidant in talking about "hard emotions", so often it is a dance to pull some of these things out. However, it takes time and continuation to see improvement.
For helping with change, I have a lot of resources that can be beneficial for JaF and help them process adjustment and change. That I will attach at the end of the email. Provide an open conversation about change and how JaF has done this before with moving from different states, starting homeschool, and even working with me after meeting with T for a while. Encourage their resiliency and how they can overcome this obstacle. Stating facts to JaF about the situation is also very important. I provided JaF that my internship is ending and that I am planning to stay in Lexington due to being close to home. For the anger, explain that with change can come anger and we can be angry about the situation, however, we can not be angry forever or take this anger out on the ones we love. Talk about ways to transform the anger whether it be through art, building, and something they enjoy.

For the Phoenix school, the last email with the links at the bottom has the contact information for the school when you click on the page so that they can assist you any way they can! For counseling services, I assume there are counselors on staff, however, I would ask this directly with the school administration.

For anger, JaF hinted about being angry about being taken to appointments consistently, which is kind of what we had discussed at their session on Tuesday. Providing a structure so that you do not have dual roles of teacher and dad. I think the school would provide JaF the opportunity to have space to

interact with friends, and teachers, and learn. In return, it would give you a break so that you can go to appointments and not have the dual role of teacher. However, diving deeper to find the root of anger would take more time in therapy and sessions. Oftentimes, it is like taking a wall down a brick at a time, rather than bulldozing it down.

For empathy, I would not go to the conclusion that JaF has lost empathy. Due to JaF being neurodivergent, JaF reponse to social situations can be different than other individuals. JaF could potentially not have known how to react in that situation, and that then led to the response of running away. Next time this shows up, discuss your emotions attached to this situation and explore how JaF would react in a certain situation and how they would feel. I have attached an article that is very helpful in discussing Autism and empathy. I am also attaching how to increase empathy in the home.
6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

On Wed, Nov 23, 2022 at 2:29 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)...until a regular weekly daytime appointment becomes available.
>
> Is there a plan now or at any time in the future for a therapist to be able to travel to a client's home? Jackie has become more and more and more defiant and resentful with contempt toward me because I am the only one that takes Jackie to appointments....and I don't know what to do to fix the problem...
>
> Jackie said the Portland office looked 'too fancy'..
>
> Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.
>
> I cced Dani on this email bc I wanted to ask her a few questions too.
>
> Dani....
>
> Did you get a chance to talk with Jackie about how transition of therapists work? I think Jackie is angry with me partly because she won't be able to see you anymore after next time. How do I handle that anger?

How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

I told Jackie earlier today that it is a hard day for me because in 2006, one of my best friends hung himself on Nov. 23rd. To that, Jackie replied, 'what would you do if I ran away and never had to see you again...'....I mean I feel like Jackie has list empathy too and it deeply concerns me.

John

On Wed, Nov 23, 2022, 12:37 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

> Hey again, John!
>
> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

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Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

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John R. Fouts, MBA

Fax. 502.996.8246

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e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

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fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Wednesday, November 30, 2022 10:35 AM
To: John Fouts
Cc: Akhilah Cherry; Theresa Adamchik
Subject: Last session tomorrow

Hi John,

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Sincerely,
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Autism, Asperger's, and Empathy: Know the Facts | Psych Central
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Let me know what your thoughts are :)

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From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

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John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

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Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

Dani and Akhilah,

Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...

Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.

Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.

Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

Hi John,

I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!

First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!

Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a

week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.

However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.

I look forward to my last sessions with JaF, and will see you tomorrow.

Sincerely,
Danielle Creamer

Resources:
Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

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John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
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“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Friday, November 18, 2022 2:42 PM
To: John Fouts
Cc: Akhilah Cherry; Dani Creamer; Theresa Adamchik
Subject: Re: Transition after December and further recommendations

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
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Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).

ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

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fouts.john@gmail.com

From: Dani Creamer <dani@louisvilleexpressivetherapies.com>
Sent: Thursday, November 17, 2022 8:24 PM
To: John Fouts
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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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To: John Fouts
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From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Wednesday, February 15, 2023 8:20 AM
To: John Fouts; Akhilah Cherry
Subject: Re: So heard from Meridian Health per Jackie

John
Im CCing Akhilah to make her aware.
What are the next steps?
Do you need referrals to another psychologist?

Thanks
Theresa

On Tue, Feb 14, 2023 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380

www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Wednesday, February 15, 2023 8:20 AM
To: John Fouts; Akhilah Cherry
Subject: Re: So heard from Meridian Health per Jackie

John
Im CCing Akhilah to make her aware.
What are the next steps?
Do you need referrals to another psychologist?

Thanks
Theresa

On Tue, Feb 14, 2023 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380

www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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fouts.john@gmail.com

From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Wednesday, November 30, 2022 7:32 PM
To: John Fouts; Dani Creamer
Subject: Re: Transition after December and further recommendations

Hi John and Dani
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Ill get back to you.

Thanks
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On Wed, Nov 30, 2022 at 6:23 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you - I understand everything that you said. Part of the issue is that Jackie has such anger, and I don't know where it stems from, and I don't think Jackie really knows either. Today, on the ride to Bardstown and back for me for TMS....Jackie admitted that Jackie just takes Jackie's anger out on me (and not on anyone else). I told Jackie I appreciated that that was possible - to voice that out loud - and that I was proud of Jackie for realizing and acknowledging this. I also told Jackie that it is hard on me to absorb that negative energy (because it really is - it did not used to be)...before I got really sick it was not a big issue...but now...it is...so it is something that we need to work on...
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6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters (counselling-matters.org.uk)
Parenting The Preschooler: How do you help your child cope with changes? - Early Childhood Development (msu.edu)
12 Reassuring Books to Help Kids Deal With Change | Brightly (readbrightly.com)
Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

Sincerely,
Dani Creamer

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> Jackie wants to do 7:30 every other week (on my weeks only since Jackie's mom won't take Jackie anywhere per Jackie's own words)…until a regular weekly daytime appointment becomes available.
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Jackie said the Portland office looked 'too fancy'..

Also of note, for some reason this week, Jackie has had extreme sensitivity issues...to light...sound...light touch...'grease on Jackie's fingers'...even after washing hands repeatedly...all as reported by Jackie.

I cced Dani on this email bc I wanted to ask her a few questions too.

Dani....

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How am I to handle the anger and resentment Jackie has toward me because I am the parent that actually takes care of Jackie?

Do you have a contact at The Phoenix School that I can reach our to? And do you know if in school therapy is offered, or if there are any hybrid home and school portions of programs there? The Novak Center Infectious Disease doctor told us Jackue needs to focus more on rest and less on school, but I have already lessened the school stuff in large majority and from Jackie I usually only get complaints, hate, how much Jackie says Jackie does not want to be anywhere near me, etc...and I need to protect my own mental health which is fragile already from living in burning alive pain for almost 14 years now...and because I am sensitive in general.

We're you able to find out if the surface anger was more deeply rooted and tied to something else?

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> Hey again, John!
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> I totally understand and hear your concerns. Here is a short video link to the Portland location and a few pics if you'd like to check it out! Everyone really seems to enjoy this space.
> https://youtu.be/tKDQ07XC2Rk

As far as keeping the same time, **I am able to do 11:30 am on Saturday**, as I know them and Dani have been meeting during the day around the time. I could not do this during the week, though, as I work another full time job during the day.

With regards to remaining at the Frankfort location, I unfortunately only could do that on Thursdays at 7:30 pm as I have now transitioned all of my clients to this location minus this day/time (Thursdays at 7:30).

If you would be interested in maybe taking the **Saturday 11:30 am - 12:20 pm** slot, I could definitely write you all in and plan to meet with you all and Dani at your last session in a December! If not, I totally understand if this won't work out. No pressure at all. If need be, LET could place you on the waitlist until another time slot opens up? Or you and Dani could discuss referral info.

Let me know what your thoughts are :)

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Fri, Nov 18, 2022 at 9:54 PM
Subject: Re: Transition after December and further recommendations
To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.
>
> Sincerely,
> Danielle Creamer
>
> Resources:

Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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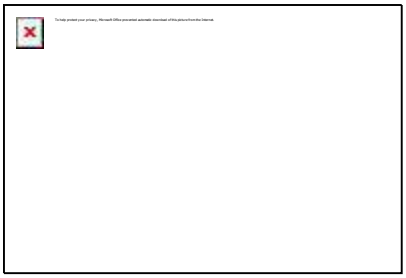

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Autism, Asperger's, and Empathy: Know the Facts | Psych Central
How To Teach Empathy To Kids With Autism (beaconschoolsupport.co.uk)
Teaching Empathy To Children With Autism – Put Children First
Microsoft Word - McDonald-Messinger_Empathy Development.doc (miami.edu)

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To: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Hi Akhilah,

Thanks for listing out your times. I am glad that you were able to meet Jackie. Jackie seemed to like you - so that is a good start/sign. This might seem like a very weird question, but do you have any pictures of the 1215 Portland Ave location? I ask for multiple reasons - but here are a couple - Jackie has a lot of trouble with transitions and transitioning therapists - and - locations - might be a bit too much at once for Jackie. Jackie has grown to love the Frankfort Ave location, but there is no way I can accommodate the times you are available there. I really need to keep the time slot that we have for Jackie - is that time available at Portland? We have so many appointments that it is very difficult to make any changes. And with adding in 12 hours of ABA therapy in addition to so many others, it is just a large challenge...and Jackie's mother doesn't take Jackie to appointments - so my weeks are very hectic.... and I have a major energy deficit (Chronic Fatigue Syndrome) and Complex Regional Pain Syndrome and Small Fiber Polyneuropathy and etc....basically it is also hard for me to get around...and I have been having even a harder time as the days go by and weeks go by....so basically - need to know mainly if can keep same time slot if at the Portland location?

John (Jackie's dad)

p.s. I think it is important that you sit in on the last session with Jackie if at all possible.

On Fri, Nov 18, 2022 at 2:42 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:

Good afternoon, John!

It was really great to meet with J today :)

I just wanted to be sure you had a bit more info on my end, so that you are able to see what works best for you and J moving forward with their transitioning from Dani.

I believe that you all have been originally meeting during the day on Thursdays. I am taking clients during the day at our new Portland location (**1215 Portland Ave, Louisville, KY 40203**). However, I am only seeing clients during the week after 5:30 pm at the Frankfort Ave location. I have included my current availability below...

Available Times/ Days:
Thursdays - 5:30 pm (biweekly available), 6:30 pm, and 8:30 pm (weekly/ biweekly available)
Fridays - 6:30 pm (weekly/ biweekly available), and 7:30 pm (weekly/ biweekly available)
Saturdays - 9:30 am (weekly), 10:30 am (biweekly available), 11:30 am (weekly)

If any of this works, you are more than welcome to call/txt me at 502-512-8522 and we can chat about it! You are welcome to text me at the number as well. Also, if any of the times would work moving forward, we could talk about transitioning sooner if that is something you are looking to do, or me sitting in on the last session with Dani before transitioning.

If none of this works, that is okay as well, I respect whatever decision it is that you make.

Hope to hear from you! Thanks for letting me meet J today, they are an awesome kid!

On Thu, Nov 17, 2022 at 8:07 PM John Fouts <fouts.john@gmail.com> wrote:

> Dani and Akhilah,
>
> Thanks for writing. Jackie is hoping to see you in person tomorrow Dani - it would be better for Jackie - Jackie voiced today how much she 'hates to be with me' because it is her mother's week and she is 'stuck' with me for school while her mom is at work on her mom's weeks. We need a solution but don't have one. It shouldn't be my responsibility to figure out a solution for Jackie's mother's weeks for Jackie - but alas - it falls on my shoulders...and I have no solution...
>
> Regarding the number of appointments - there are already too many - Jackie has to come with me to mine as well because there is not care available aside from me taking care of Jackie.
>
> Akhilah - I am hoping maybe Jackie can meet with you while in person with Dani tomorrow - please let me know Dani.
>
> Regarding OT - this is already in progress - we are on a waiting list and trying to get it set up right next to speech therapy and at the same place (Kids Center).
>
> ABA was supposed to start this week....but the therapist decided it wasn't going to work out at the last minute so we are on a waiting list again....ABA has to be 'at a minimum' 12 hours per

week. Jackie's mom would only commit to 9, and I have 12 for Jackie....they wanted us to do 25 hours per week but it was not feasible...

Thanks for the recommendations! Let me know if it can be in person tomorrow please, and thanks for everything as always!!

John

On Thu, Nov 17, 2022 at 5:17 PM Dani Creamer <dani@louisvilleexpressivetherapies.com> wrote:

> Hi John,
>
> I wanted to reach out and provide a plan of transition after I leave December 2nd, and some recommendations that I have that can be done in the future for JaF!
>
> First, JaF will be meeting Akhilah tomorrow via zoom with me so that we can get to know them and see if they enjoy talking with them and working with them before my last day on December 2nd. I have attached Akhilah's information in cc'ing them if you have questions for them before the session tomorrow. If JaF enjoys their rapport with Akhilah, then JaF will be transitioned to their caseload. Please feel free to contact Akhilah, or Akhilah feel free to contact John so that you can go ahead and start scheduling after December 2nd!
>
> Secondly, after discussing JaF in supervision, I have a list of recommendations that I think would increase JaF's therapeutic growth in the future. My first recommendation is to potentially see an occupational therapist. However, I know we had discussed them seeing an ABA a couple times a week, so this should help enormously. So this can be placed on hold, and see what the ABA's referral can also be.
> Another suggestion to increase social skills, and assist them with growth in the environment outside of the home is getting involved in clubs such as technology clubs, specialty programs for kids with autism, and even going to specialized public schooling. I have found a school called the Phoneix school in which assists children in middle school and high school with learning differences, but providing a smaller class size with other similar students to provide that 1:1 individualized teaching style. I will be attaching links to my recommendations below. Even later in life they have programs such as the college of living or day programs that JaF can attend when they become 18 to increase their social growth.
> Lastly, I would look later into family therapy for you and JaF to attend, many of the autism specialty programs offered have parent classes and different therapies provided to help the family unit to assist in their child's growth! As well, 7 counties provide family therapy, and this might be another avenue to look into due to you and JaF connection with their talk therapist there.
>
> However, I would caution against having too many appointments to where JaF can become overstimulated, and could result in more angered outbursts at home.
>
> I look forward to my last sessions with JaF, and will see you tomorrow.
>
> Sincerely,
> Danielle Creamer
>
> Resources:

Prospective Families | Bluegrass Center For Autism (bcaky.org)
Welcome to The Kidz Club located at 7140 Preston Highway, Louisville, Kentucky 40219
Tuition | The College for Living
The Phoenix School Of Discovery | JCPS (kyschools.us)
Best 30 Teen Clubs in Louisville, KY with Reviews (yellowpages.com)
Autism Service Providers - FEAT Louisville (featoflouisville.org)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
akhilah@LouisvilleExpressiveTherapies.com
http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Akhilah Cherry M.A., LPCA (she/her/hers)
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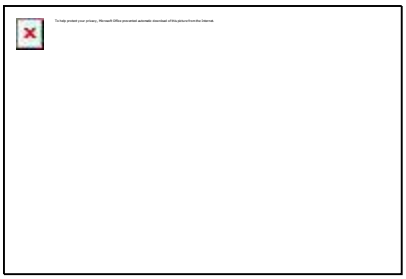
"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor

Louisville, KY 40206

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fouts.john@gmail.com

From: Jackie Fouts <jackie.a.fouts@gmail.com>
Sent: Thursday, February 23, 2023 7:53 PM
To: John Fouts; Jackie Fouts; akhilah@louisvilleexpressivetherapies.com
Subject: the potato head

fouts.john@gmail.com

From: Jackie Fouts <jackie.a.fouts@gmail.com>
Sent: Thursday, February 23, 2023 7:53 PM
To: John Fouts; Jackie Fouts; akhilah@louisvilleexpressivetherapies.com
Subject: the potato head

fouts.john@gmail.com

From: Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>
Sent: Thursday, February 16, 2023 9:07 PM
To: John Fouts; Lindsay Fouts
Subject: Session follow up from 2/16/2023

What was discussed:

- Feelings Wheel Check in (at beginning and end of session)
- Clients treatment plan goals
- Goals J and Dad came up with outside of session
- Wanting to get to know J one on one
- J Book of Activities
- Session Structure
- Catastrophic language (ex: you want me to die, you drink 9 bottles a day) as brought up last week's session as a parent concern

Activities:

- Client was given a laminated daily task sheet, to break goals into smaller tasks
- Client led a drawing activity

See you next session.

--
Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE for additional resources/support***

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, July 3, 2023 2:24 PM
To: joshua@opendoorscounselingctr.com
Subject: Fwd: JF - Diagnosis and treatment plan
Attachments: image.png

---------- Forwarded message ---------
From: **Akhilah Cherry** <akhilah@louisvilleexpressivetherapies.com>
Date: Fri, Jan 13, 2023 at 12:23 PM
Subject: JF - Diagnosis and treatment plan
To: John Fouts <fouts.john@gmail.com>

Let me know your thoughts. This doesn't include any edits we discussed today, but I'd like your input regarding smaller tasks in completing objectives listed at bottom. Official copy will be finalized once discussing with my site supervisor.

Thanks!

Give yourself Grace as well.

Diagnosis and treatment plan

Diagnosis

- **F43.22 - Adjustment disorder with anxiety**
- **H93.25 - Central auditory processing disorder**
- **F84.0 - Autistic disorder**
- **F90.9 - Attention-deficit hyperactivity disorder, unspecified type**

Presenting Problem

Display of negative emotions, particularly anger and trouble identifying empathy.

Goal

To develop coping strategies for negative emotions; in particular anger, increase of emotional expression, increase in social cues and empathy.

Objective

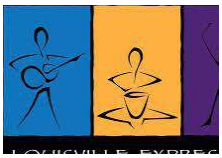
Clients will use expressive arts mediums 1-2 times per month to explore emotions, particularly with anger, as well as empathy.

Clients will use mindfulness exercises 3-5 times per week to increase positive self talk, and work through negative emotions.

Treatment frequency: Weekly

--

Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
***Louisville Expressive Therapies* | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206**



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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: The Phoenix Application - Step #2 <ken.moeller@jefferson.kyschools.us>
Sent: Sunday, April 23, 2023 11:19 AM
To: julie.gordon@jefferson.kyschools.us; ken.moeller@jefferson.kyschools.us; fouts.john@gmail.com
Subject: The Phoenix Application Step #2 Responses

The Phoenix Application Step #2 Responses

Submitted on - Apr 23, 2023

Student Name - Fouts , Jack (now goes by Jackie and uses she/her) **Grade -** 6 **School -** The Fouts Academy (Home-School)

Parent/Guardian - John R. Fouts **Email -** fouts.john@gmail.com

Recommend #1 Name - Akhilah Cherry (Current Therapist - Louisville Expressive Therapies) **Recommend #1 - Email -** akhilah@LouisvilleExpressiveTherapies.com **Recommend #1 Phone -** Mobile: 502 - 512 - 8522

Recommend #2 Name - Sara Ogburn (Former Neighbor (yrs) and Outreach Librarian LFPL) **Recommend #2 Email -** sara.ogburn@gmail.com **Recommend #2 Phone -** (502) 216-9278

Recommend #3 Name (optional) Name - Susan McConnell (Part of ABA Therapy Program) **Recommend #3 Email (optional) Email -** Susan.Mcconnell@springhealthbehavioral.com **Recommend #3 Phone (optional) Phone -** 502-291-2139

Q1 Why do you think The Phoenix would be a good fit for your student?- The Phoenix would be a good fit for Jackie because it seems like the staff and leadership is far more well versed in neuro-divergent children and children dealing with trauma than in other JCPS schools. Also, previously, at Bloom, 504 plan items were being largely ignored - even after being pointed out and going to the Superintendent's office, and this was not okay. It seems like The Phoenix would allow for an exceptional positive transformation for Jackie's educational future.

Q2 Why would your student be successful in a blended (traditional & online) and self-directed learning environment? - Jackie would be successful in a blended-learning environment because we know, historically, that Jackie can succeed with NTI and at an in-school environment when proper resources are provided and proper instruction is given. Jackie would be successful with self-directed learning because interest and buy-in to what any human being learns makes learning less of a task and more of a fun experience.

Q3. What are your student's strengths and challenges - Strengths: Intelligent / Empathetic / Kind / Compassionate / Caring / Creative / Artistic / Assertive / Vocal / Loquacious Weaknesses: Memory challenges / Autism traits / Recall issues / Social and Emotional Cue Recognition and Awareness

Comments - If any of Jackie's information is needed, please reach out to me in terms of Autism Spectrum Disorder Level 2 Diagnosis, Auditory Processing Disorder diagnosis or any other diagnoses that may be necessary for application.

fouts.john@gmail.com

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Parent/Guardian - John R. Fouts **Email -** fouts.john@gmail.com

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Recommend #2 Name - Sara Ogburn (Former Neighbor (yrs) and Outreach Librarian LFPL) **Recommend #2 Email -** sara.ogburn@gmail.com **Recommend #2 Phone -** (502) 216-9278

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Comments - If any of Jackie's information is needed, please reach out to me in terms of Autism Spectrum Disorder Level 2 Diagnosis, Auditory Processing Disorder diagnosis or any other diagnoses that may be necessary for application.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, March 3, 2023 2:02 PM
To: Lindsay Fouts
Subject: Fwd: Appointment Reminder for Sunday, March 5th

Not sure why I am getting this reminder - but please remember - you have an appointment on Sunday with Akhilah :)

---------- Forwarded message ---------
From: **Louisville Expressive Therapies, LLC Client Portal** <yourprovider@simplepractice.com>
Date: Fri, Mar 3, 2023 at 12:31 PM
Subject: Appointment Reminder for Sunday, March 5th
To: Jackie <Fouts.john@gmail.com>

IMPORTANT: This is an automated message. Please do not reply. For any questions please contact your provider.

Hi Jackie,

This is a reminder that you have an appointment with Louisville Expressive Therapies, LLC at 12:30 pm (EST) on Sunday, March 5th.

Add to your Calendar:
iCloud Google Outlook
Louisville Expressive Therapies, LLC

2518 Frankfort Ave
Louisville, KY 40206-2530
Directions to our office

Please contact our office with any questions or changes.

(502) 509-5380

Email by SimplePractice.com on behalf of Louisville Expressive

Therapies, LLC
Unsubscribe from appointment reminders.

Online Booking and Client Portal Services provided by SimplePractice
Read the SimplePractice Client Portal Privacy Policy

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, December 28, 2022 8:28 PM
To: Lindsay Fouts; Jack Fouts
Subject: Nevermind forgot Akhilah is on holiday break - no therapy tomorrow!!

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:59 PM
To: Megan B Clark
Subject: Some of other things....

Thought of these after you had left, but still relevant.

In 2022, Jackie's then PCP, Dr. Mahajan, at Norton, had told us that Jackie was exhibiting symptoms of Long Covid, and Jackie was indeed....especially with an exacerbation of pain, exacerbation of headaches, newer onset worse short term memory (which Dr. Mahajan had said she'd seen in a number of children), and extreme fatigue. She had us go to a Cardiologist, to Physical Rehabilitation Medicine, and Pulmonology for Jackie. Jackie already has established care at a Family Allergy and Asthma practice. Jackie already sees a Neurologist - Dr. Rogers at Norton, Gastroenterologist - Dr. Stocker or NP Lindsay McElmurray at U of L Motility Department....Jackie was first diagnosed with Gastroparesis around the age of 3 or 4 I think...that was a long time ago...the diagnosis was done at Cincinnati Children's Hospital using the gold standard test....the nuclear imaging looking for delayed gastric emptying....Jackie has delayed gastric emptying in phases 2 and 4 of digestion according to that test.....I have had Jackie in therapy since Jackie was a small child because I always knew something was not the same as other children....

Jackie was very sensitive, and still is, to light at times...to sound....sensory inputs....Jackie saw Dr. Tonya Stockhammer (Psychologist at StrongMinds) when Jackie was 5 or 6....prior to that...Jackie saw Dr. Lara West in Corydon....Dr. Stockhammer advised us to see Dr. Judith Axelrod at SquareOne MD (one of the best physicians / developmental pediatricians in the region)....Dr. Axelrod confirmed ADHD when Jackie was 6 I believe...Jackie was in therapy at school that I had arranged in 2019 or 2020. I had asked also, if Jackie could be seen by an in-school therapist...and...by an out of school therapist...because Jackie was struggling with some things (and weren't we all....it was the time of the great pandemic of COVID)...which was not so great a time. I was able to get that set up through Seven Counties...so Jackie was seeing Ms. Sanchez at school...and was seeing Lindsey Smith outside of school, so was having therapy sessions 2 times per week...this went on into 2022...at which time, Jackie began being homeschooled - on 2/22/2022 (easy date to remember at least)... Jackie had been having issues with migraines, cluster headaches, and cyclical vomiting syndrome in addition to her anxiety and depression. She was also struggling with pain issues and invisible disability issues....Jackie was seeing Lindsey Smith well into 2022 (I believe through the end of the year)...Jackie had also been enrolled in Art Therapy as of then. Jack was in art therapy through Louisville Expressive Therapies from around August 2022 through February 2023.

At L.E.T., Jackie initially saw Theresa Adamchik, later Dani Creamer (intern), and after that saw Akilah Cherry. Jackie enjoyed art therapy, but Akhilah said she was not able to continue seeing Jackie due to not feeling comfortable dealing with transgender issues which she had not been trained on if I remember correctly - or maybe was just not comfortable tackling transgenderism with everything else.

So Lindsey Smith had left Seven Counties, and Akilah had not felt comfortable with gender affirming therapy, nor was she able to provide what was needed for Jackie to begin receiving appropriate transgender care -- we needed a specific letter from a gender-affirming therapy group to be able to get

Jackie into the P.A.G.E. clinic at the NOVAK Center downtown (specialized in Endocrinology, etc....)...oh...at the end of 2022 and in the Summer 2022...and maybe even somewhat earlier in the year, I had also finally been able to get Jackie into ABA therapy...which was recommended for Jackie since Jackie was younger...

When Jackie was younger...it was not affordable at $200 an hour with a recommended 20 to 40 hours per week....that would have been $4000 to $8000 per week out of pocket or $16000 to $32000 per month out of pocket...and was not a feasible solution in the past...at least not for any family I have ever known. Finally, in 2022 when I was able to receive Medicaid, and Jackie was also, ABA therapy was a covered benefit. In early 2022, I had met with the coordinator for the ABA company...and we had been on the waiting list for a long time....6 months to a year....still...even after meeting with the coordinator...it took months before we were assigned an ABA therapist.....so in 2022...Jackie was seeing an art therapist, a regular psychotherapist at 7 Counties, and an ABA Therapist....I think in the 3rd quarter of 2023 is when the ABA therapist left the company she'd been with, so we were again left adrift trying to find services.

When I spoke to the psychiatry department through Norton, they asked about medications, service providers (physicians), therapists, and stated there was no need for Jackie to have any additional psychiatric help...and they strongly complimented me on my parenting and doing everything possible to take the best care of Jackie that was possible.

In 2023....Lindsey, the Seven Counties therapist left to go elsewhere...and the art therapist had stopped seeing Jackie....we were struggling to find appropriate gender-affirming care for Jackie to get the needed letter for the PAGE clinic...we were referred to a therapy agency that operates solely via telehealth...and after being shuffled through therapists...that 'they' assigned Jackie to....they decided to not see Jackie...it was a big let down....

Darcie Taggart began seeing Jackie shortly after that. From my calendar, it looks like Jackie began seeing Darcie around August of 2023....Jackie's neuropsychiatric evaluation that I had done in 2022 in the middle of the year also came back showing Jackie as having Autism Spectrum Disorder Level 2 and ADHD. It was done by Dr. David Charles at Meridian Behavioral Health.

In late 2022....we had whole genome sequencing done with the results coming back in early 2023 showing that Jackie had one copy of a pathogenic gene, and I had 2 copies of it....the defective gene shows both of us have a primary immune deficiency disorder or inborn error of immunity. That pathogenicity can lead to some of the things Jackie was...and...is....experiencing health-wise.

I'd also applied for Jackie to receive SSI due to all of the mental and physical health issues that she was experiencing, and she was found disabled as of May 2023....now....however...she is listed through SSA as just falling under the umbrella of the disability benefit that I am receiving due to her being the child of a disabled worker...which means a small but slightly larger amount than if she were only collecting SSI. Jackie is on the waiting list, also, for the Michelle P. Waiver, but the list is several years long, so I don't know if she will even be able to access waiver services.

Jackie continues to see Darcie and Darcie has been really a good fit for Jackie.

Please let me know once you have officially closed the case, and please provide documentation to me once that has occurred. I think you said you would, but I want to make sure I ask for that for my records, please.

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, July 7, 2023 4:27 PM
To: Patricia Hinds
Cc: Akhilah Cherry
Subject: Fwd: Schedule Next Week -- Please Respond -- 2023-07-07

Patricia,

Please respond to my questions from earlier. I need to know what is going on.

John

---------- Forwarded message ---------
From: **Natalia Bishop** <natalia@opendoorscounselingctr.com>
Date: Fri, Jul 7, 2023, 3:39 PM
Subject: Re: Schedule Next Week
To: John Fouts <fouts.john@gmail.com>

All communication will need to be handled by our office manager at this point. Thanks for reaching out John.

Sent from my iPhone

> On Jul 7, 2023, at 3:32 PM, John Fouts <fouts.john@gmail.com> wrote:
>
>
> I need you, to please, let us know what is going on.
>
> Does Jaqquelyn have therapy next Monday with Joshua?
>
> Do I have therapy next Wednesday with Stacy?
>
> Am I still set up to meet with Marsha, case manager, next Tuesday?
>
> I would appreciate communication.
>
> Please email me to let me know.
>
> John

fouts.john@gmail.com

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Sent: Thursday, July 6, 2023 2:16 PM
To: Patricia Hinds
Cc: Natalia Bishop; Lindsay Fouts; Akhilah Cherry
Subject: How we have been treated unprofessionally and unethically by Open Doors Counseling Center -- Date: 2023-07-06 -- Detailed history of experience - John R. Fouts / Jaqquelyn A. Fouts

Thursday, July 6, 2023

To Whom It May Concern:

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We were referred to Open Doors Counseling Center by Akhilah Cherry, my child Jaqquelyn's former therapist (art therapist)... we were told you all would be glad to work with us in any way that you can to help Jaqquelyn be able to receive a letter from a gender affirming therapy center regarding what is required by the PAGE clinic at the Novak Center in Louisville, KY. The PAGE Clinic is a transgender focused multidisciplinary program at the Novak Center (a collaboration between Norton Healthcare and University of Louisville Physicians).

We contacted Natalia to establish an appointment. Natalia set Jaqquelyn up with Bradley Sansom...however...prior to the first meeting...Natalia contacted us and said that Bradley was new, and that Jaqquelyn needed to see someone with more experience. Natalia told us Whitney was a better fit.

We waited and waited to get a link from Whitney at our first scheduled appointment with her....but she was a no show....She did not send us a link, nor did she respond to email sent to her regarding needing the link for our appointment. I had also called and left messages at your main number regarding not having the meeting information. So that was a huge disappointment - to have a therapist not show on your first session...

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Then Natalia told me that we needed to get Jaqquelyn set up with Stacy. She was also working on getting me scheduled, so she told me that I needed to see someone so I could get established with your case managers.

Natalia set me up with Joshua. I had one meeting with Joshua. Then we learned that Stacy could not see children under 16.

Natalia called and told me that I could see Stacy and that Joshua could see Jaqquelyn - and that was okay...but I am definitely very frustrated and feel this is very unethical treatment and bordering on discrimination....the continuous switching of therapists...

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Jaqquelyn met with Joshua one time (this Monday)....just like other therapists from your organization have said, they were informed last minute about the change of clients...

Joshua said no one talked to him about taking on Jaqquelyn's case, and that he 'normally' does not see children under 18 years old. But he talked to me and got consent to see Jaqquelyn.

This Wednesday...Stacy did not send me a link, or communicate in any way...it is not my responsibility, as a client, to continuously ask your therapists, to do their jobs - sending links... (Joshua was very good about this - sending links)...

Then today, after Stacy not sending a link and being a no-show for my appointment, you (Patricia) send me an email stating that you have an opening for me to see an even different therapist - and stated that Jaqquelyn and me could not see the same therapist because that is not an okay practice, and I understand that, but we are not seeing the same therapist!

Then you sent me an email stating that I was not even scheduled with any therapist! I have had it up to here!! You also stated you were going to have a meeting to see about the 'future of our case at your organization'....what in the world does that mean? You all keep passing us from therapist to therapist, and then act like we did something wrong... I don't get that at all - and would like a full, written, explanation please.

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Also, I am aware of how to file a complaint with the American Psychological Association regarding violations of ethical standards. I do not want to have to pursue this course.

https://www.apa.org/ethics/contact

I would also like to receive a written apology for the way we have been treated.

My contact information is below along with Jaqquelyn.

John R. Fouts, MBA / Jaqquelyn A. Fouts
184 Cedarview Dr.
Shepherdsville, KY 40165

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

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cc: File
Akhilah Cherry - Louisville Expressive Therapies
Lindsay Fouts (Jaqquelyn's mother)
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Hello John,

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Please let me know.

Thank you,

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Email:Hinds@opendoorscounselingctr.com
Phone 606.776.6185

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184 Cedarview Dr.
Shepherdsville, KY 40165

P. 502.956.0052
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cc: File
Akhilah Cherry - Louisville Expressive Therapies
Lindsay Fouts (Jaqquelyn's mother)
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John R. Fouts, MBA

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To: Patricia Hinds; Natalia Bishop
Cc: Akhilah Cherry
Subject: Schedule Next Week

I need you, to please, let us know what is going on.

Does Jaqquelyn have therapy next Monday with Joshua?

Do I have therapy next Wednesday with Stacy?

Am I still set up to meet with Marsha, case manager, next Tuesday?

I would appreciate communication.

Please email me to let me know.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, July 26, 2023 10:18 AM
To: Stacy Polk
Subject: Therapy Goals for Jackie that will likely continue at Seven County Services - 2023-07-26

Stacy,

Thank you again for everything, and nice to see you this morning. I am so sorry that it takes me a little time to be able to move around in the a.m.

I pasted the therapies goals that Jaqquelyn had at Louisville Expressive Therapies below -- that will likely carry over to continuation of therapy at 7 Counties.

I have yet another appointment today at 11 -- it should not take long -- I will be calling 7 Counties after that - and will update you on date and time scheduled for Jaqquelyn.

John

Client: Jack Fouts (Jackie Fouts)

DOB: 04/26/2011

Provider: Emily Ibershoff (Louisville Expressive Therapies - Akhilah's Supervisor) -- Akhilah Cherry was Jaqquelyn's former therapist...at L.E.T. and before that, Dani Creamer was
Jackie's therapist there, and before that Theresa Adamchik was Jackie's therapist there...

Provider License: LPCC #162201

Diagnosis and treatment plan

Diagnosis

F43.22 - Adjustment disorder with anxiety
H93.25 - Central auditory processing disorder
F84.0 - Autistic disorder
F90.1 - Attention-deficit hyperactivity disorder, predominantly hyperactive type

---

Presenting Problem

Display of negative emotions, particularly anger and trouble identifying empathy.

Goal

To develop coping strategies for negative emotions; in particular anger Increase of emotional expression Increase in social
cues, empathy, and acceptance of supportive boundaries.

To handle structured tasks pertaining to school work and chores regularly.

To reduce fear and anxiety, over all.

Objective

Client will use expressive arts mediums 1-2 times per month to explore emotions, particularly with anger, as well as
empathy.

Client will use mindfulness exercises 3-5 times per week to increase positive self talk, and work through negative emotions.

Client will break down goals into smaller tasks, to aid in processing and implementing over all goal(s) effectively, daily.

Client will break down goals surrounding structure into smaller tasks, to aid in over all processing and implementing of
goals pertaining to structure, daily.

Treatment frequency: Every week

I will ask for these same treatment goals to be carried over to 7 Counties for Jackie.

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 25, 2023 10:09 AM
To: Stacy Polk
Subject: Fwd: How we have been treated unprofessionally and unethically by Open Doors Counseling Center -- Date: 2023-07-06 -- Detailed history of experience - John R. Fouts / Jaqquelyn A. Fouts

Stacy,

This is for your records in case you need it...

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From: **John Fouts** <fouts.john@gmail.com>
Date: Thu, Jul 6, 2023 at 11:15 AM
Subject: How we have been treated unprofessionally and unethically by Open Doors Counseling Center -- Date: 2023-07-06 -- Detailed history of experience - John R. Fouts / Jaqquelyn A. Fouts
To: Patricia Hinds <hinds@opendoorscounselingctr.com>
Cc: Natalia Bishop <natalia@opendoorscounselingctr.com>, Lindsay Fouts <lindsayfoutscpa@gmail.com>, Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Thursday, July 6, 2023

To Whom It May Concern:

==========

We were referred to Open Doors Counseling Center by Akhilah Cherry, my child Jaqquelyn's former therapist (art therapist)... we were told you all would be glad to work with us in any way that you can to help Jaqquelyn be able to receive a letter from a gender affirming therapy center regarding what is required by the PAGE clinic at the Novak Center in Louisville, KY. The PAGE Clinic is a transgender focused multidisciplinary program at the Novak Center (a collaboration between Norton Healthcare and University of Louisville Physicians).

We contacted Natalia to establish an appointment. Natalia set Jaqquelyn up with Bradley Sansom...however...prior to the first meeting...Natalia contacted us and said that Bradley was new, and that Jaqquelyn needed to see someone with more experience. Natalia told us Whitney was a better fit.

We waited and waited to get a link from Whitney at our first scheduled appointment with her....but she was a no show....She did not send us a link, nor did she respond to email sent to her regarding needing the link for our appointment. I had also called and left messages at your main number regarding not

having the meeting information. So that was a huge disappointment - to have a therapist not show on your first session...

We did end up getting to meet with Whitney for 2 or 3 sessions, but then Natalia called us and said Whitney decided she was not a good fit for Jaqquelyn to see...

Then Natalia told me that we needed to get Jaqquelyn set up with Stacy. She was also working on getting me scheduled, so she told me that I needed to see someone so I could get established with your case managers.

Natalia set me up with Joshua. I had one meeting with Joshua. Then we learned that Stacy could not see children under 16.

Natalia called and told me that I could see Stacy and that Joshua could see Jaqquelyn - and that was okay...but I am definitely very frustrated and feel this is very unethical treatment and bordering on discrimination....the continuous switching of therapists...

Anyway - I saw Stacy one time last week at noon on Wednesday, and was told she would be my new therapist....and that Joshua would be Jaqquelyn's new therapist...

Jaqquelyn met with Joshua one time (this Monday)....just like other therapists from your organization have said, they were informed last minute about the change of clients...

Joshua said no one talked to him about taking on Jaqquelyn's case, and that he 'normally' does not see children under 18 years old. But he talked to me and got consent to see Jaqquelyn.

This Wednesday...Stacy did not send me a link, or communicate in any way...it is not my responsibility, as a client, to continuously ask your therapists, to do their jobs - sending links... (Joshua was very good about this - sending links)...

Then today, after Stacy not sending a link and being a no-show for my appointment, you (Patricia) send me an email stating that you have an opening for me to see an even different therapist - and stated that Jaqquelyn and me could not see the same therapist because that is not an okay practice, and I understand that, but we are not seeing the same therapist!

Then you sent me an email stating that I was not even scheduled with any therapist! I have had it up to here!! You also stated you were going to have a meeting to see about the 'future of our case at your organization'....what in the world does that mean? You all keep passing us from therapist to therapist, and then act like we did something wrong... I don't get that at all - and would like a full, written, explanation please.

So you know, Marsheria (aka Marsha) contacted me about scheduling an appointment next week on Tuesday (she is a case manager that works for you).

Also, I am aware of how to file a complaint with the American Psychological Association regarding violations of ethical standards. I do not want to have to pursue this course.

https://www.apa.org/ethics/contact

I would also like to receive a written apology for the way we have been treated.

My contact information is below along with Jaqquelyn.

John R. Fouts, MBA / Jaqquelyn A. Fouts
184 Cedarview Dr.
Shepherdsville, KY 40165

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

==========

cc: File
Akhilah Cherry - Louisville Expressive Therapies
Lindsay Fouts (Jaqquelyn's mother)

==========

On Thu, Jul 6, 2023 at 1:44 PM Patricia Hinds <hinds@opendoorscounselingctr.com> wrote:

> John,
>
> Please feel free to email me your grievances I will be happy to include them in my meeting tomorrow. It might be helpful.
>
> Regards,

On Thu, 6 Jul 2023 at 13:34, John Fouts <fouts.john@gmail.com> wrote:

> What do you mean you will be having a meeting about the future of our account??
>
> You all keep switching us around...we have not done anything wrong...I just left you a msg.
>
> Your number is the same as Natalia's apparently, so I left the msg on that voice-mail. I will type out a separate email when I am by my pc so I can show in writing how we have been treated by your organization...
>
> John

On Thu, Jul 6, 2023, 1:29 PM Patricia Hinds <hinds@opendoorscounselingctr.com> wrote:

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I an here for a call if you can call me at this time.

502.956.0052.

On Thu, Jul 6, 2023, 1:19 PM Patricia Hinds <hinds@opendoorscounselingctr.com> wrote:

John,

As listed in my signature line of my original email I am the Office Manager for Open Doors Counseling Center. I am also Natalia's Manager. At this point you are not scheduled with anyone.I will be having a meeting with the owner tomorrow regarding your account. I will advise you of the company's decision about your account after the meeting.

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On Thu, 6 Jul 2023 at 11:49, John Fouts <fouts.john@gmail.com> wrote:

I am not seeing the same therapist as my child...I am seeing Stacy...my child is seeing Joshua....

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Hello John,

I have an available telehealth appointment for Jeremy Coleman at 3pm on Monday 7/10/2023. It is a conflict of interest for you and your daughter to see the same therapist. I would be happy to make this appointment for you if you would like.

Please let me know.

Thank you,

--

Patricia D. Hinds
She/Her
Open Doors Counseling Center
Office Manager
Email:Hinds@opendoorscounselingctr.com
Phone 606.776.6185

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 25, 2023 10:09 AM
To: Stacy Polk
Subject: Fwd: How we have been treated unprofessionally and unethically by Open Doors Counseling Center -- Date: 2023-07-06 -- Detailed history of experience - John R. Fouts / Jaqquelyn A. Fouts

Stacy,

This is for your records in case you need it...

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Thu, Jul 6, 2023 at 11:15 AM
Subject: How we have been treated unprofessionally and unethically by Open Doors Counseling Center -- Date: 2023-07-06 -- Detailed history of experience - John R. Fouts / Jaqquelyn A. Fouts
To: Patricia Hinds <hinds@opendoorscounselingctr.com>
Cc: Natalia Bishop <natalia@opendoorscounselingctr.com>, Lindsay Fouts <lindsayfoutscpa@gmail.com>, Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com>

Thursday, July 6, 2023

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184 Cedarview Dr.
Shepherdsville, KY 40165

P. 502.956.0052
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E. Fouts.John@gmail.com

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Please let me know.

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Email:Hinds@opendoorscounselingctr.com
Phone 606.776.6185

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 8, 2023 12:27 PM
To: Theresa Adamchik
Subject: Re: AC

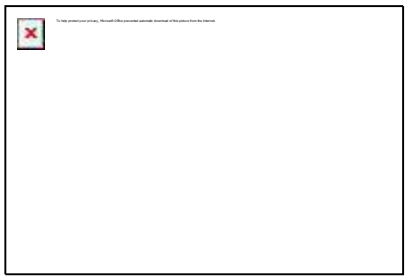
Not asking for you all to do that part. But us there anyone at LET who is comfortable speaking to a transgender youth?

Lmk. Also, please remember Jackie uses she/her pronouns

On Tue, Aug 8, 2023, 12:24 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> The gender affirming care was out of her scope of practice.
>
> On Tue, Aug 8, 2023 at 12:11 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Did Akhilah say why? Just would like to know. It had seemed like they had formed a good bond and just really weird now?
> >
> > Let's talk about it briefly during my session, and I will get you the other stuff regarding information you asked for afterward. I have a case manager meeting at 12:30 now (was at 12).
> >
> > See you soon.
> >
> > John
> >
> > On Tue, Aug 8, 2023 at 12:01 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
> >
> > > Akhilah is not able to take JaF at this time.
> > > I can help you find a new therapist for them.
> > > If you can send me your prerequisites (insurance, types, genders, locations, etc) I will post it in the local therapist forum to see if anyone has any openings.
> > >
> > > Thanks,
> > > Talk soon
> > > T
> > >
> > > --
> > > Theresa Adamchik ATR-BC, LPAT, LPCC

Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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> I can help you find a new therapist for them.
> If you can send me your prerequisites (insurance, types, genders, locations, etc) I will post it in the local therapist forum to see if anyone has any openings.
>
> Thanks,
> Talk soon
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>
> --
> Theresa Adamchik ATR-BC, LPAT, LPCC
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John R. Fouts, MBA

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 7, 2023 3:25 PM
To: Theresa Adamchik
Subject: Re: I need to ask you about why Jackie was not 'allowed' to continue art therapy at L.E.T.? It is really the only thing that has been valuable therapy-wise from my perspective

They kept switching Jackie from therapist to therapist and then the office manager called and told me they were having a meeting to determine whether to drop Jackie or not....the reasoning initially was for 'switching therapists'....but we only did what they told us to do....they didn't help Jackie in any way aside from causing more anxiety and issues....and making Jackie feel like there is no help available - which is the exact opposite of what needed to happen.

They treated us very unethically, and very unprofessionally.... in the letter they finally sent to us...they said that the reasoning was that they don't normally work with children and it was a resource constraint issue.....so they should have never have tried to 'blame' us for 'switching therapists' when we only did exactly as they told us to do... it was a very frustrating and ridiculous experience.

On Mon, Aug 7, 2023 at 3:00 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> What happened with the LGBTQ place? Too bad that didnt work out.
>
> On Mon, Aug 7, 2023 at 1:25 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Akhilah said Jackie needed to be seen elsewhere was my understanding. I know Jackie got the most benefit from seeing her and Dani. I know Dani moved on. If Akhilah will take Jackie back, that would be ideal -- not having to start over again with yet a new person etc...
> >
> > John
> >
> > On Sat, Aug 5, 2023 at 3:38 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
> >
> > > I dont know what was said between you and Akhilah. Ill dont know if she will take him back but I can ask.
> > > Dani is not here any longer.
> > >
> > > Hang tight
> > > T
> > >
> > > On Sat, Aug 5, 2023 at 12:21 PM John Fouts <fouts.john@gmail.com> wrote:
> > >
> > > > Theresa,
> > > >
> > > > Jackie had good outcomes when working with Dani and with Akhilah. I really don't understand why Jackie wasn't continued as a client with L.E.T.

Would it be okay for Jackie to come back? I really think it is important for Jackie to have art therapy, and you all are the agency in town that I know is very good.

Could you let me know please when you have time?

John

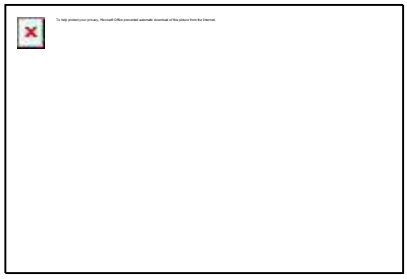
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



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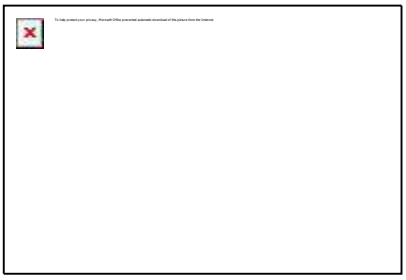

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 7, 2023 1:25 PM
To: Theresa Adamchik
Subject: Re: I need to ask you about why Jackie was not 'allowed' to continue art therapy at L.E.T.? It is really the only thing that has been valuable therapy-wise from my perspective

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> > **John R. Fouts, MBA**
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> > **Fax. 502.996.8246**

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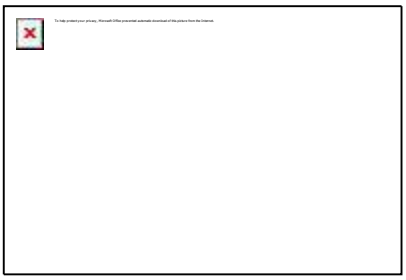

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Subject: I need to ask you about why Jackie was not 'allowed' to continue art therapy at L.E.T.? It is really the only thing that has been valuable therapy-wise from my perspective

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John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, July 31, 2023 10:18 AM
To: Theresa Adamchik
Subject: Re: Two quick things

I think maybe I did not state the service animal thing clearly. Let's talk about both things if okay during session - can be brief.

John

On Mon, Jul 31, 2023 at 9:48 AM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> Hi John, I have a policy that I dont authorize ESA animals. That is out of my scope of practice (meaning I dont train animals so couldn't say one way or another if they are a good fit or not) and I dont want to be held responsible should someone get hurt or damages occur. Sorry about that.
>
> Ill talk with you about the other thing.
>
> Im disapointed that the LGBTQ therapy place didnt work out, what happened there? He is going to need more supports than school counseling I would assume. BUT That is a good first start, we will go from there and see what they recommend.
>
> Thanks
> T
>
> On Sat, Jul 29, 2023 at 12:14 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Hi Theresa.
> >
> > I have two really super quick things...
> >
> > 1.) Can you please write a letter validating that my cats are support animals? I need one for Jackie and one for me. I know Akhilah saw Jackie - the other therapy place dropped us....because they kept switching Jackie from therapist to therapist (not our fault at all - we only did exactly what they said to do....)... Jackie does not have a therapist right now until school starts and then hopefully will be receiving therapy once per week at school. Not sure if they will be able to help with the LGBTQIA+ letter or not....still working on that - it is very frustrating....anyway - please let me know on the support animal thing. Frank McNeil - Louisville HUD Field Office Manager had this to say about what I should do:
> >
> > Deborah Gilbert, the Section 8 director at LMHA, tells me that she spoke to you and provided information that should help with your efforts to obtain a voucher.

Regarding inquiries to the privately-managed rent-assisted housing providers on the list I sent to you a couple of day ago, your best bet is the direct approach (I have to confess to having no great expertise here...):

- Ask if they have any units available for that might suit your needs.
- Tell them about your circumstances (family size, income, any accessibility need you may require).
- If the initial response is positive, then they will be able to tell you process is for applying and how long it should take.
- Let the apartment folks know If you have medical documentation to support your cats as support animals (emotional support animals are not considered pets, so pet restrictions should not apply). HUD's Office of Fair Housing can provide you with information on your rights and responsibilities as a tenant with a support animal. The HUD Kentucky Web Manager (KYWebmanager@hud.gov) can direct you to the Fair Housing office.

2.) Remind me to talk to you about the false memories my dad had of a speeding ticket I got....when I was in high school....my friends and I went to Kart Kountry (ironically - in Shepherdsville).....we were all honors kids....we had to rush back because we had some kind of national honors society or maybe rotary club thing going on that night.....everyone was speeding....I was the last car at the pack of cars....and I got pulled over for speeding and got a speeding ticket....and in high school....since I was not working at that time (when I got the ticket) - although I had worked before and after that at various job.... - I had no way to pay and had to ask my dad to help pay.

His memory of this event was that he said I said that I just got a speeding ticket because all of my other friends had gotten them and I wanted to be like them and said that was one of the stupidest things he had ever heard..... this came up on the trip... I said I refuse to accept your false memories of reality - and explained what happened....both of my parents did not say anything nor acknowledge that I spoke at all.....that pattern of them not acknowledging that I was even talking happened very frequently on the trip....to the point that I said 'my words matter - and I am not going to waste my breath for people that don't even care to hear the words that I speak - it is very rude and inconsiderate to actively ignore someone speaking directly to you'. That is around the time that my dad said all he hears when I talk is 'meh meh meh'. Then there was a whole lunch fiasco later....too tired to type it out now...but wanted to let you know about the ticket situation....I feel like they always expect the worst possible thing out of me...and Theresa...I was a very good kid....honor roll...top 2% of class....graduated 8/392 with a 4.220 weighted GPA ... had to take Summer School classes each year as an honors student to maintain my place in the class rank...etc...later....when I graduated from Purdue....there was a fiasco too....at my dad's retirement party...many years ago....everyone of his co workers kept telling me how proud of me they were for graduating from Purdue's engineering school...but I didn't graduate from Purdue with an engineering degree....I graduated with a degree in Organizational Leadership and Supervision (B.S. in Technology).....so either my dad was embarrassed by my major.....really that is the only explanation I can come up with....it was truthfully incredibly hurtful to me....I busted my ass to get through Purdue including taking some 21 credit hour summer sessions which was fucking difficult!

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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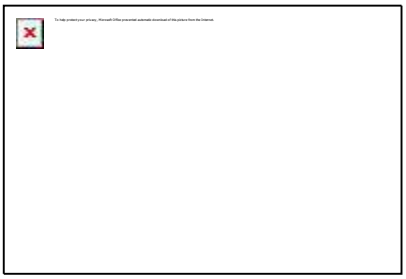

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, July 29, 2023 12:13 AM
To: Theresa Adamchik
Subject: Two quick things

Hi Theresa.

I have two really super quick things...

1.) Can you please write a letter validating that my cats are support animals? I need one for Jackie and one for me. I know Akhilah saw Jackie - the other therapy place dropped us....because they kept switching Jackie from therapist to therapist (not our fault at all - we only did exactly what they said to do....)... Jackie does not have a therapist right now until school starts and then hopefully will be receiving therapy once per week at school. Not sure if they will be able to help with the LGBTQIA+ letter or not....still working on that - it is very frustrating....anyway - please let me know on the support animal thing. Frank McNeil - Louisville HUD Field Office Manager had this to say about what I should do:

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, June 19, 2023 3:27 PM
To: Theresa Adamchik
Subject: Akhilah's contact information?

Theresa,

Is Akhilah still working for you? Jackie and I found a gavel that says "Kaboom" on it and Jackie would like to mail it to her or give it to her but we don't know how or where to reach her.

Sincerely,

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 15, 2023 4:11 PM
To: Theresa Adamchik
Cc: Akhilah Cherry
Subject: Re: So heard from Meridian Health per Jackie

Don't have hundreds or thousands of extra dollars out of pocket to pay for a practice that does not take our insurance. I really like Dr. Charles too....just don't have any extra money. I have a goose egg instead $0.

Right now - food is my primary focus - as I have no money - and no resources.

On Wed, Feb 15, 2023 at 4:07 PM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:

> I really like Dr. Charles, so staying on his caseload would be a preference. I understand if this is not possible.
>
> On Wed, Feb 15, 2023 at 12:58 PM Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> wrote:
>
> > Thanks! I spoke with the psychologist at Meridian (Dr Charles), who did J's assessment. Are you all going back for reassessment?
> >
> > On Wed, Feb 15, 2023 at 11:00 AM John Fouts <fouts.john@gmail.com> wrote:
> >
> > > Well we are still on a waiting list right now. I'm having trouble, honestly, making it to the appointments that we have. As you all know, I'm the one that takes Jackie to 99% of appointments, and many times, Jackie's must be in person. With the chronic fatigue situation, it is very difficult. That being said, I think you all also know, that Jackie's care is of the utmost priority to me - my #1 priority is to get Jackie the best care that I can that Jackie needs.
> > >
> > > I will follow-up today to see where we are on the other waitlist.
> > >
> > > John
> > >
> > > On Wed, Feb 15, 2023 at 8:20 AM Theresa Adamchik <theresa@louisvilleexpressivetherapies.com> wrote:
> > >
> > > > John
> > > > Im CCing Akhilah to make her aware.
> > > > What are the next steps?
> > > > Do you need referrals to another psychologist?
> > > >
> > > > Thanks
> > > > Theresa

On Tue, Feb 14, 2023 at 5:05 PM John Fouts <fouts.john@gmail.com> wrote:

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
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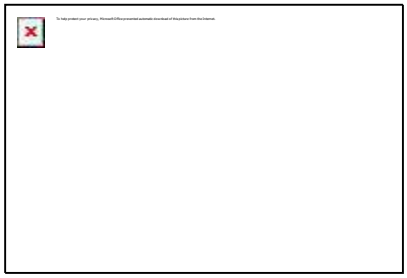

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John R. Fouts, MBA

Fax. 502.996.8246

--
Akhilah Cherry M.A., LPCA (she/her/hers)
Therapist
Louisville Expressive Therapies
2518 Frankfort Ave, Louisville KY 40206
1215 Portland Ave, Louisville KY 40203
https://youtu.be/ayVIHreph9Y

akhilah@LouisvilleExpressiveTherapies.com

http://louisvilleexpressivetherapies.com/
• Suicide and Crisis Lifeline: Call 988

“I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world.” - Tupac Amuru Shakur

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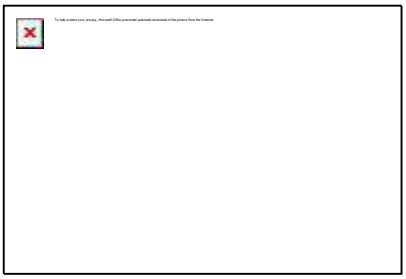

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Cc: Akhilah Cherry
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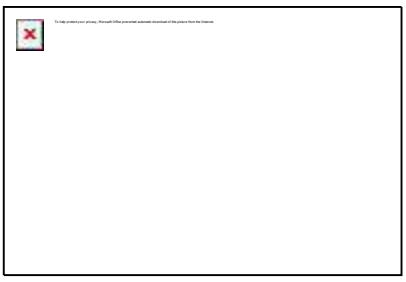

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 10, 2023 11:42 AM
To: Theresa Adamchik
Subject: Here are some of the things I was telling you about

Consciousness is "Creating Our Life Experiences" - Bruce Lipton:
You Will Never Feel Tired Again (Powerful Secret Energy Technique) | Bruce Lipton

The Gateway Tapes:
CIA full report on Brain Synchronization, Energy, Manifestation and the Holographic Universe
[Mind Blown!!]

Sadhguru explains 108:
108 - The Sacred Number
[There is more significance to it even than what he is stating here...]

Found this too - this is interesting...

In the Holy Bible Matthews Chapter 10 Verse 8 (108) reads::: Heal the sick, raise the dead, cleanse the lepers, cast out demons; freely ye received, freely give.

Some believe this as the reason for choosing the number 108.

Stonehenges Sarsen Circle is about 108 feet in diameter.

FM Radio frequency upper limit is 108 MHz

The temple bells ring 108 times at year end in Japan

108 degrees Fahrenheit is the internal temperature at which the vital organs of human body begin to fail from overheating

108 is composed of numbers 1, 0 and 8.

1- Stands for supreme truth or god consciousness
0- Stands for nothing or emptiness.

8- Stand for eternity or infinity. Note that the symbol of infinity is obtained by rotating 8 by 90 degrees.

Thus the sacred number 108 tells us that we are at once something, nothing and everything.

Anyway - thought you might find some of those things interesting.

Talk to you soon - thanks for being a good listener and for helping as always. I wanted to also mention how great of a job I think Akhilah is doing with helping Jackie.

See you soon.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

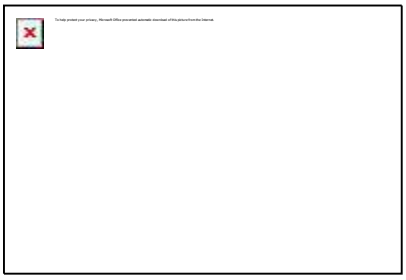
From: Theresa Adamchik <theresa@louisvilleexpressivetherapies.com>
Sent: Monday, February 20, 2023 10:33 AM
To: Theresa Adamchik; Erica Adams; Akhilah Cherry; Emily Ibershoff; Julia Purcell; Julia Carpenter; Marissa Thomas
Subject: Louisville Expressive Therapies Client Portal App

Hello all,
In an effort to stay as HIPAA compliant as possible, we are moving away from texting and emailing. We invite you to use the secure messaging feature in SImple Practice for all correspondence with therapists moving forward.
You can use this convenient app or access it via your computer.

SimplePractice Client Portal on the App Store (apple.com)

Thank you!
Theresa

--
Theresa Adamchik ATR-BC, LPAT, LPCC
Creative Director, Owner
Theresa@LouisvilleExpressiveTherapies.com
Business 502-509-5380



www.LouisvilleExpressiveTherapies.com
2518 Frankfort Ave.
First Floor
Louisville, KY 40206

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Subject: Louisville Expressive Therapies Client Portal App

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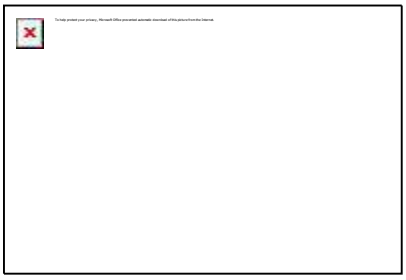

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 9, 2024 5:19 PM
To: Darcie Taggart
Subject: Jackie is not able to log in to the Therapy Portal Online -- It seems like there has been a lot of issue with it lately -

Jackie and I were talking about how it would be helpful if there were a smoother transition into sessions to avoid stress at high levels right before starting them. I'm sure you are already aware of the issues.

This week, it says there is a problem, and to call a Michigan number. The phone number goes to an individual's cell phone - she does not mention the company name (I don't think - if she did - I didn't hear it)....Jackie and I both left messages.

If she leaves at 5 p.m. then there is no way to get in touch with Tech Support for Therapy Portal until the next business day.

Please can you set up a Zoom meeting link for Jackie for 5:30 tonight?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 4, 2024 3:04 PM
To: Darcie Taggart
Subject: Re: Jackie schedule

Thank you Darcie - and thanks for remembering Jackie this week. She has not had an 'episode' for a while now thankfully. My theory is that those episodes are related to neuroinflammation, and that the neuroinflammation comes from the genetic deficiency gene TACI deficiency that Jackie has one copy of that affects B cells -- it impairs them leading to more naive than expected and fewer memory B cells than expected. So if there is any infection being fought off ever it can lead to that situation and throw off the immune system balance. It is not proven yet, but I am almost certain, from what I have read, that it lowers life expectancy considerably....of course that research needs to be done before anything can be 'proven'. And I think that mainly would occur for homozygous variations (that is what I have)....the odds are 1:500,000 to 1:1,000,000 of that gene being deficient homozygously.....I always felt special -- sarcasm...Anyway - I am trying to learn as much as I can about it so Jackie can have information if she develops other symptoms....we are of course trying to prevent any symptomology from occurring to begin with though.

On Wed, Sep 4, 2024 at 1:29 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Thanks! Yes I will send her a message as well. I might even be able to swing 2:30pm I'll ask her what she prefers.
> I'll send out another possible call for family also just in case.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> On Wed, Sep 4, 2024 at 1:15 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Darcie,
> >
> > Hope you got in some R and R.
> >
> > It is indeed Jackie's week with Lindsay.
> >
> > Jackie gets out of school at 2:10 this year...much earlier...

She would like either slot most likely but the earlier one may work better … not so close to when mom comes home for her…you know?

I can send Jackie a msg, but can you also msg her? Let's aim for the 3:30.

You should ask Jackie about her new YouTube channel. It is performing fabulously.

Wow, I never use that adverb!

No word back on the family therapy yet. Just fyi. No word back on the eating disorder center yet either fyi.

John

On Wed, Sep 4, 2024, 1:05 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Hey John,

Back from my trip. Wondering if Jackie might be able to jump on tonight. I don't remember what time she gets out of school and I think it's Lindsey's week if I remember correctly. I can do 3:30 or 4:30 today. Thanks!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Fri, Aug 30, 2024 at 9:06 PM John Fouts <fouts.john@gmail.com> wrote:

Okay - have a good weekend. I can't think that far ahead so you are far ahead of me! I need help Darcie….with so many things….I need a good case worker for the medicaid waiver program HCBS….my case worker really doesn't do anything…I haven't been able to get any services for almost a year of having the waiver…and mco services all are disallowed when you are on a waiver….so I have way worse coverage….nobody that can help….and completely overwhelmed and am sicker….I want to be there for Jackie (stay alive)….are there case workers at Seven Counties that deal with Medicaid HCBS? Lmk whenever you can - enjoy your weekend!

John

On Fri, Aug 30, 2024 at 8:57 PM Darcie Taggart <darcie@cctherapies.com> wrote:

I just realized Monday is a holiday and I'm out of town and did not express that to Jackie. I will look at my schedule and find another time to see her next week. I'm headed out of town and it occurred

to me as I was shutting things down for the weekend. I'll be in touch early next week to reschedule!

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 4, 2024 1:16 PM
To: Darcie Taggart
Subject: Re: Jackie schedule

Darcie,

Hope you got in some R and R.

It is indeed Jackie's week with Lindsay.

Jackie gets out of school at 2:10 this year...much earlier...

She would like either slot most likely but the earlier one may work better ... not so close to when mom comes home for her...you know?

I can send Jackie a msg, but can you also msg her? Let's aim for the 3:30.

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> Hey John,
>
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> >
> >

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, August 30, 2024 9:06 PM
To: Darcie Taggart
Subject: Re: Ack

Okay - have a good weekend. I can't think that far ahead so you are far ahead of me! I need help Darcie....with so many things....I need a good case worker for the medicaid waiver program HCBS....my case worker really doesn't do anything...I haven't been able to get any services for almost a year of having the waiver...and mco services all are disallowed when you are on a waiver....so I have way worse coverage....nobody that can help....and completely overwhelmed and am sicker....I want to be there for Jackie (stay alive)....are there case workers at Seven Counties that deal with Medicaid HCBS? Lmk whenever you can - enjoy your weekend!

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, August 28, 2024 1:39 PM
To: Darcie Taggart
Subject: Re: I need help getting Jackie to bathe or shower....she usually doesn't shower or bathe at her mom's house nor at mine....she is excessively defiant and refuses to bathe....

Thanks for being willing to talk to her about it... She is water-averse.... and I get it ... .because I am somewhat water averse.....but I bathe at least every 2 or 3 days at a minimum unless I am in a bad CFS/ME flare....

Jackie sometimes goes 4, 5, 6 weeks.....she has a lot of dandruff in her hair.....she has a primary immune deficiency disorder and so do I (TACI Deficiency aka TNFRSF13B Deficiency)....

Please see below from the IDF (Immuno-Deficiency-Foundation)...."Proper hygiene is 'crucial' for people with PI [Primary Immunodeficiency]..."

https://primaryimmune.org/living-primary-immunodeficiency/general-care

Proper hygiene is crucial for people with PI and their families to prevent exposure to germs and infections. This involves regular bathing, and hand washing using soap and hot water for at least 20 seconds. Regular dental visits, proper brushing, and flossing are also important to prevent tooth decay and related complications.
To avoid infectious diseases, people with PI should minimize their exposure to people or places that carry a risk of infection, such as crowded indoor spaces during flu or COVID surges.

...People with common variable immunodeficiency (CVID), a condition that can cause a deficiency in TACI, are more likely to get infections due to impaired antibody development. Infections can be dangerous and lead to life-threatening complications.

Bacterial infections CVID patients are more likely to experience bacterial complications than viral, parasitic, or fungal infections. These infections can occur in the upper and lower respiratory tract, as well as the gastrointestinal tract. Common infections include: Pneumonia, Ear infections, Sinusitis, and Chronic coughing.

Long-term lung infections can lead to chronic bronchitis, also known as bronchiectasis. This condition is characterized by thickened airway walls that are colonized by bacteria.

Viral infections Recurrent shingles is the most common viral skin infection in CVID patients. Other viral infections, such as adenovirus, CMV, and EBV, can also be fatal.

Complications Infections can lead to other complications, including:

- Autoimmune problems that can cause reduced levels of blood cells or platelets
- Enlarged spleen and swollen glands or lymph nodes
- Painful swollen joints in the knee, ankle, elbow, or wrist
- Diarrhea
- Problems absorbing food nutrients
- Reduced liver function
- Impaired blood flow to the liver

It is very important Darcie -- I just cannot force Jackie to bathe but it puts our health (hers and mine as well -- at greater risk...)

John

On Tue, Aug 27, 2024 at 10:51 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Sorry for the delay. I will happily talk to Jackie about this next week but I suspect the bacterial infection that has caused the coughing is unrelated to the hygiene issue. Almost every kid I see has had some sort of respiratory/sinus combo since school returned to sessions. However, the hygiene thing (while super annoying) is also very much ASD for her age. Yet maybe setting a schedule or some sort of routine will help. I'll talk to her on Monday. Thanks for letting me know.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> On Mon, Aug 26, 2024 at 8:13 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > She has been sick with a bacterial or some other infection for a week now....I need her to bathe....I cannot physically force her into the bathtub....do you have any ideas? I don't have the energy to keep having power struggle fights like this that are of the utmost importance....but I have no way to enforce what I am saying....and arguing with Jackie makes me lose the precious little amount of energy I have available for anything which is truly very very little.....
> >
> > I wish Jackie were not so argumentative about everything.

> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 26, 2024 8:13 PM
To: Darcie Taggart
Subject: I need help getting Jackie to bathe or shower....she usually doesn't shower or bathe at her mom's house nor at mine....she is excessively defiant and refuses to bathe....

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I wish Jackie were not so argumentative about everything.

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, August 21, 2024 11:24 AM
To: Darcie Taggart
Subject: Fwd: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you

Darcie,

You are right. I could have done a better job...

Yes my tone was direct.

They hadn't communicated anything for weeks, and initiial contact was made about a month ago.

It doesn't take several weeks to check insurance.

I've dealt with hundreds of doctors in many specialties and subspecialties across many states over a 15 year period...and it just doesn't take many weeks to check insurance.

Cheryl Gilbert wrote to me and told me that they still need Lindsay to call them and provide her insurance information, and told me it was also because of therapist availability to take a new client.

I most often live by the adage 'you catch more flies with honey than with vinegar' but sometimes fail.

Update on eating disorders...I've applied for financial aid through that office.

Last I know of that is they are waiting on Lindsay to provide her financial info for that application.

Thx 4 letting me know about time change 4 next week. I've adjusted our calendar.

John

On Wed, Aug 21, 2024, 9:00 AM Darcie Taggart <darcie@cctherapies.com> wrote:

> John,
>
> Thank you for letting me know the status of the family therapy. I will say that the tone of your email may be off putting for Life in Motion. It sounds to me like they are waiting to find you a spot and to make sure that the insurance issues is not going to be a problem. The last thing you want is for them to start scheduling appointments and then realize the insurance will not pay and you end up with a large bill. Sometimes it takes time to check into these things and the insurance game is not fast. I know you are anxious for Jackie to start family therapy and that with that sometimes it is very frustrating to have to wait but that does not mean they do not want to help Jackie or you, it just may mean it takes longer than you would like to get started.

Also, next Monday I need to push Jackie's session to 6:30 instead of 5:30 like we usually meet. Same day just an hour later as I have a meeting conflict. I look forward to continuing to see her then and the every Monday schedule seems to be going well.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Tue, Aug 20, 2024 at 9:41 PM John Fouts <fouts.john@gmail.com> wrote:

Tayler,

I have copied my ex-wife, Lindsay, and my child's therapist, Darcie Taggart, on this. Family therapy is an important piece that Jackie does not have. It is now August 20th....what seems to be the hold up? Are you all just disinterested by helping Jackie?

John

---------- Forwarded message ---------
From: **Tayler Hibbs** <Tayler.Hibbs@lifeinmotionkentucky.com>
Date: Tue, Aug 6, 2024 at 10:05 AM
Subject: Re: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you
To: John Fouts <fouts.john@gmail.com>

I do not at this time. But as soon as I do I will update you.

Tayler H
Front Desk Manager

Tayler.Hibbs@lifeinmotionkentucky.com
www.LifeInMotionKentucky.com
www.Live.Life.Balanced.Today

502.444.Life (5433) (office) ext 100
502.535.2618 (Fax)

On Mon, Aug 5, 2024 at 4:01 PM John Fouts <fouts.john@gmail.com> wrote:

Thank you. I appreciate you giving me an update. Do you have any ETA on how long it will take to hear back? Trust me...I know insurance can be a very large bear on your back...

On Mon, Aug 5, 2024 at 2:53 PM Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com> wrote:

Hello Mr. Fouts,
I am currently in the process of getting this figured out for you. Once I hear back I will reach out and let you know what I am told. As for the EMDR we do have therapist's that offer this but EMDR is not covered by insurance and would be out of pocket. We do offer packages for this to help with the out of pocket costs. For more information on this you can call 502-444-5433 ext 300 and speak with Melissa Smith. Thank you.

Tayler H
Front Desk Manager
Tayler.Hibbs@lifeinmotionkentucky.com
www.LifeInMotionKentucky.com
www.Live.Life.Balanced.Today
502.444.Life (5433) (office) ext 100
502.535.2618 (Fax)

On Mon, Aug 5, 2024 at 2:05 PM John Fouts <fouts.john@gmail.com> wrote:

Tayler,

Please can you let me know where you stand with this? It is really important to us that Jackie be able to talk in therapy about certain things....I also wanted to ask you if you did EMDR therapy or EMDR2 therapy or ACT therapy or what modalities you all use at your location. Jackie has good talk individual therapy through Darcie Taggart, but I believe another approach simultaneously in addition to the family therapy, could be really beneficial.

Jackie meets with her therapist tonight, and I would really like to be able to at least tell her something....can you please give me a status update from your end?

John

---------- Forwarded message ---------
From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Jul 30, 2024 at 3:53 PM
Subject: Re: Life In Motion Follow-Up
To: Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com>

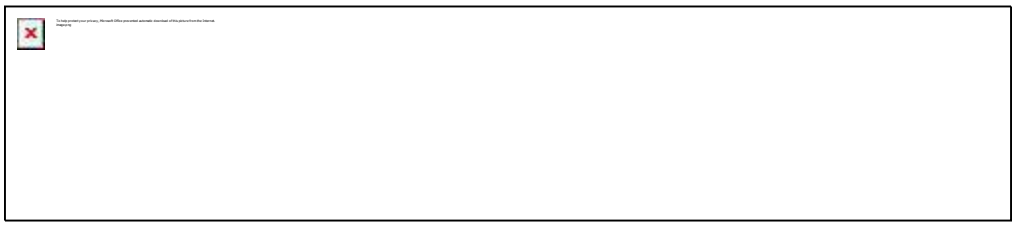
Okay no problem. Thanks for reaching out - yes I understand about the insurance and billing situation and that is yet another reason why I, too, was confused about whether service would be covered or not.

I have 'Traditional KY Medicaid' with no MCO....that is because I am on the Home and Community Based Services Medicaid Waiver program.

Here is Jackie's card (which says Jack because her legal name is not yet changed to Jaqquelyn - so on insurance documents still Jack A. Fouts....Jackie's chosen name is Jaqquelyn A. Fouts with the nickname Jackie. Jackie uses she/her pronouns).

Telehealth is what we would like to have set up - or after an initial visit or whatever your rule may be.

I, of course, do not have any knowledge of what my ex-wife's insurance is...



You can reach my ex-wife by calling her at (502) 475-6896, but she prefers email so lindsayfoutscpa@gmail.com.

Thank you Tayler.

On Tue, Jul 30, 2024 at 9:19 AM Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com> wrote:

> Good Morning Mr. Fouts,
> I received your voicemail about starting therapy through Life In Motion. I am reaching out because I need more information on the insurance you mentioned in the voicemail.
>
> Please send me a copy of the front and back of your insurance card and your child's if they are different. We will also need a copy of your ex-wife's insurance card. Before I can move forward with anything, I have to speak with the billing department about how this would be billed. You can respond to this email with that information and once I have spoken with the billing team I will reach

back out to you with an update. Thank you.

Tayler H

Front Desk Manager

Tayler.Hibbs@lifeinmotionkentucky.com
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"Shining" in Service,

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Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, July 26, 2024 5:48 PM
To: Darcie Taggart
Subject: Re: Reached out to Cheryl a couple times (we are playing phone tag) - contacted the Eating Disorder Center (waiting to hear back) - Letting you know

Thanks Darcie. 2 or 3 (maybe 4 weeks ago) you had said you'd keep it in mind that Jackie wanted to meet a couple of times during a week or two. That is okay. Yes - I understand it is definitely always busy as mental health needs have grown exponentially especially in recent years. Have a good night.

On Fri, Jul 26, 2024 at 5:11 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Apologies for a delayed response. As I'm sure you're aware it is always very busy before school returns. I am completely booked the next week and a half until school starts. If I get a cancellation I will be sure to let you and Jackie know. Ideally I would love to be able to offer twice weekly appts for folks but often that is just not an option. Again if a cancellation comes up I will reach out!
>
> Darcie
> Be excellent to each other.
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> On Jul 26, 2024, at 4:19 PM, John Fouts <fouts.john@gmail.com> wrote:
>
> I would have liked it if you would have been able to get back to me on if you could have met with Jackie yesterday or today - but it seems maybe my email to you got lost in a stack - easy to happen - happens to me sometimes too. Jackie wants to meet with you 2 times on these last 2 weeks before school starts if it is possible. Then go back to the one time a week schedule at 5:30 p.m. on Mondays.
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, July 26, 2024 4:19 PM
To: Darcie Taggart
Subject: Reached out to Cheryl a couple times (we are playing phone tag) - contacted the Eating Disorder Center (waiting to hear back) - Letting you know

I would have liked it if you would have been able to get back to me on if you could have met with Jackie yesterday or today - but it seems maybe my email to you got lost in a stack - easy to happen - happens to me sometimes too. Jackie wants to meet with you 2 times on these last 2 weeks before school starts if it is possible. Then go back to the one time a week schedule at 5:30 p.m. on Mondays.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 23, 2024 11:55 AM
To: Darcie Taggart
Subject: Re: Next Monday instead of Wednesday

Darcie,

I think 5:30 on all weeks is a great idea. School gets out at 2:10 this year so much earlier also...also...I am presently on a break from infusions but will be starting them up again soon...and now have a need to have Myers Cocktail type infusions along with high dose vitamin C and NAD due to microclots in my circulation (Grade 3 out of 4)....I am going to soon be on triple anticoagulant therapy too which is a bit intimidating to me...but it gives my body the best chance to be able to dissolve the microclots....

Jackie had mentioned that she wanted to possibly meet with you a 2nd time this week and maybe next week too....before school starts basically....would you have any availability on Thursday or Friday of this week? She forgot to ask you in session yesterday.

Also - I haven't yet had time to follow up with the family therapy organization but it is on my list for today. I have had some setbacks here lately.

John

On Mon, Jul 22, 2024 at 7:45 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
>
> I asked Jackie tonight if we could do next Monday at 5:30 again instead of Wednesday as I have a Wednesday conflict. I'm actually wondering if it would be possible to just do every Monday at 5:30pm instead of switching back and forth between Mondays and Wednesdays to provide consistency for Jackie. I am hoping since your new place is so much closer to her school that this year it will cut down on the travel time Monday evening AND maybe give you a break that night since I know Monday is your infusion day. I have that 5:30pm time open weekly so we could just keep it that way if it works for you.
>
> Also wanted to check in on if you had any success in reaching out to the family therapist I sent over. Let me know what you found out.
>
> Thanks.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

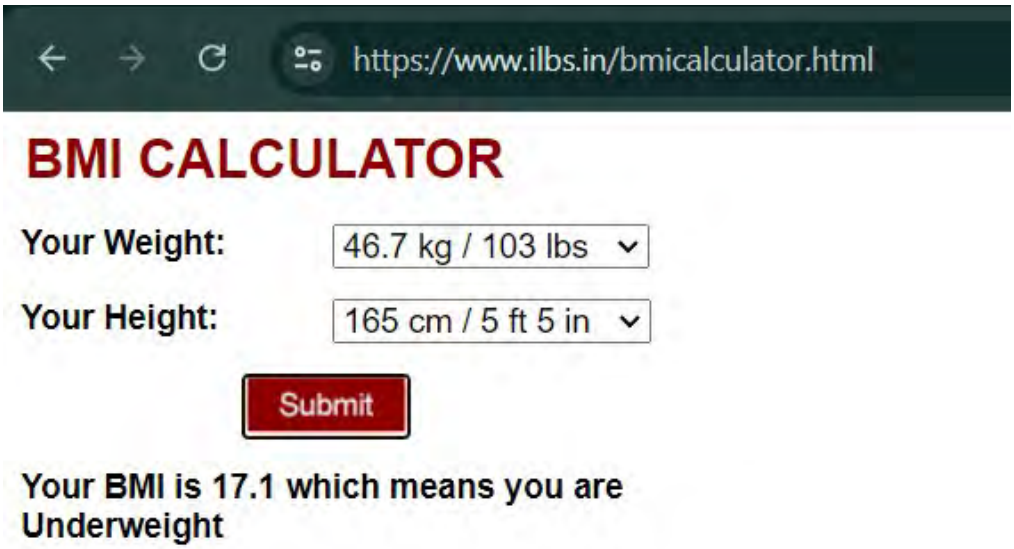
fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, July 11, 2024 12:02 PM
To: Darcie Taggart
Subject: Re: Has there been any luck finding resources for family therapy or to help with the eating problems / body dysmorphia things? i.e. Jackie thinks she is fat
Attachments: image.png

Thank you for the information Darcie. Since she is skipping many meals, and continuing to state she is 'fat' or eating '18 bites' but having you know 95% of a can of Spaghettios left after eating said 18 bites...and being underweight...her mother and I both feel it is a problem - and we agree on very little. I appreciate the information.

Her PCP is who suggested that I contact you about the family therapy - it has been a while so you had probably forgotten. I went to her PCP first.

Jackie is underweight.



I appreciate you sending this information. Thanks again.

John

On Wed, Jul 10, 2024 at 4:02 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> I spoke with Cheryl Gilbert at Life in Motion Counseling and they accept Humana Medicaid and can do family therapy work via telehealth. I would recommend reaching out there regarding doing some family sessions: https://www.lifeinmotionkentucky.com/

Regarding Eating related issues while I definitely address this it's not something that Jackie identifies to me as a major issue for her, that does NOT mean it's not something to focus on and definitely I would want to include a medical professional. My first recommendation is always talking to her primary care or pediatrician so they can monitor it and look at weight and age appropriate norms. They will note if anything is majorly out of the ordinary regarding weight loss or loss of growth patterns. I think in regards to thinking she is fat sadly she is in really good company with other girls her age, it's something I hear from girls all the time. BUT because it truly can be an issue that's why I say it's good to get a medical professional onboard to truly monitor weight and growth.

IF the pediatrician feels that she is losing weight/growth I think that this place is usually the first place i recommend folks call: https://www.louisvillecenterforeatingdisorders.com/

I do not know if the Louisville Center for Eating Disorders accepts insurance but it would be good to check!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Mon, Jul 8, 2024 at 2:51 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie continues to eat less and less. I am concerned about her getting skinnier and skinnier and no matter what, she thinks she is fat.
>
> Have you had any luck with finding anyone regarding this? I have not been able to find specific groups that deal with this.
>
> Please let me know whenever you have a little time to do so. Thanks Darcie.
>
> John
>
> --
>
> **"Shining" in Service,**
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> **John R. Fouts, MBA**
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> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, July 8, 2024 2:51 PM
To: Darcie Taggart
Subject: Has there been any luck finding resources for family therapy or to help with the eating problems / body dysmorphia things? i.e. Jackie thinks she is fat

Jackie continues to eat less and less. I am concerned about her getting skinnier and skinnier and no matter what, she thinks she is fat.

Have you had any luck with finding anyone regarding this? I have not been able to find specific groups that deal with this.

Please let me know whenever you have a little time to do so. Thanks Darcie.

John

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, July 7, 2024 3:56 PM
To: Darcie Taggart
Subject: Were you able to talk with Jackie about her suicidal ideation and other more deep things?

The social worker, and the cps worker, both asked me what your plan is for Jackie's care. Is it possible for me to get a copy or roadmap for what your ongoing plan is for Jackie?

She does not have all of the help that she needs. I know she enjoys talking with you a great deal, and I am thankful and grateful that you have established such a good rapport with her, and continue working with her. I know that she nearly always looks forward to meeting with you each week.

Is it appropriate to request another parent session to go over these things? I think we would only need 20 or 30 min.

Jackie blew up at me because I told her it was lunch time and asked her if she could put on a tv show and get us plates and drinks. She is accustomed to not doing anything to help most of the time. I am in need of her to help do some basic things. If I ask though, it usually results in her shouting at my face and screaming she hates me, and her slamming the door in my face, or similar things -- part of it is normal teenage behavior - and part of it seems to be extreme way above and beyond that. I have been stuck at this point with her for maybe 2 years or something - possibly 3. It makes me very sad because Jackie used to not treat me in those ways -- used to act much more appropriately -- and I don't know what caused the change. I think the mental status change may be COVID related.

If you are able to meet somewhat soon for 20 or 30 minutes, it would be appreciated - to discuss Jackie's path forward, her therapy goals that you and she have, and how progress is being measured please.

2022 video of Jackie showing off a tree she made. She used to do art things with me.
https://photos.app.goo.gl/FVkqBncyFgFqMbJ38

Trombone
https://photos.app.goo.gl/eYYc7Gb1VD78TusE8

Miscellaneous photos of Jackie smiling a lot from the past
https://photos.app.goo.gl/YZPhcUS4R5kSi6GM9

Jackie doing a light show with glowsticks
https://photos.app.goo.gl/3a8US9vnSyfAAqQf7

Normally how our interactions went were very pleasant and even warm-hearted really up until about mid to late 2021…that was during the pandemic…

https://photos.app.goo.gl/vQBg2XLZt51omafn9

A video of Jackie playing in sand at the Gorge pre-covid
https://photos.app.goo.gl/Bnri7YHTRedigBD56

Jackie talking about smudgy splotch on half of her eye when not wearing glasses in am and pm
https://photos.app.goo.gl/FwKvneD98DktXkFLA

Jackie talking about her very dry itchy eyes August 2022
https://photos.app.goo.gl/G1igc1hp6RH3MmMg9

November 2022 -- you can tell that Jackie's attitude totally changed. In general, this has been her general demeanor now ever since COVID on average. Which isn't too bad -- she just way more easily gets frustrated and angry.
https://photos.app.goo.gl/Qn7fjiigqSCpZqSb9

It was very challenging to do homeschool, have IV therapy with nurses at home every week, be a parent both on my weeks, and take care of all the parenting my ex-wife refuses to do etc... this was in Nov. 2022
https://photos.app.goo.gl/UMrUJeAz7tMDgiVaA

12-31-2022 Jackie says her feet are hurting worse than they ever have in her life before and extreme fatigue
https://photos.app.goo.gl/tQM9UYwEcU25kGKM7

Then Jackie became more like this to me I'd say more than half the time
https://photos.app.goo.gl/H5RFaSJGKGwikrbp6

More of that attitude issue and a show of suicidal ideation because I wouldn't allow Jackie to treat me badly
https://photos.app.goo.gl/QZQYx4KqKusomvWZ7

Some homeschooling -- Jackie was not generally vested in me doing homeschooling with her -- in fact -- she went out of her way to be obstinate a vast majority of the time, which made me feel like I was in an impossible position of her being bullied if she were at school, her mother doing nothing per the norm, and me being forced, as a responsible person and parent, to try to pick up all the slack everywhere despite being so very ill....Darcie...you have to understand....at a minimum...I feel like I have a very bad flu....ALL THE TIME...it is relentless....it is so very hard to deal with in life (chronic illness)...

https://photos.app.goo.gl/VmdjmYDHpsn7rFvx8

At UK, Dr. Deniskin (immunology) referred Jackie for neuropsychiatric follow up testing but with a focus on hallucinations and paranoia and basically schizophrenia evaluation I think. I think/hope we will be able to get in there quickly.

Here is some information about Post-Covid-19 Mental Health Issues....e.g. within 90 days of acute infection many patients developed a new mental health disorder....

https://www.youtube.com/watch?v=Rn306wjvl3g

Jackie had long covid after covid and still deals with many of those issues that are not yet resolved (e.g. fatigue....headache....mental status changes...etc..short term memory issues...)

Let me know about when a parent session can take place please. Thank you.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, July 2, 2024 7:17 PM
To: Darcie Taggart
Subject: It has been a long day but need to fill you in on some things -- had appt with Jackie / for Jackie ... and for me together ... with immunologist at UK Clinic today

Darcie,

Jackie did okay at the appt but was as always lately, continuing to express more and more and more autistic traits. It is harder and harder to be able to communicate effectively -- I am sure part of it is my own lack of health that is making things harder, but also there has been an uptick in autism type behaviors.

Anyway, the immunologist advised that we might talk to the social worker because she might be able to help with some resources...so we met her. Her name is Karen. She was very nice, and Jackie did talk quite a bit to her mentioning thoughts and plans of suicide many times. She almost was forced to have us go to the ER at UK. Thankfully though, our hands were not forced in that direction. She did express how urgently it seemed that Jackie needed help, and sometimes I am in agreement with that but as Jackie's behavior totally flips on a dime one way or the other, it is unpredictable....plus if Jackie said she was in need of going to the crisis center, or something, and I take her there, then she tells them that she never said that, and that I am lying....so then, of course, the therapists don't know what to believe or who to believe, and I get that...part of the problem with constantly seeking out more resources, Darcie, is that I am very ill. I know I do not look like it, but I am... I found out yesterday, also, that I have microclots (got results back after blood shipped weeks ago)...they are caused by the COVID virus, and lead to a much greater chance of stroke and/or heart attack, and my risks for both of those are already very high.

Anyway - I told Karen that it was a matter, literally of me having the energy to get me and Jackie back home...I truly didn't have enough ability physically to go to an ER for several additional hours, and I told her that I felt Jackie was safe, but just emphasizing basically in an autistic way her feelings. I told her that you and I had discussed suicidality and when to take action in the past, and she told me I needed to reach out to you tonight to fill you in. I do not disagree...Jackie has been acting very differently (not necessarily in a suicidal way...)...just differently like not hearing things...totally disregarding all manners....not listening whatsoever....blurting out conversation in front of adults talking about serious matters etc....it seems like she is regressing.

Karen gave me the name of the Outpatient therapy mental health person for UK, and I think Jackie could benefit from that, but I'd like to get your thoughts, so you could weigh in. We would have to go there for the first visit but then it could be telehealth. Jackie agreed she'd like to have more help too. She may deny agreeing, but she did....Jackie also discussed with the doctor (immunologist) hearing voices and hallucinating and paranoia....and I could tell the doctor was thinking it might be a schizophrenic type of thing going on. He said he could refer Jackie to get neuropsychiatric testing and to psychiatry at UK....so I told him that sounds like a plan - maybe we will be able to get more testing done more quickly in terms of mental health. I have always also had good experiences at UK and think it is a sound decision.

In the good news category....Jackie was very against having her labs drawn at first, but the Child Life Team at UK is wonderful and helped her through it and she didn't hardly even notice that her bloodwork was being done. Jackie did a great job with that! Jackie has been enjoying watching some Joe Biden fumbles on YouTube. I keep telling Jackie that yes they are funny, but I feel very sorry that Joe is in that position and doesn't really seem to understand the issues with his own health. Karen asked me why you and Jackie don't discuss suicidality. I said that you advised that Jackie would need to bring it up, and Jackie said that she would only talk about it if you brought it up, and that I am not involved in your sessions, but we have had some sessions surrounding that topic and more (parent sessions).

If it is possible to talk to Jackie some, without Jackie bringing it up, tomorrow, please try to get her to open up in that way a little. I also think Jackie is having a tremendous amount of trouble hearing -- and I don't know why...no infections....the auditory processing is addressed with the hearing aids....I think trouble hearing is making Jackie seem disconnected from the world. She also is awaiting her new glasses arriving with a different prescription - so once those arrive I think that will help some too.

I do not feel like Jackie is a danger to herself - especially now -- when she was talking to them earlier at UK, she was very hungry, very tired, and seemingly extraordinarily bored with the people in the room. After she ate, and took a little nap in the car, she seemed a lot better off mentally.

Other good news -- the 2 year investigation into me by CPS that I had no knowledge of until the last 2 weeks has been closed with no findings to support the claims that were made. I am still upset by that whole situation (not mad - just it is upsetting...). I have always tried to take care of Jackie in the very best ways that I can - you know?

Hope you have a great night. I know Jackie is looking forward to meeting with you tomorrow. I signed the release for Karen to talk to you. I realize I may need to sign one for you to talk to her. Please send me any necessary forms and I will take care of them. Thank you Darcie.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, June 25, 2024 2:32 PM
To: Darcie Taggart
Subject: No Starr button for appt Jackie says

Hi Darcie, Jackie says there is no start button for the appt.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, June 24, 2024 6:44 PM
To: Darcie Taggart
Subject: Re: Are you able to meet with Jackie this week? We will be in Lexington for an appt I have tomorrow until mid afternoon

Telehealth is easier due to fatigue issues...but either way is OK. Tomorrow at 2:30 is great ... thank you.

On Mon, Jun 24, 2024, 5:14 PM Darcie Taggart <darcie@cctherapies.com> wrote:

I can do 2:30 tomorrow as I have had a cancellation during that time. I would recommend we pull in a second therapist for family therapy to protect Jackie's individual therapy time and her relationship with me. I can offer some recommendations if you need them. Would it be best if it's telehealth or would you be able to make it in person for family?

Let me know and I can offer some recommendations for additional services.

Darcie

Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Jun 24, 2024, at 3:55 PM, John Fouts <fouts.john@gmail.com> wrote:

Any chance you could meet tomorrow mid afternoon like 2:30 or after? Lindsay picks Jackie up around 5:30 on many days -- sometimes 6:30 -- so ideally would be sometime between 2:30 and 4:00 as a start time tomorrow....or 7:00 pm or after?

On Wednesday, Jackie has a dermatology appt - we will be gone from around 9 am to 11 am....then will do lunch around 12...I have online therapy from 1 to 2 ... if Tuesday mid afternoon won't work for Jackie to meet with you, would you be available on Wednesday at 1pm until 4pm as a start time? Or 7:00 pm or after?

On Thursday I have an eye appt that might require me to be gone from 9:30 to around 12:00...I think appt starts at 10:00 a.m. and first time doctor so generally I estimate 1hr 15 min for everything and then travel time home....then we need to eat lunch....so any time 1pm to 4pm as a start time if you can meet on Thursday with Jackie this week....or 6:30pm or after?

Or on Friday any time but preferably sometime in the a.m.?

I'm sorry that the Tuesday time won't work that you had suggested but I have a pretty important abdominal ultrasound in Lexington tomorrow and I'm not wanting Jackie to have to have therapy in my presence - I don't think it would be productive as we would likely all be uncomfortable in one way or another. I don't want to be in the way of Jackie's therapy is what I am saying....

also -- I spoke with Jackie's PCP about possible eating disorder that me and Jackie's mom are both observing....he suggested family therapy. I advised him that I have talked to Lindsay in the past a number of times, but she would not go to family therapy in the past. Dr. Pendleton (Jackie's PCP) said he thought that family therapy might be the best fit. I gave him Lindsay's contact information to make sure he had it, and he said he was going to try to reach out to her too.... could me and you and Jackie and possibly Lindsay all have a session together specifically to talk about a few things.....? Eating disorder...video gaming addiction basically...and emotional lability caused by tiredness from so much screen time and other? Might need more than 1 session for that....and it might be better to have a different therapist for the family sessions -- again -- to protect Jackie's therapy-space... What are your thoughts?

Please let me know.

John

--

"Shining" in Service,

John R. Fouts, MBA

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, June 24, 2024 4:55 PM
To: Darcie Taggart
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Please let me know.

John

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, June 5, 2024 9:13 PM
To: Darcie Taggart
Subject: Schedule - CPS - Other -- 2024-06-05 -- Art Therapy

Hi Darcie,

Glad you and Jackie got to meet tonight. With how busy your schedule always is, I am just so glad that Jackie is able to see you! You are always on the go! Seriously -- be good to yourself -- and don't overdo it -- that is part of what got me sick I think....chronically ill -- etc...

I have notated my calendar accordingly for the dates you mentioned.

In addition to seeing you for therapy, Jackie wants to do more art therapy...but Jackie did not like how she got started with Theresa....then got transitioned and had to start with Dani....then transitioned to Akilah at L.E.T. -- so I am looking for additional therapy (in addition to seeing you) that is art therapy -- in the city -- somewhere that has experience in dealing with therapy for transgendered children/adolescents. I really want to try to get this set up asap. Jackie needs to see a regular ongoing art therapist in addition to you -- and I know that I can go to Psychology today and look up names....but you are plugged into the network...and I thought you might know of a good fit....if you do - please let me know....

Re: CPS -- this week I got a call about a case that was 'still open' that needed to be closed....and I had absolutely no idea what they were talking about...I thought it was about the case of child abuse that Lindsay had against her from Colorado from 2017...but it wasn't....apparently, in 2022, some social worker, teacher, or other, made a claim that I was not making sure that Jackie got appropriate medical treatment -- apparently they thought that Jackie was not really sick (despite having doctors notes for ALL excuses)...and they tried to say that I had taken Jackie to the doctor too much or that Jackie's health issues weren't real...or that Jackie didn't have Autism or ADHD or Auditory Processing or Anxiety or Depression...or migraines....or I don't even know what...I was taken off guard...it was very strange....especially because I had heard nothing about the case at all....and it supposedly involved me.....I asked if I had a legal right to know who made the allegation - and they said there is no legal right that allows that....it is fine....

I talked to the CPS worker today....she said she had to have a home visit...I asked her if she could come today because we were stuck anyway waiting for a HUD inspector to do a Section 8 inspection....thankfully...she said she could...Darcie - I know you haven't known me for that long -- but I think you know that I take the best care of Jackie that I can and am always trying to do the best thing for Jackie....what I don't get even more...is that there was documentation for all of this in Jackie's 504 plan -- which PROTECTS students from situations such as was alleged....doctors have to submit documentation for the 504 plan....anyway - the woman's name that came out was Megan Clark. Oh yeah -- apparently a part of the complaint stated that I would not get Jackie therapy...but Jackie has been in therapy regularly for years - so that was also a false allegation... I don't really have all the details -- but I don't think I need them -- it seems like she could tell that there was no evidence of me doing anything wrong.

She said before she closes the case, she will need to talk to you to verify that you have been seeing Jackie and ask any relevant questions. I mainly just wanted you to know that she would be contacting you.

I pasted her information below so you would know to expect communication from her. This apparently stemmed from sometime in 2022.

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

Have a good week Darcie. If you know of anyone for Art Therapy please let me know so I can try to get Jackie scheduled. No luck on the other re:another eval for neuropsychiatric/neuropsychological...so it looks like waiting on the list for 7 Counties may be the best thing for now.

John

On Wed, Jun 5, 2024 at 7:39 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
>
> I told Jackie this tonight but I wanted you to know as well, we moved next Monday's appt to 4:30pm instead of 5:30pm.
>
> The following week I will be on vacation and will not be available for our appt on 6/19.
>
> I do not return to the office until Tuesday, June 25th so I will also miss our appt on Monday 6/24 BUT I would like to reschedule that week. Preferably Tuesday the 25th in the morning at like 11:30am.
>
> We will then resume our "normal" schedule on Wednesday, July 3rd at 6:30pm.
>
> Thanks!
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 29, 2024 4:23 PM
To: Darcie Taggart
Subject: I don't know what to do...maybe you can talk to Jackie about this?

Darcie,

It is Lindsay's week...Jackie is here....she has no one else to watch Jackie, and it is totally fine that Jackie is here and I love seeing her...she refuses to let me participate with anything she is doing though, and today, I, myself, have been having a really rough day, and I told Jackie that I am just trying to find a way to spend time with her.

She responded by saying she doesn't want to see me....at all.....because it is mommy's week....so already kind of has some resentment and this is the first week of Summer....it makes me really sad and hurt that she feels that way, and I told her that that is hurtful to me. She said it is mommy's week and she doesn't want anything to do with me....so....since mommy doesn't have any other options...I don't want Jackie to harbor further resentment toward me...this is what happened during past years too....and there needs to be a different solution....I want Jackie to 'like' to see me at least sometimes....I get that she is a teeenager and won't always like to...but I feel like I might as well not even exist and it would be perfectly okay in Jackie's mind....and that is hard...

Jackie does not want to go to any kind of camp, and those camps are ridiculously expensive anyway.... And I don't really feel like it is safe for Jackie to be home alone all the time at mommy's house. She is old enough, but I don't know that she is mature enough...and her episodic especially suicidal behavior at times scares me to death with regard to the thought of her being alone all that time. Plus, if she were....she would be on nonstop media, and I have DEFINITELY noticed that the more media she does, the more dysregulated she becomes - especially if she is tired...

She has also continued this pattern of not wanting to eat breakfast, or lunch, and not having enough for dinner....yes - I am somewhat of a worrier...but I have nearly always been right when it comes to medical issues....I have a solid batting record there...so to speak...I am worried she is developing an eating disorder potentially.

Can you talk to her about these things? My parents both are working. Lindsay's parents are both anti-trans. (My dad is anti-trans...my mom claims to be 'ok' with it, but still has issues...)....it isn't a great set of options in terms of Jackie's care for Summer on mommy's weeks while mommy is at work.

Jackie also claims to have almost zero memory of any time spent with me at our old apartment -- we lived there for 5 years Darcie...Jackie remembers a lot about mommy's apartments...I don't get it whatsoever...

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, May 22, 2024 6:34 PM
To: Darcie Taggart
Subject: There is no appointment for Jackie to login- session is still happening- right?

Please confirm.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, May 16, 2024 8:07 PM
To: Darcie Taggart
Subject: Re: Appointments

Okay thanks Darcie. Sorry if I sounded like I was rambling on my message. Those infusions take a lot out of me - for realz.

J

On Thu, May 16, 2024 at 7:37 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
>
> I did see Jackie as scheduled on Monday this week. I have her scheduled this coming Wednesday at our regular 6:30pm time and again on Wednesday the 5th of June at 6:30pm. I am off for Memorial Day which is her next Monday appt and will work to get that rescheduled another time that week.
>
> I do have a vacation coming up June 12th-25th and will miss her appts on 6/19 and 6/24 but will likely still be able to see her the week of the 24th as I return to the office on the 26th. So hoping we will only miss one week of our sessions for that.
>
> The Acute Child Crisis Services at Seven Counties have a 24 hour Crisis number that can be accessed in emergencies while I am out (or anytime really) and they do telehealth if it's needed as well so you would not need to bring her in necessarily to access those services. 502-589-8070
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, May 7, 2024 7:06 PM
To: Darcie Taggart
Subject: Re: Were you able to get that referral placed for Jackie to be eval'ed by 7 Counties for the Hallucinations and things?

Thank you Darcie. I will indeed do that, and also keep looking for somewhere that can perhaps see her sooner as well.

John

On Tue, May 7, 2024 at 6:49 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Actually yes I tried to make the referral BUT they said that since Jackie isn't currently open at Seven Counties right now (even tho she has been) that they need you to call Access (589-1100) and tell them you want Psych testing. They said that's the easiest way to get on their wait list and faster than my internal referral. It's still a few months wait but that way you can give them all the info and get the insurance in the system. They will do the pre-authorization and put her on the list and then the testing team liaison will reach out when they have an open spot. I did tell them Jackie's name an info so they are expecting your call!
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> On Tue, May 7, 2024 at 4:51 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > I have been trying to get her to be able to be seen somewhere but keep hitting brick roads....oops...I mean brick walls...must have Elton John on the mind....Goodbye Yellow Brick Road...
> >
> > John
> >
> > --
> >
> > **"Shining" in Service,**
> >
> > **John R. Fouts, MBA**

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, May 7, 2024 4:51 PM
To: Darcie Taggart
Subject: Were you able to get that referral placed for Jackie to be eval'ed by 7 Counties for the Hallucinations and things?

I have been trying to get her to be able to be seen somewhere but keep hitting brick roads....oops...I mean brick walls...must have Elton John on the mind....Goodbye Yellow Brick Road...

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, April 27, 2024 1:14 PM
To: Darcie Taggart
Subject: Jackie said something to me that I think may be important for you to talk about with her in therapy --

Darcie,

Jackie, this week, told me that she gets really upset with me sometimes because she views me as Mr. Kempf (her only male teacher in elementary school -- the teacher who told her she did not do work [that I watched her do - and submit - personally] etc...), things like that...Mr. Kempf was the whole reason I took Jackie out of Bloom Elementary to be homeschooled. I went to pick Jackie up one day for a doctor appointment and she came out of the school crying, hiding behind my leg, and telling me that day later on that Mr. Kempf wanted her to come down and tell me she lied about turning something in (that I watched her turn in). Jackie was also bullied extensively in school, despite, me alerting the Principal, all relevant staff, and even the Superintendent's Office...twice! Nothing changed....I knew on that day when I saw her, that she needed to not go back. She started homeschool on 2022-02-22.

It bothers me that she views me as Mr. Kempf, when I am the one that removed her from the situation she was in involving Mr. Kempf. You may have a perspective on this that is relevant to Jackie and therapy so I wanted to mention it to you.

Have a good weekend.

If you want or need more details I am sure I have the letter I wrote to the superintendent's office both times available somewhere on my hard drive or in the cloud.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, April 15, 2024 4:57 PM
To: Darcie Taggart
Subject: This event looks neat (for Jackie - and for other clients of yours - I'm sure all of us could benefit from things like that - as humans)
Attachments: image.png

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, April 10, 2024 7:19 PM
To: Darcie Taggart
Subject: Re: My recommendations
Attachments: image.png; image.png; image.png; image.png; image.png; image.png

Thanks Darcie.

I am very worried about Jackie.....she often loses several days in a row ... or even several weeks in a row...as an example....my mom paid for my whole family...my sister, my dad, 5 cousins, me, and Jackie, to go on the Polar Express train ride...Jackie had a really good time on it...but swears up and down she has no memory of ever going...if I show her things from the trip or pictures she says she doesn't remember anything about it and tries to tell me I am lying that she went there...

I grew up around a mother with 54 distinct personalities....I used to not think that is what this was....I still do not think that really...I am leaning more along the lines of schizophrenia and/or schizoaffective disorder spectrum. I could be totally wrong about things, but I can tell you I have a pretty good (nearly perfect) track record for everything else going on...

Jackie hears voices that aren't there....sees hallucinations that aren't there...has tactile hallucinations....and is very paranoid too about someone stabbing her in the back....she also has all these OCD type symptoms....and psychotic episodes...so I don't know what it is...but it is very concerning...it worries me for her...or that she may end up doing something she regrets but not being in her own mind at the time -- and I don't want anything like that to happen. I want to protect her from harm or danger, and also, make sure she gets all of the appropriate care she needs.

I am in complete agreement with everything you said. If you can put in the referral, that would be great. I also am going to try to get her in to see Healing Neurons. Would you be open to also putting in a referral there? .... If I find out that she is able to go back to Meridian Health and see Dr. David Charles again, that would be good too I think because it would be the same person evaluating the same patient and a different tangential point in time...

I see a lot of the Depersonalization/Derealization things also in Jackie...

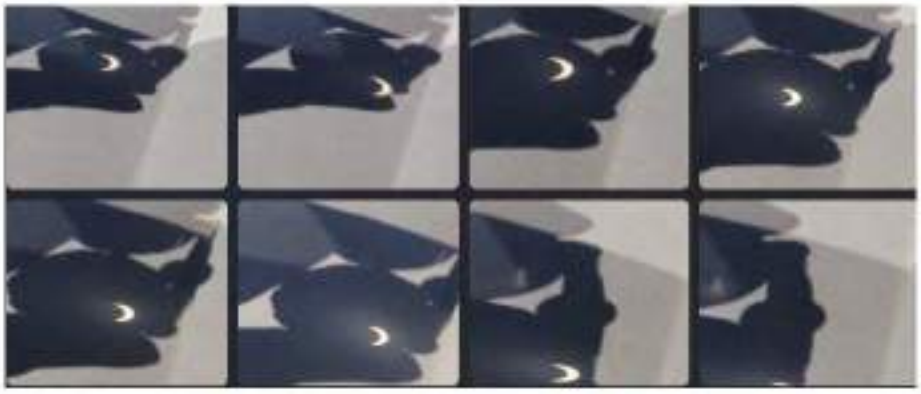
She has also gotten quite rude at times...like I will make dinner that takes 45 minutes to an hour...I ask her to do literally anything, and she outright refuses, and then when dinner is served, she eats before I even sit down, then gets up several times 6+ in the 5 minutes it takes me to eat, and then screams and rages at me in such a way it scares me...and literally makes me feel not safe...so it is a delicate situation that I am needing help with, with her and for her.

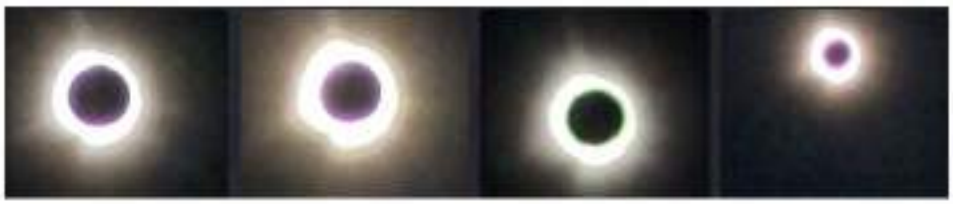
For the record, I am also trying to get myself evaluated with a full neuropsychiatric evaluation, but it is hard to find someone that does that kind of testing for adults that accepts Medicaid. I will have Medicare in December 2024. I may be dual eligible but I am not certain.

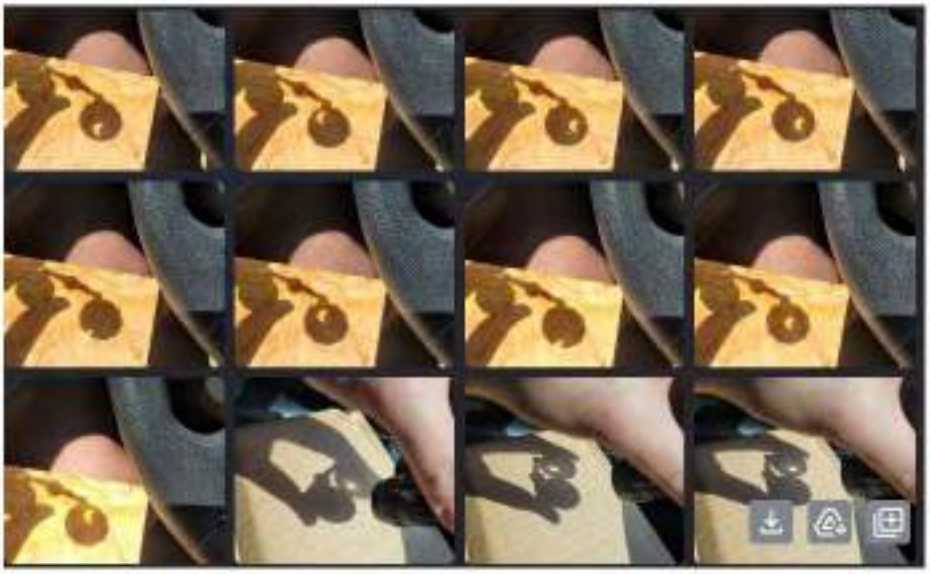
Anyway - thank you for agreeing to write a referral. I think the meds need to be reviewed also...and have wondered about the ADHD medication, however, I cannot tell if it should be increased or removed (it is very hard to know what to do sometimes). The last time we tried to increase it, she went into extreme crisis mode, and the last time we tried to have her not take it, she went into extremely active suicide mode.

I forgot to mention that she wrote down active suicidal plans in her diary....last Friday...is it okay if I send you pictures of her diary pages only pertaining to that (those are the only ones she showed me so the only ones I feel comfortable looking at and/or talking to you about)...I just feel that something's gotta change. Jackie's mom came over on Saturday and helped me out because Jackie was in such a crisis and so angry toward me for unknown reasons. Jackie kept saying I was glaring at her and having bad mean looks, and Jackie's mom kept trying to talk her down and saying I just looked like my normal self. We survived the weekend, and the solar eclipse.....

Here are some pictures we got:







Oh yes - and I understand you do not observe the behaviors with Jackie very often. I understand that. Thank you for recognizing that the amount of time spent with Jackie may play a role in exhibiting or triggering such dramatic changes in mood so rapidly and frequently.

Jackie didn't want to go see the eclipse at first, but I am thankful and grateful that she ended up enjoying the trip after all after she gave it a chance.

She enjoyed seeing the sun through the solar eclipse sunglasses I had gotten, and she thought totality was really cool . It was kind of funny though. We were near Seymour Indiana so totality was a little less than 2 minutes...she was like...how long is this gonna last...I just want to go home! I thought that was very typical teenagery!

Hope you got to see it too.

On Wed, Apr 10, 2024 at 6:59 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> My recommendation for testing or a full psych assessment would be Seven Counties. There will probably be a 6-8 month wait for testing but they accept Medicaid so there shouldn't be a fee which I think is good and I know their whole team and think they do a good job. I can help make that referral as long as you are OK with that, they will need to do at least SOME in person appts to do the assessment but we can cross that bridge when we come to it. I will send a release in the portal if that's acceptable and can refer. Psych testing can look at depersonalization and derealization as well as dissociation that might be occurring. Without additional assessment it's hard to completely diagnose those things. I think a lot of kids experience those things even without it being a full DID type of diagnosis. I will also say that I don't feel like I see those things as much as you do but I'm not with her as much as you are. I also think sometimes kids don't want to or block out things they feel disconnected from or embarrassed about and when asked directly they will say "nope, didn't happen" because their perception of what happened is different.
>
> I would also recommend we attempt to find a Psychiatrist that will take a look at all of the meds Jackie takes unless the new PCP is comfortable. There are LOTS of meds that can cause both rage and agitation and as you move towards adding puberty blockers it's important to look at the whole med cocktail. In fact sometimes our ADHD meds can start to cause agitation if what's really going on is mood disorder related and typically if that's going to happen it will start when a kid begins to move towards puberty so that's a good thing to explore. Can't hurt to explore alternatives or other options but as I am not an MD I don't know exactly what that should be.
>
> Hope that's helpful information.
>
> Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, April 2, 2024 8:16 PM
To: Darcie Taggart
Subject: Just want to thank you for writing that other letter - you are the best!!!

Also thank you for being a therapist working in a gender-diverse field and accepting children and others for who they are without judgement. It amazes me the amount of prejudice people have and unwarranted beliefs about people who are transgendered.

https://media.giphy.com/media/v1.Y2lkPTc5MGI3NjExamZjamxsbmM2ZG5lNHF2MWFpb29seDNxemVyZWk0bm9qMTFmbm9kZCZlcD12MV9pbnRlcm5hbF9naWZfYnlfaWQmY3Q9Zw/ei0PJv5enfT87EOAaM/giphy.gif

Sincerely,

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, March 29, 2024 8:48 PM
To: Darcie Taggart
Subject: I signed the documents / Our new address in Jtown...

Hi Darcie.

I signed the documents you posted for Jackie and for the information sharing with the 2 new doctors.

I didn't see a place where I could update our address, so I am providing it here...

John and Jaqquelyn (still Jack legally rn) Fouts
2904 Sitka Dr.
Apt. L29
Jeffersontown, KY 40299

I am still in process of getting the address changed everywhere - it takes forever...so many places has to be changed...

All I have ever wanted is to provide a stable environment for Jackie and living with chronic illness has made this harder than hell.

I got the formal approval letter of disability fully favorable decision yesterday...unfortunately the judge wrote in it that medical situations are expected to improve and stated a 24 month cdr continuous disability review should be done....Sjogren's is a Systemic PROGRESSIVE disease...that means it isn't going to get better....it is like it is now...or worse.....unfortunately...so that is frustrating...but after initially applying over 10 YEARS ago....literally...I am trying to celebrate the victory anyway.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, March 29, 2024 5:11 PM
To: Darcie Taggart
Subject: Re: Need another letter for Jackie for puberty blocking and HRT -- 2024-03-27 -- Please see this request from Dr. Leo P at QMed

Sure no problem.

Leonidas Panagiotakopoulos
Reason:
QMED
215 Church St.,suite 102,Decatur,GA...
04/02/2024
12:20 PM EDT

- **PHONE: (404) 445-0350**
- **FAX: (877) 480-9635**

THE DOCTOR WHO IS HANDLING ILLINOIS IS BASED IN GEORGIA (DR. LEO) -- THAT IS JACKIE'S NEW DOCTOR FOR THE PUBERTY BLOCKERS...AND DR. ELI PENDLETON IN THE HIGHLANDS IS JACKIE'S NEW PCP -- VERY GENDER AFFIRMING -- SO MUCH NICER/BETTER THAN FORMER DOCTOR....

On Fri, Mar 29, 2024 at 5:08 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> OK, I am working on the letter, I need the information for the Dr so I can get you a release of information for you to sign to release the info directly to the MD.
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

On Wed, Mar 27, 2024 at 12:05 PM John Fouts <fouts.john@gmail.com> wrote:

> Have your mental health professional do an official gender dysphoria evaluation and suggest whether or not Jackie is ready for cross-sex steroids.
>
> **The recommended content of the referral letter for feminizing/masculinizing hormone therapy is as follows:**
> 1. The clients general identifying characteristics;
> 2. Results of the clients psychosocial assessment, including any diagnoses;
> 3. The duration of the referring health professionals relationship with the client, including the type of evaluation and therapy or counseling to date;
> 4. An explanation that the criteria for hormone therapy have been met, and a brief description of the clinical rationale for supporting the clients request for hormone therapy;
> 5. A statement that informed consent has been obtained from the patient;
> 6. A statement that the referring health professional is available for coordination of care and welcomes a phone call to establish this.
>
> **Have them email that directly to Dr. Leo at DrLeo@queermed.com**
>
> *Received on: 03/26/2024 01:42 PM EDT*
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 27, 2024 4:32 PM
To: Darcie Taggart
Subject: Thank you Darcie -- Jackie wants to meet with you on Friday at 5:30 (and of course keep the Monday at 5:30 also)
Attachments: 2024-03-27-female-gender-care-timeline-what-to-expect.pdf; 2024-03-27-Puberty-Blocker-Education.pdf; 2024-03-27-Lupron-Injection-Information.pdf

That may also serve the dual purpose of feeling like having the 2 sessions of therapy in one week that she had asked about before since the sessions are close together.

She told me that she did remember today that you had told her about tonight....she had forgotten.

I have attached some information from QMed about puberty blockers and therapy in general in case you need it. It will probably be helpful for other patients/clients as well.

The new doctor was amazing today -- very kind -- very gender affirming -- very comfortable to be around -- and very engaging toward Jackie (probably the most important thing).

Thanks for being flexible to be able to see her this week. I don't know if you see this with other autistic children. Jackie is my only 'chillin' so I don't have other experience....but Jackie seems to be getting more distant/dissociative a lot of the time....the concerning part to me is the missing time that she experiences. My mother had D.I.D. but was re-integrated successfully (although I suspect a few parts are there again now for her)...but I have been around it...I know what it looks like...and the things that Jackie says she experiences are very close...but not the same...like I asked her if she could hear any voices of other people in her head....or if she could see any other people in her head....and she said no.....very directly....and I believe her...so it seems like D.I.D. doesn't fit at least not all the way...and if it did I would wonder how and why... it is hard for me to tell - and I am not a qualified expert.

I am pretty sure Jackie experiences both of the below...hell...even I have experienced both of these below....the thing is....for Jackie...it seems to happen when she is enraged and ultra-angry - and that level of rage and forgetfulness scares me....

Depersonalization/derealization disorder

Depersonalization involves a sense of separation from yourself or feeling like you're outside of yourself. You may feel as if you're seeing your actions, feelings, thoughts and self from a distance, like you're watching a movie.

Derealization involves feeling that other people and things are separate from you and seem foggy or dreamlike. Time may seem to slow down or speed up. The world may seem unreal.

You may go through depersonalization, derealization or both. Symptoms, which can be very distressing, may last hours, days, weeks or months. They may come and go over many years. Or they may become ongoing.

Dissociative amnesia

The main symptom of dissociative amnesia is memory loss that's more severe than usual forgetfulness. The memory loss can't be explained by a medical condition. You can't recall information about yourself or events and people in your life, especially from a time when you felt shock, distress or pain. A bout of dissociative amnesia usually occurs suddenly. It may last minutes, hours, or rarely, months or years.

Dissociative amnesia can be specific to events in a certain time, such as intense combat. More rarely, it can involve complete loss of memory about yourself. It sometimes may involve travel or confused wandering away from your life. This confused wandering is called dissociative fugue.

See attached for the gender documents and info.

Thanks again. John

On Wed, Mar 27, 2024 at 1:19 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> I will work on a letter with Jackie's input at our next session based on the letter I wrote previously. That can either be next Monday at 5:30 when we are currently scheduled or if she can get on Friday evening around 5:30pm we can work on it then.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
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>
>
> On Wed, Mar 27, 2024 at 12:05 PM John Fouts <fouts.john@gmail.com> wrote:
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> > 3. The duration of the referring health professionals relationship with the client, including the type of evaluation and therapy or counseling to date;

4. An explanation that the criteria for hormone therapy have been met, and a brief description of the clinical rationale for supporting the clients request for hormone therapy;
5. A statement that informed consent has been obtained from the patient;
6. A statement that the referring health professional is available for coordination of care and welcomes a phone call to establish this.

Have them email that directly to Dr. Leo at DrLeo@queermed.com

Received on: 03/26/2024 01:42 PM EDT

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 27, 2024 11:52 AM
To: Darcie Taggart
Subject: Re:

Thank you for the guidance. Also, thank you for the guidance... The crisis line has been mostly unhelpful to us in the past with multiple people both in person, and at the crisis center itself. The last time we called the crisis line they told us they couldn't help and to take Jackie to the crisis center. When we got to the crisis center, they told us they don't deal with acute crises, and we had to leave....that wasn't helpful...that was the time we went to the Norton Children's Psychiatric Hospital....for active suicidal threat, and a doctor we never saw wrote a false report, and stated Jackie had no mention of suicidal thoughts -- which was utterly ridiculous...there are some 70 pages of documentation of me trying to get them to correct the medical record, yet they still refused...so all I have is the written documentation of my efforts to get them to be honest and truthful instead of falsifying the medical record....it is really ridiculous....

Anyway - I realize it may depend on who we talk to at any given time, but if we call, and it is 'my' suggestion, and Jackie doesn't get help, then Jackie will direct even more anger toward me....

She bangs her head down hard on things or slams it against a wall, or hits herself really hard...and she hasn't done this yet...but I can see how that could escalate to 'cutting' behaviors, and that scares me....it is very BPD-like.... I think that additional DBT therapy would be helpful for her, but last time I had known...there was only 1 therapist in the area that handled DBT therapy...Dr. Allison Bradow....and she didn't follow the DBT protocols...so it wasn't really DBT therapy as Marsha Linehan describes it, and as it has been widely accepted.

I don't think she would actively do anything either but I don't want to take any chances.... it is really weird Darcie....because she seems to have a higher level of passive suicidal ideation when she is getting care for transgender things....when she is getting the help that she needs to have....it makes me want to take her to those appointments less as she views them, and me, negatively for helping her get the care that she needs....I am truly at a loss there...it doesn't make any sense to me.

Also - I want to re-mention that sometimes Jackie says she sees or hears things that aren't there....and that is a worry too.....from my observation...this mainly happens from a sleep deprivation standpoint...and I think she may have those sleep issues where there is a dissonance between sleep state and wakefulness....like hypnagogic sleep hallucinations or narcolepsy-like behaviors while awake...there is a name for what I am trying to think of -- but it escapes me....I can tell you if I am extremely sleep deprived I start to see things sometimes...but I have to be extremely sleep deprived...and I know 100% for me that it is related to sleep issues...

I love Jackie SOOO much...and she can't even see any of that love...I just don't know how to help her see how much I love her, want to support her and be there for her, and how much I am proud of her for trying so hard at school, and for making straight As, and for so much more!

She has been saying all week how much she needs to talk to you and has been looking forward to tonight so if you told her…she forgot about the change of schedule.

I will ask her about Friday when I pick her up from school for her new PCP appointment today (hopefully one that will respectfully use her pronouns and more -- have heard good things about this one -- Dr. Eli Pendleton)….

The appointment yesterday with Dr. Leo P from QMed went well.

John

On Wed, Mar 27, 2024 at 11:06 AM Darcie Taggart <darcie@cctherapies.com> wrote:

Hey John,

I will happily talk with Jackie but I am not around tonight. I am out of town and I think I told Jackie but I may have forgotten. I could see Jackie later on this week like Friday is she likes.

My recommendation when Jackie makes suicidal statements would be to call the crisis line at 589-8070 and ask about assessment or discuss the difficulties in the moment. You can honestly call them just when you are struggling in a parenting moment as I am not necessarily on call for crisis management usually outside of my regular hours. However the crisis line is always available 24/7 to use by parents when they can't reach me - or really outside of regular appts.

I will say I have not seen anything from Jackie that leads me to believe she is truly going to hurt herself - I think she says it in the moment to try to get a rise BUT I still think it's worth assessing.

If she would like to meet Friday after school I can do so then as I'll be back to work tomorrow.

Darcie

Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Mar 27, 2024, at 8:09 AM, John Fouts <fouts.john@gmail.com> wrote:

Jackie says she wants to hurt herself and even said she wants to kill herself in front of me because I told her I wish she would not argue with me almost every time I ask her to do anything.

I told her that is in appropriate behavior and that her feeling to hurt or kill herself because I am making an observation is beyond the nature of the conversation and then she started shouting at my face saying that is not true and I am a liar.....I told her if she acted like that toward me any more she is grounded.

I need some backup Darcie.....I need you to talk tonight with her.

Jackie just came to me and told me that instead of arguing back to ,me, she is going to just 'listen to a bunch of things that I say that are untrue and then hurt herself later'.....I told her it is not okay for her to say she wants to hurt herself or die because I won't let her treat me badly.

I really desperately need some help here.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 27, 2024 8:08 AM
To: Darcie Taggart

Jackie says she wants to hurt herself and even said she wants to kill herself in front of me because I told her I wish she would not argue with me almost every time I ask her to do anything.

I told her that is in appropriate behavior and that her feeling to hurt or kill herself because I am making an observation is beyond the nature of the conversation and then she started shouting at my face saying that is not true and I am a liar……I told her if she acted like that toward me any more she is grounded.

I need some backup Darcie…..I need you to talk tonight with her.

Jackie just came to me and told me that instead of arguing back to ,me, she is going to just 'listen to a bunch of things that I say that are untrue and then hurt herself later'…..I told her it is not okay for her to say she wants to hurt herself or die because I won't let her treat me badly.

I really desperately need some help here.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, March 12, 2024 4:49 PM
To: Darcie Taggart
Subject: Jackie needed to change IL doctor appt time so now not happening until 3/26 but Jackie is super excited to meet with you this week - just lyk

She has big plans to show you things she said.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, March 12, 2024 11:03 AM
To: Darcie Taggart
Subject: Confirming the 20th at 1pm

That's perfect. Thanks Darcie....for being so accommodating.

Jackie has her first appt with IL doctor on 3.13 for transgender care...e.g. puberty blockers and hormone replacement...

On Mon, Mar 11, 2024, 7:15 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Sorry it's been a week over here too. No worries about missing the time last week. How about Wednesday the 20th at 1pm?
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
> On Mon, Mar 11, 2024 at 2:52 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > Please let me know.
> >
> > Thank you.
> >
> > --
> >
> > **"Shining" in Service,**
> >
> > **John R. Fouts, MBA**
> >
> > **Fax. 502.996.8246**

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, March 11, 2024 2:52 PM
To: Darcie Taggart
Subject: Darcie I sent you a msg last week that ou haven't responded to yet - do you have any other times that will work for a short adult / parent meeting?

Please let me know.

Thank you.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 6, 2024 10:18 PM
To: Darcie Taggart
Subject: I am SOOO sorry Darcie! I missed the time you had today -- I have had far too much for one person to handle going on in my life - when is the next avail time?

Darcie,

When would be the next good time? Again, sorry about not getting back to you about today -- I had my very first attendant care person start today - so that is something good happening -- I will have some help for me and for Jackie...with things like keeping up better with dishes and laundry, running errands, etc... Usually if I do those things, then I am spent, and there is nothing left...even sometimes just trying to get dressed is too much if it is a terrible fatigue day. So it is good to have help - that will mean more energy for me to spend quality time with Jackie if she wants me to.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 28, 2024 7:39 PM
To: Darcie Taggart
Subject: Fwd: Indiana Care Ban Update

---------- Forwarded message ---------
From: **Oliver Hall** <transhealth@khjn.org>
Date: Tue, Feb 27, 2024, 11:09 PM
Subject: Indiana Care Ban Update
To: Oliver Hall <transhealth@khjn.org>

Hey all,

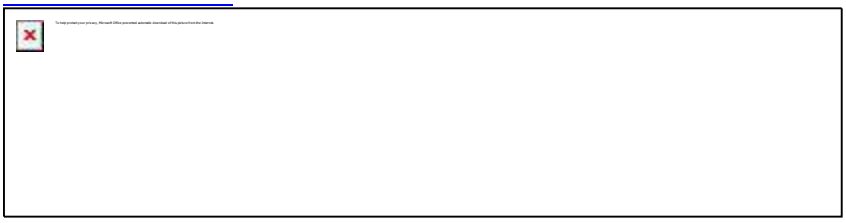
You're receiving this email because we've done patient navigation with you at some point in the last year. In a shocking decision today, the Seventh Circuit Court of Appeals issued a stay that will lift a lower court's injunction blocking Indiana's gender-affirming care ban. Indiana's ban on gender-affirming care for minors, will now take effect immediately. Here is a press release from the ACLU about the decision.

If a child you care for has been accessing care in Indiana, please reach out as soon as possible and we will give you some alternative options for care, and general guidelines for transferring care. As a reminder, we also have funds to help with travel and copay costs, just reach out if you need assistance.

I'm sorry to deliver news about more barriers to care, I'm sending good energy to you and your families,

--

Oliver Hall (They/Them)
Trans Health Director
Kentucky Health Justice Network
transhealth@khjn.org
Schedule with me



NOTICE: This message, including any attachments, is proprietary to Kentucky Health Justice Network, intended solely for the use of the individual or entity to whom it is addressed and may contain information designated as internal use, and/or confidential information. If you are not the intended recipient, any disclosure, copying, distribution, or use of the contents of this message are prohibited. If you have received this email in error, please destroy it and notify the sender immediately.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 21, 2024 12:39 PM
To: Darcie Taggart
Subject: Re: When can I schedule a call with you?

Darcie,

That makes sense to me, and thank you for your understanding in that I am a single parent with severe chronic illness trying to do the best that I can with a child that has complex needs herself. Part of the issue is that mommy doesn't do what, in my opinion, a parent should to support his or her child...but we all have different perceptions of what those things should be....I do what I can to try to get excused doctor absence notes on mommy weeks when she won't do that for Jackie as an example....

Jackie is missing school again today, on mommy's week, again....due to vomiting....it is strange it doesn't happen on the weeks Jackie is with me...but I digress...if we could do like a 15 or 20 minute collateral parental call that would be great just to touch base. I would like to know how Jackie is doing in therapy in general - as it is my responsibility to do that as well - that being said - I don't want to encroach on Jackie's safe space in therapy in any way, so the different therapist makes sense. You have to realize I am already having to see 22 specialists though so it may be challenging to find a time that works - and it will need to be on my weeks, and not during school time, and if possible not on Mondays due to IVIG, and not on Fridays because those are transition days and it would be too difficult, and not on weekends....so at least I can see the irony in how challenging it is going to be to find someone but it is a piece that is needed I think.

Back to the mommy thing, the whole thing that keeps me from contacting CPS, is that I don't want to disrupt Jackie's routine, and don't want her to have the idea in any way that I am keeping her from her mother - and - at the same time - it concerns me - especially since mommy had a count of child abuse on her record from CPS in Colorado when we lived there. That still upsets me greatly when I think of it. I just want Jackie to have a life that is not filled with depression. I have walked that road and it is a cold and lonely place. My parents did the best they could, but with my mom's mental health challenges, and my dad working to try to hold the family together, and needing his own time to decompress from the situations, there was no one there to be supportive of me and my needs as a child...instead....I had to help take care of them and of my sister (younger)....I just don't understand how things went from one day being totally fine to one day Jackie totally flipping upside down basically...but I suppose that doesn't matter - we only have the present as a known, and can only strive for a better, positive future.

John

On Wed, Feb 21, 2024 at 9:30 AM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
>
> Ok rounding back on email today. I actually think it might be a good idea for you and Jackie to see a family therapist that is JUST working on the family piece different that me working with Jackie on the

peer/anxiety/gender/school related piece. I often find that having one person working on family and one person working on individual is more successful because your kid gets to keep someone that's "their person" to talk about all sorts of things and then you have a separate person who is helping with the family interaction and dynamics.

I have put out a call today looking for someone who specializes in that family work piece and will hopefully get you some referrals. I am more than happy to meet with you on the parenting piece for collateral supports but at this point it seems like it might be helpful to do some of that work together - hence my attempt to find you someone.

I also absolutely always encourage people to actively use the crisis line. That's what it's there for, especially if a kid is feeling suicidal or making suicidal statements in the moment. I can address that with Jackie next week for sure about the reasons we don't make those statements to just get out of an argument or to derail conversations but if you feel she's unsafe in the moment I would call crisis.

What I do notice is a pattern that when the routine is off it escalates Jackie for sure. This makes sense given the ASD diagnosis as often kids with ASD are very attached to routines and get dysregulated when it switches. I realize this week with the school days off there wasn't a choice but I do suspect that was a little of the escalation you noticed this week.

I will get you a list of folks that do family work ASAP and that take your insurance. If you still want to schedule a parent collateral session please let me know.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Mon, Feb 19, 2024 at 9:06 PM John Fouts <fouts.john@gmail.com> wrote:

> Darcie,
>
> I need to touch base with Jackie and therapy. When can I discuss with you?
>
> Jackie's mom is working today and Tuesday, so Jackie is with me during part of her week.
>
> My nurses (plural), and others, have observed Jackie's treatment of me, and it often is not ok.
>
> Today was a little above average in terms of behavior…but last week, as an example, I definitely did not feel safe driving with Jackie in the car, acting as she was.

> I need to have a plan of how to handle things like that in place, so need to discuss with you, please asap.
>
> Jackie will be with me tomorrow until 5:30...so 6pm or after I could discuss...Wednesday after 3pm I could discuss...or if those time frames won't work, please let me know and we will figure out another time.
>
> John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 19, 2024 9:06 PM
To: Darcie Taggart
Subject: When can I schedule a call with you?

Darcie,

I need to touch base with Jackie and therapy. When can I discuss with you?

Jackie's mom is working today and Tuesday, so Jackie is with me during part of her week.

My nurses (plural), and others, have observed Jackie's treatment of me, and it often is not ok.

Today was a little above average in terms of behavior…but last week, as an example, I definitely did not feel safe driving with Jackie in the car, acting as she was.

I need to have a plan of how to handle things like that in place, so need to discuss with you, please asap.

Jackie will be with me tomorrow until 5:30…so 6pm or after I could discuss…Wednesday after 3pm I could discuss…or if those time frames won't work, please let me know and we will figure out another time.

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 14, 2024 4:00 PM
To: Darcie Taggart
Subject: Thank you for note - can you please also write a letter (when time permits) on anxiety being intensified for Jackie at times? This is needed for the doctor mainly to write for extra excused absences

Thank you for your guidance Darcie....can you please write an anxiety letter for Jackie also? A general one?

And just a quick other note....tomorrow....Jackie is going to have her fitting for her hearing aids for Auditory Processing Disorder (low gain hearing aids). Dr. Julie Manche is her doctor....she is an expert audiologist.....Jackie had lost a lot in one ear....

As far as Jackie not knowing her tone...I don't understand how she would know it basically from 4 years old until 10 years old roughly and then suddenly not know it....COVID?

The damage that I know COVID does is concerning to me for all humans and really all life on Earth....and it is sad that it was most likely made in a lab....and I have no idea why we are so crazy as a people as to manufacture a similar virus with a 100% kill rate.....I mean....c'mon....I think there are evil intentions amuck...but that is my opinion only....

Thanks again for everything.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, February 14, 2024 9:25 AM
To: Darcie Taggart
Subject: I need to get the school the letter for the 5th of February from last week (please)

Darcie,

I need to have the written excuse note for the 5th when you saw Jackie when she was at her mom's please.

Also I told the school you could probably write a blanket letter for anxiety/depression, but I am not sure what you can or cannot say.

Also -- I talked to Jackie about how mommy won't take her to the doctor....her mom does not tell her very important messages and I cannot trust that Jackie will get them if I only send to Jackie's phone because Jackie is a child....an example would be last time Jackie was with mommy, I said I needed to know measurements for tucking underwear so I could get it ordered asap but no response from mommy....Jackie said mommy never even said anything at all to her about the message. Another example would be when it took mommy more than 5 months and 40 messages to sign a passport form required for Jackie to be able to get a passport.....it was getting utterly ridiculous...and frankly....many of these issues are.....

Mommy won't get healthier foods for Jackie either....per Jackie.....and Jackie said that might be what is making her feel sick....she also told the doctor at urgent care that...

Jackie said mommy usually gets fast food and won't get things from the grocery store that are healthier alternatives for her. Darcie - 4 doctors have stated very strongly that it is critically important for someone with Gastroparesis to not eat much processed food as it is very damaging to health....Jackie also has a gene mutation that affects the TACI protein (like me) but at least Jackie only has 1 bad copy.....still 1 copy has been shown to be a pathogenic variant...mommy is also aware of this but won't do the things to help Jackie have the best health....some of the things are FREE ... like daily exercise or going outside daily....

The teachers at school have noticed that Jackie is out mainly only on mommy's weeks too...and the math teacher stated how important it is for Jackie to not miss anymore.....

I CANNOT control what happens at Lindsay's house unless I initiate a legal battle for custody change which she would probably fight....just to be difficult....

The doctor said Jackie MUST be seen in her clinic each time that Jackie misses....but therein lies the problem also...mommy won't take her to doctors visits MOST of the time! I'd say 98 out of every 100 times I take Jackie to the doctor....

I have talked to Jackie some about this stating that Jackie herself pointed out that she feels more unwell after spending a week at mommy's house...I said it isn't mommy -- it is the way you feel when you are at mommy's house based on everything going on around you that could be impacting you....I don't want her

to try to blame anyone for anything....blame and guilt never did nothing for no one....or whatever that saying is....

I told her you would talk to her some tomorrow about how she is feeling in these matters too....

Willa (Jackie's best friend for a couple of years from elementary school is dying too -- and Jackie knows)...

Also Darcie....Jackie has been incredibly mean to me very often this week (and many others really) and pretends to not know what rude and disrespectful mean.....today....she had an appointment at Braces, Braces, Braces that I told her about last night....and this morning....and when she got home from school we had to go.....it is within a 1/2 mile stretch of where we presently live....but she was very aggressively ragefully angry toward me and was nearly so upset she hit me (but didn't)....she was shaking with uncontrollable rage because I told her we had to go to the appointment....

...She also said she wanted to get hit by the door and die....started banging her head hard on the wall at the dental place....she also jumped out of the car before it had stopped (and had taken her seat belt off) when we got there and I told her it was not safe to do that....she said....smart-alec-like .... 'what???? I thought you said we were in a hurry.....' -- Darcie I am going to tell you again that I am not able to handle that type of attitude or behavior....much of it is very similar to how her mother acts or how my mother acts and that can totally put me out of service for a day or longer.....I have reached my limit of being the target of emotional abuse.....I cannot handle anymore....

There are many more examples, and I can provide video or audio if it would be helpful....I am not saying that I am not doing anything wrong. I am sure that plenty that I do is not the best as a parent, but it is the best I can do at any given time....I am sure I make a lot of mistakes....I try my best....

Jackie's doctor also keeps using he/him despite me asking 6 or 7 times at least for her to be respectful toward Jackie and use she/her pronouns....

I know we need a new pcp....any ideas of a good one locally? Dr. Langford dropped us on the only day I asked for help with food from the food pantry and now this doctor seems to be not very considerate, respectful, or understanding....definitely not of chronic illness.

There was a time period where mommy just didn't give Jackie any medicine even for a week -- or maybe just skipped Jackie's adderall and didn't fill it for a week or something....I saw my divorce attorney at that time because I was so frustrated with her....this is harmful to my child....I am seeing a great level of emotional harm seemingly now that is occurring when Jackie is with mommy....the divorce attorney said in his 30 years of practice he never (maybe very incredibly rarely) has seen a case where a child is better off after a legal custody battle. He said that usually only causes more trauma for the child (which is the last thing I want for Jackie...she has been through enough!).....I can tell you that my observation is that Jackie is not well each time she comes back from mommy's house (emotionally and even manifesting itself physically)....examples of this objectively can be seen by looking at attendance records this year....however....Jackie does have chronic illness issues which muddies the waters -- so that must be considered also...

I can also tell you that I think COVID did cause some kind of problem with regard to Central Nervous System changes in my observation of behaviors over time - but again there are a TON of variables at play there...

Want to point this out too quickly/briefly....Jackie, when exhibiting shaking anger and range toward me...when she lunges at me...because she has indeed hurt me physically before (some of that injury is unrecoverable)...I recently learned I have osteoporosis in my lumbar spine....I need to not fall or get hit or whatever because my bones are very fragile at this point and spinal fractures and/or hip fractures...not only would it be painful...but it would likely lower my overall lifespan...so it is very serious....unfortunately.....the mean mortality/prognosis for males under 50 diagnosed with osteoporosis under 50 is 18.x years....I want to live past 63 though! So I am trying to do all I can to do so...honestly though...I have had some very serious health scares...I don't know how to talk to Jackie about this without it scaring her...but at the same time...I often feel like she would not even care....it hurts me to think about that though....

==========

On more positive notes!!!

Jackie has done a great job in helping packing her stuff for our move, and I have managed to get most of it to the new apartment!! - on a more positive note.

Jackie got straight As again in the last reporting period!!

Jackie continues to show a great interest in learning new things, and that eagerness for learning makes me very proud of Jackie.

I love Jackie always with all my heart -- that will never ever change.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 12, 2024 2:12 PM
To: Darcie Taggart
Subject: Re: Do you have the capabbility to write a school form out / complete a school form regarding additional absences for students (for anxiety in this case)?
Attachments: image.png; image.png; image.png

She just says she was sick and throwing up but it doesn't happen very much at my house...and in 5th grade b4 I decided with Jackie that homeschooling was necessary, I often had to drive from the highlands to middletown to get Jackie and take Jackie to school on mommy's weeks because mommy didn't feel like it...or bc Jackie would puke 2 or 3 times per cyclical vomiting syndrome and be fine the rest of the day.

The absences were formerly in the 504 plan but the school didn't think it was necessary to keep them in. The doctor Mahajan is Jackie's pcp...Jackie's former pcp wrote for the extra absences totally fine...this pcp says she must be seen in clinic each time seemingly having no understanding of chronic illness...Lindsay is not going to take her to the doctor....

If you can write a note for Monday, I will have Monday and Friday of last week covered. We went to urgent care Friday night to get a note....Lindsay puts me in these positions that makes Jackie mad at me...is isn't right...it is controlling and abusive toward me but she just doesn't care that it causes harm to my relationship with Jackie.

Several Fridays Jackie has gotten to my house feeling ill and feels fine by the next day...or even feeling mentally not well in Jackie's own words, and then Jackie feels back to normal after a day or two.

I have the apt now so Jackie and I are trying to get out of dodge asap in terms of our own situation at my place...

But the patterns that are redeveloping are definite causes for concern in my eyes.

John

On Mon, Feb 12, 2024, 1:11 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> So I can write a statement with a diagnosis and that sometimes kids struggle to get to school when anxiety and other chronic illnesses are present. I can not write a note excusing Jackie for any days other than the ones when I see her (she did report to me that she didn't go to school Monday because she felt ill but I did not specifically see evidence of the illness necessarily, she participated fine). So I can easily write for days she has reported to me, in session, that she didn't go because she felt ill but by our medical standards I can only excuse days in which I see a child. I assume this may be the issue with the Pediatrician as well? Now....is that the Dr she sees for Chronic illness? Because while they can excuse specific days there might be a way to have the 504 include the increased absences due to chronic medical conditions. I assume that's part of the 504 currently?

Regarding the pattern, you as the parent, who has access to the records, absolutely have a right to call it in to CPS for educational neglect if you feel it's to that point. If school is at risk of expelling her for absences that might be an option. Although it doesn't seem like they will if it's part of her 504. Either way I am happy to address it with Jackie regarding the importance of attendance for getting work done and staying in good standing at Pheonix, I think she likes it there but I know lots of kids if offered the option to stay home might take it. What does Jackie say when you ask her?

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Fri, Feb 9, 2024 at 6:35 PM John Fouts <fouts.john@gmail.com> wrote:

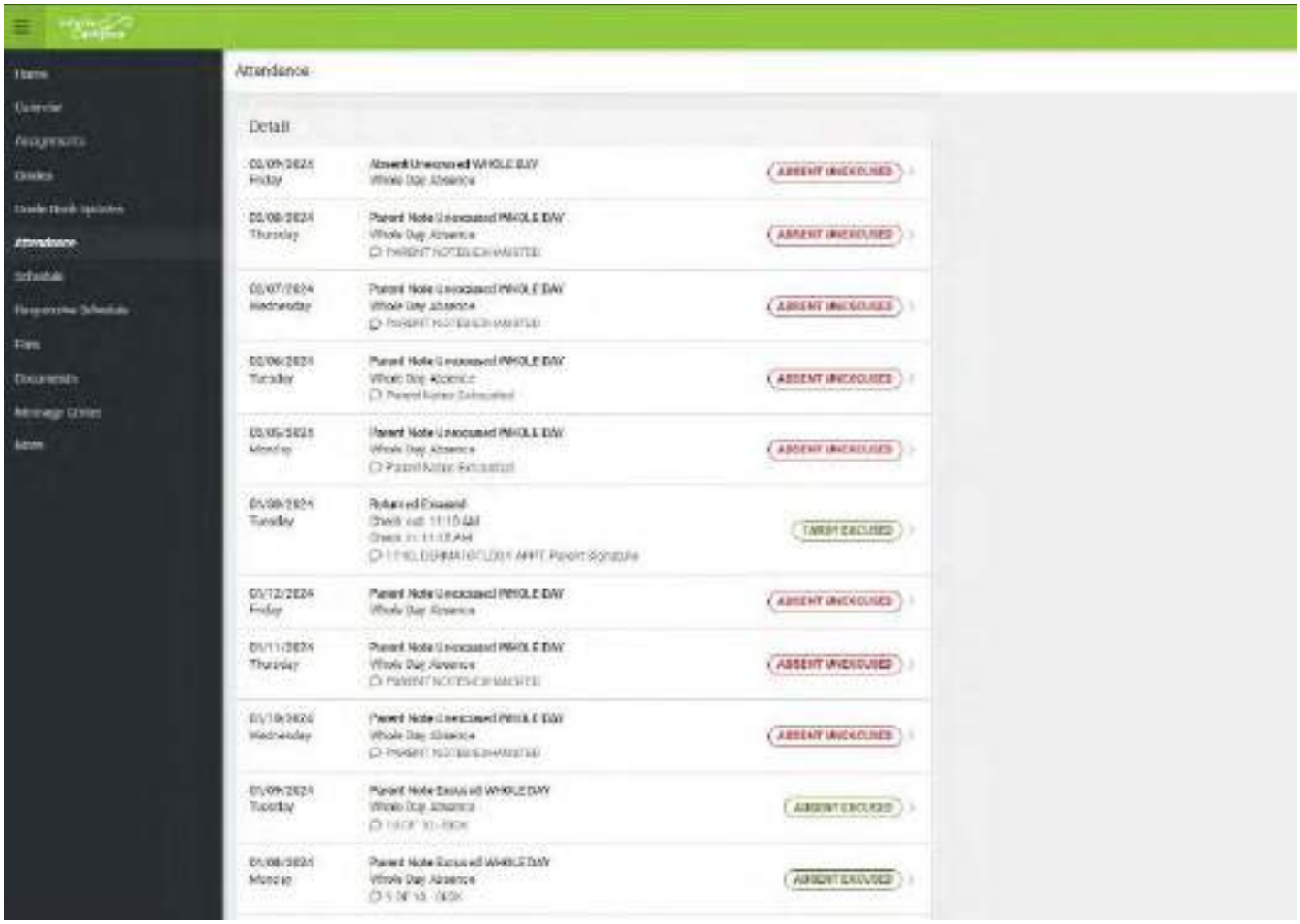
Jackie missed every single day this week at mommy's house again....

Darcie....it is pretty interesting to look at the trends here....

2/9,
2/8,
2/7,
2/6, and
2/5 (all mommy days) --
Jackie missed every day....

1/30/2024....Jackie was not tardy....Jackie was at school on time....had a doctor's note for the return....and was at school the rest of the day so not sure why it is listed as tardy as Jackie was most certainly not tardy....I need to follow up on that....

1/12,
1/11,
1/10,
1/9,
1/8 (all mommy days) -- Jackie missed every day



12/20 -- my week - I took Jackie to orthodontist -- left school at 3:10....normally Jackie leaves around 3:20.....

12/15 -- my week - Jackie said she was really sick but I think she was more fatigued than anything else - just had general malaise

12/7 -- my week - Jackie Dermatology appointment

11/27 -- mommy week -- late excused
11/8 -- my week - late check in at 9:00 a.m. due to early morning Dr. Mahajan appoint (PCP)

10/17 -- mommy week whole day absence
10/16 -- mommy week whole day absence

10/9 -- whole day absence daddy week

9/28 -- daddy week -- miller transportation caused Jackie to be late
9/27 -- daddy week -- miller transportation caused Jackie to be late
9/26 -- daddy week -- miller transportation caused Jackie to be late

9/22 -- whole day absence mommy week

9/21 -- whole day absence mommy week
9/20 -- whole day absence mommy week
9/19 -- whole day absence mommy week
9/18 -- whole day absence mommy week

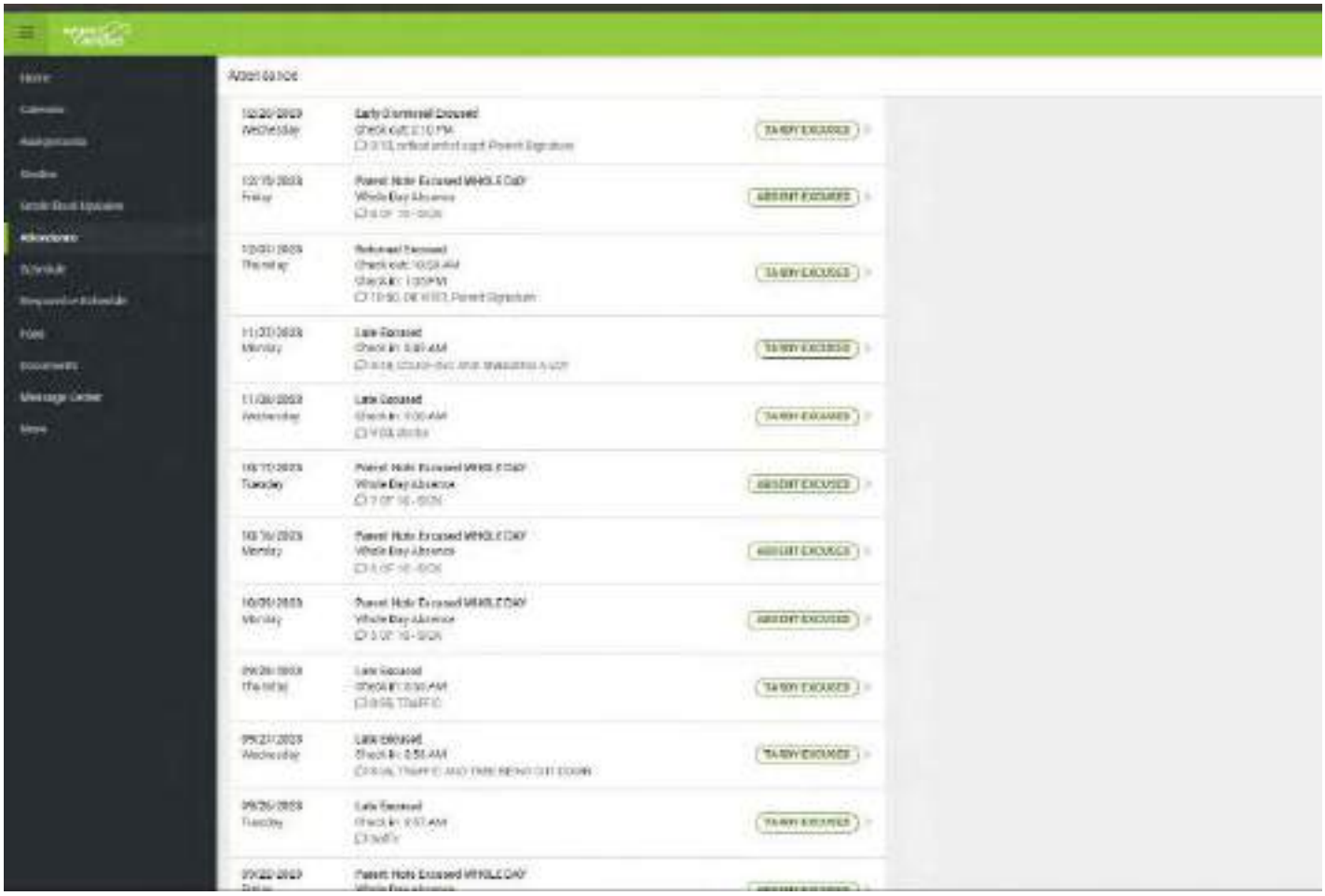
9/14 -- late excused -- miller transportation issue -- daddy week

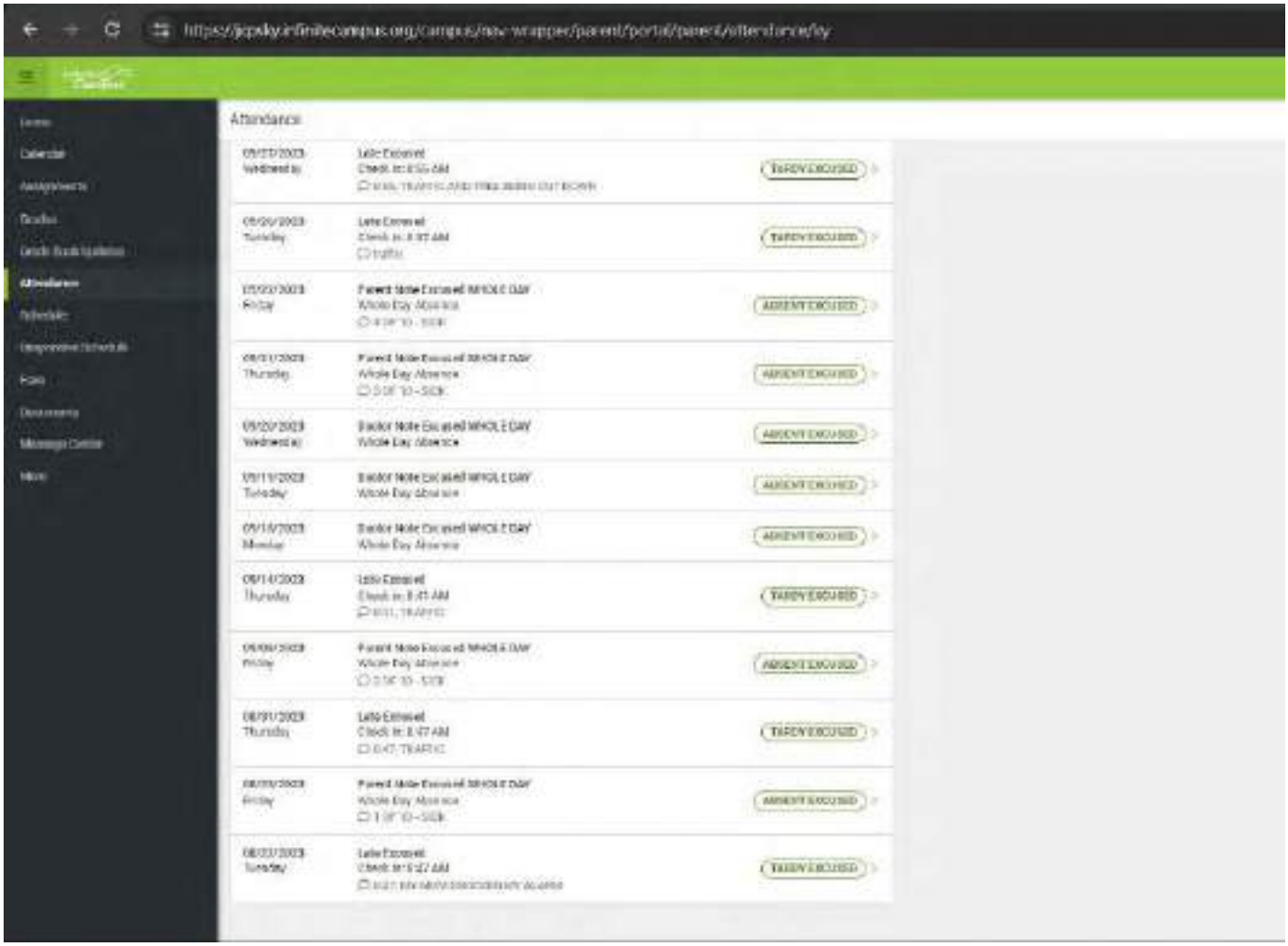
9/8 -- whole day absence mommy day....

8/31 -- late -- daddy week -- excused -- traffic -- daddy drives like grandma

8/25 -- whole day absence -- mommy day

8/22 -- late -- mommy snoozed alarm clock





I've been trying to 'play nice' with Lindsay and not ruffle any feathers but she says she doesn't see any pattern....but look at the information Darcie....many weeks at her house....Jackie hasn't gone to school.....I am not sure why....she says Jackie pukes the whole day.....how was Jackie Monday night??? Really sickly and ill??? Or did it seem like she would have been able to go to school?

Each day that Jackie comes back here from Lindsay's house, she feels very mentally unwell in her own words. I am very concerned. What should I do?

I also have to balance meeting the school's guidelines and stuff.....they had me fax a form to them and they said they would contact the doctor....but the doctor said she would only approve absences as excused if Jackie was seen in clinic - but Jackie DOES have chronic illness issues - and Lindsay won't hardly ever take her to the doctor no matter what. And I cannot force her to do that without a court order which is not a path I want to go down if I can help it - but still - if it is damaging my child - and I often feel it is....between you and me.... Anyway - please take a look and tell me what you think....

The doctor won't write for extra absences so I am going to ask you if you will so Jackie's absences can be excused.....Calle Hagan is the name of the attendance clerk at The Phoenix School. Kim Vinegar is the head 504 plan person and overseer of extra absences. I don't understand Dr. Mahajan's hesitations to help Jackie. She is a new mother - maybe motherly fatigue is taking its toll.

> Please respond when possible.
>
> John
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, February 9, 2024 6:34 PM
To: Darcie Taggart
Subject: Do you have the capabbility to write a school form out / complete a school form regarding additional absences for students (for anxiety in this case)?
Attachments: image.png; image.png; image.png

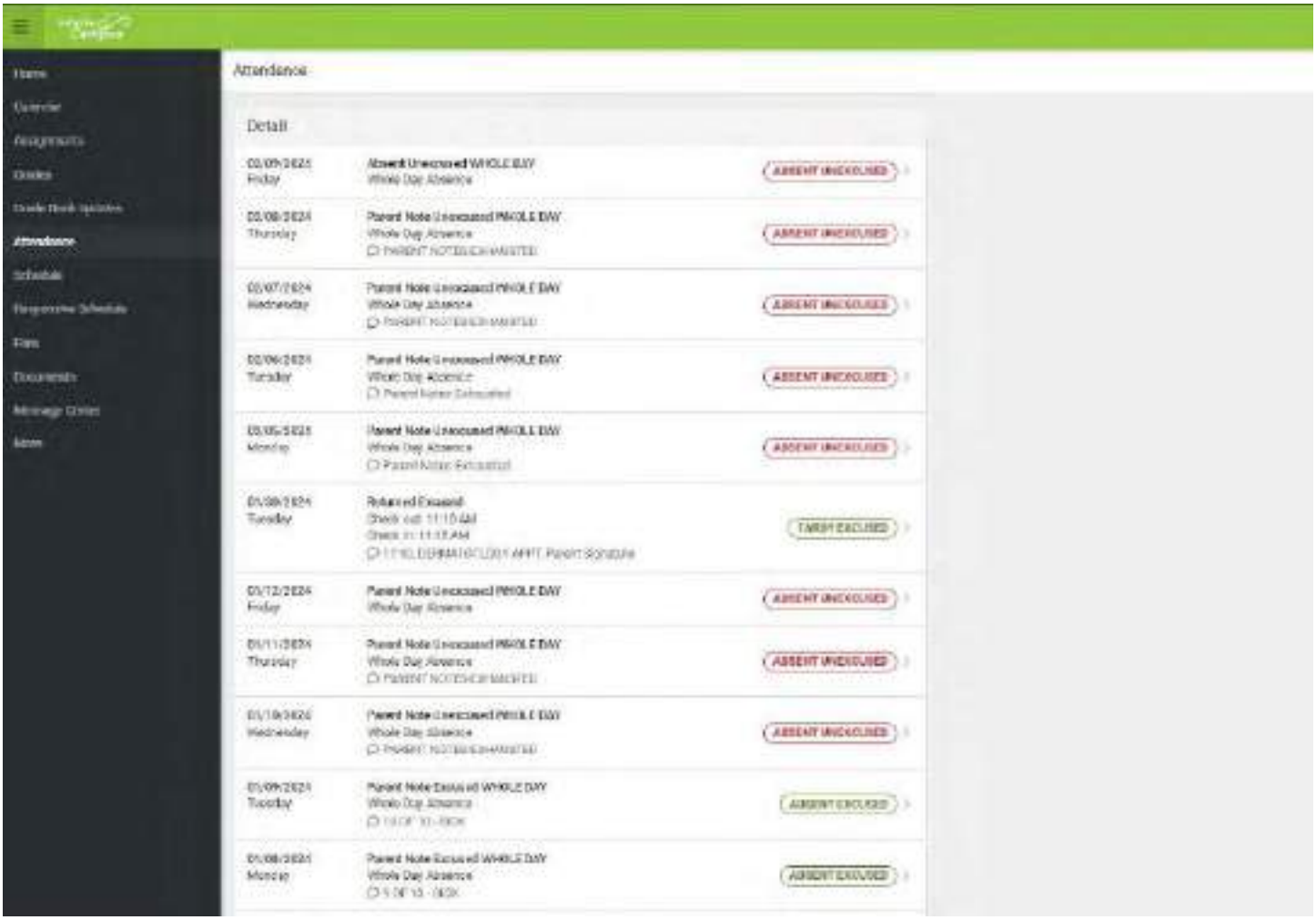
Jackie missed every single day this week at mommy's house again....

Darcie....it is pretty interesting to look at the trends here....

2/9,
2/8,
2/7,
2/6, and
2/5 (all mommy days) --
Jackie missed every day....

1/30/2024....Jackie was not tardy....Jackie was at school on time....had a doctor's note for the return....and was at school the rest of the day so not sure why it is listed as tardy as Jackie was most certainly not tardy....I need to follow up on that....

1/12,
1/11,
1/10,
1/9,
1/8 (all mommy days) -- Jackie missed every day



12/20 -- my week - I took Jackie to orthodontist -- left school at 3:10....normally Jackie leaves around 3:20.....

12/15 -- my week - Jackie said she was really sick but I think she was more fatigued than anything else - just had general malaise

12/7 -- my week - Jackie Dermatology appointment

11/27 -- mommy week -- late excused
11/8 -- my week - late check in at 9:00 a.m. due to early morning Dr. Mahajan appoint (PCP)

10/17 -- mommy week whole day absence
10/16 -- mommy week whole day absence

10/9 -- whole day absence daddy week

9/28 -- daddy week -- miller transportation caused Jackie to be late
9/27 -- daddy week -- miller transportation caused Jackie to be late
9/26 -- daddy week -- miller transportation caused Jackie to be late

9/22 -- whole day absence mommy week

9/21 -- whole day absence mommy week
9/20 -- whole day absence mommy week
9/19 -- whole day absence mommy week
9/18 -- whole day absence mommy week

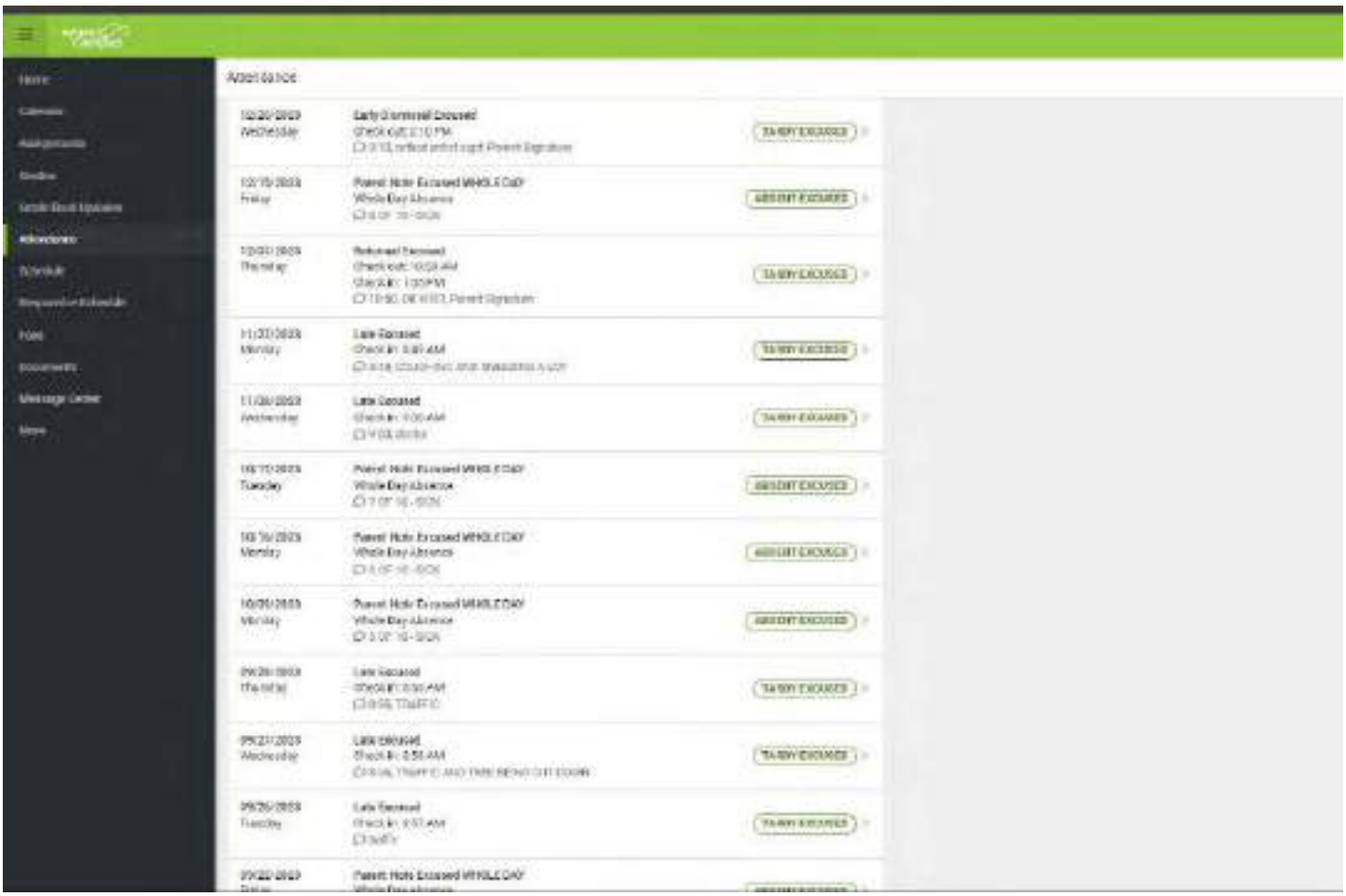
9/14 -- late excused -- miller transportation issue -- daddy week

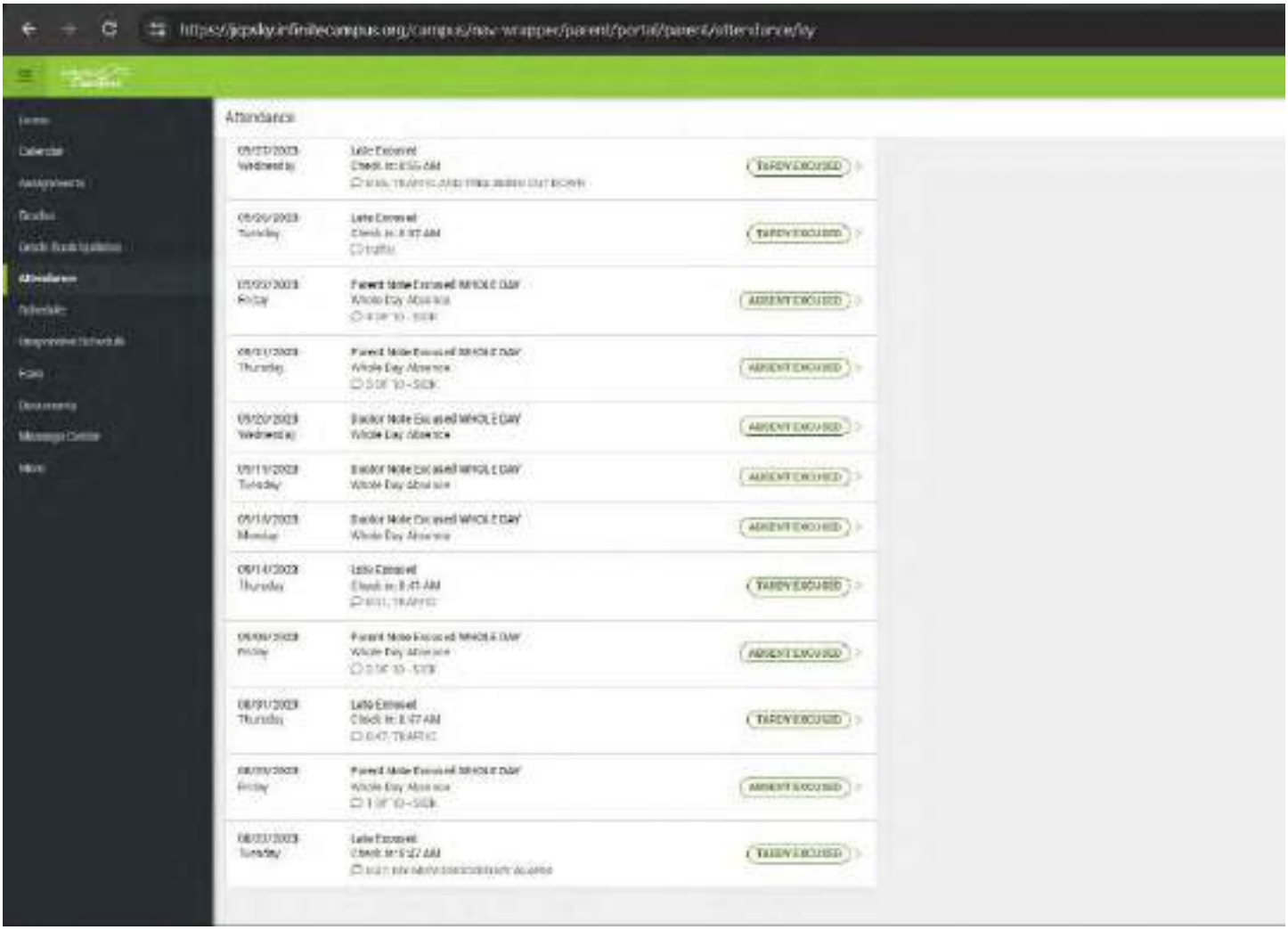
9/8 -- whole day absence mommy day....

8/31 -- late -- daddy week -- excused -- traffic -- daddy drives like grandma

8/25 -- whole day absence -- mommy day

8/22 -- late -- mommy snoozed alarm clock





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Each day that Jackie comes back here from Lindsay's house, she feels very mentally unwell in her own words. I am very concerned. What should I do?

I also have to balance meeting the school's guidelines and stuff.....they had me fax a form to them and they said they would contact the doctor....but the doctor said she would only approve absences as excused if Jackie was seen in clinic - but Jackie DOES have chronic illness issues - and Lindsay won't hardly ever take her to the doctor no matter what. And I cannot force her to do that without a court order which is not a path I want to go down if I can help it - but still - if it is damaging my child - and I often feel it is....between you and me.... Anyway - please take a look and tell me what you think....

The doctor won't write for extra absences so I am going to ask you if you will so Jackie's absences can be excused.....Calle Hagan is the name of the attendance clerk at The Phoenix School. Kim Vinegar is the head 504 plan person and overseer of extra absences. I don't understand Dr. Mahajan's hesitations to help Jackie. She is a new mother - maybe motherly fatigue is taking its toll.

Please respond when possible.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, February 4, 2024 11:58 AM
To: Darcie Taggart
Subject: Online support groups for transgenderism -- for kids/adolescents -- here are some links

Online Support Groups:

- Here is a place that has online support groups for trans teens, some of them you would need to email to register, but they have the information on the page i've linked.

- This group also has an online support group for LGBTQ teens.

There are more options for online support groups if those don't work for her, but those are a good place to start.

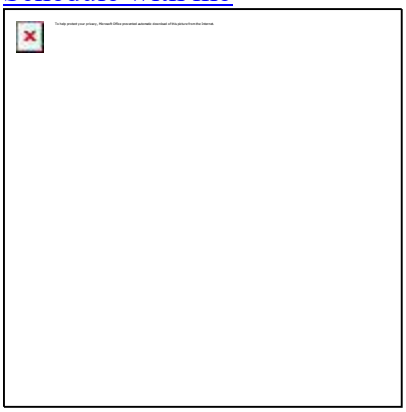
These were provided to me by Oliver Hall, along with many other great resources. I am sending you Oliver's information in case other people need help navigating also.

See below for contact information.....

Can you please talk to Jackie about how online support groups (as opposed to no support group at all) could be helpful?

John

Oliver Hall (They/Them)
Trans Health Director
Kentucky Health Justice Network
transhealth@khjn.org
Schedule with me



--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, February 1, 2024 5:49 PM
To: Darcie Taggart
Subject: Re: I am SO sorry to do this....

Okay. Jackie says she understands, she misses you, and hopes you feel better, and I'm glad you emailed bc I did not get the text.

I'm getting over flu type a still and mystery bacterial or fungal infection on top of it so I get it.

The dad part of me must tell you....drink as much fluid as you can....but if it lots of water make sure to add electrolytes...Real Salt brand salt works great....get rest...follow the b.r.a.t. diet...bananas, rice, applesauce and toast...and drink none broth for proteins and aminos.

Feel better!!

John

On Thu, Feb 1, 2024, 5:42 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
> I sent a text but I'm worried it didn't go through. I am still feeling under the weather and talking makes the coughing worse. I am going to ask Jackie to raincheck to next Monday at our regularly scheduled time as I don't think I'll be very helpful if all I do is cough at her! Please tell her I'm very sorry and I'll see her Monday.
>
> Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Wed, Jan 31, 2024 at 4:12 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Thanks! And happy birthday!

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist

Creating Connection, PLLC
www.cctherapies.com

On Wed, Jan 31, 2024 at 3:55 PM John Fouts <fouts.john@gmail.com> wrote:

Wow I just saw this. That works out! Hope you feel better!!

On Wed, Jan 31, 2024, 2:20 PM Darcie Taggart <darcie@cctherapies.com> wrote:

But I am really not feeling well today and the cough is worse when I talk. Can we possibly move Jackie's appt to tomorrow at 5:45pm in hopes I am feeling better? I would prefer to be able to have a good session rather than a coughing fit if we can. Just let me know. Thanks!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 31, 2024 3:56 PM
To: Darcie Taggart
Subject: Re: I am SO sorry to do this....

Wow I just saw this. That works out! Hope you feel better!!

On Wed, Jan 31, 2024, 2:20 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> But I am really not feeling well today and the cough is worse when I talk. Can we possibly move Jackie's appt to tomorrow at 5:45pm in hopes I am feeling better? I would prefer to be able to have a good session rather than a coughing fit if we can. Just let me know. Thanks!
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> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, January 4, 2024 5:01 PM
To: Darcie Taggart
Subject: I need your help explaining to Jackie how something is rude...

I am in the middle of a very important matter, but Jackie never ever cares....

Anyway, Jackie kept asking me about Remote Desktop for PC, and I said it is possible without Windows 11 pro (as the internet advises), and I said I know it is possible because I did not have win 11 pro where I used to work and I had to use remote desktop all the time. Jackie said she trusts people online way more than she would ever trust me....

I told her that was rude, disrespectful, and inconsiderate. She said she doesn't understand how that can possibly be any of those things.

I told her I am her parent, and she needs to learn to trust me. I told her it would be different if I had EVER given her ANY reason to not trust me.

She said she doesn't understand how that could be rude or disrespectful or anything like that or negative to say she trusts anyone else online more than she trusts me....

I need you to help me explain to her why things like this are not okay for her to say and act like....Darcie - I really and truly have been there for Jackie - ALWAYS....her mother definitely has not been, and has not been very often....this is one of those situations where I am like....are you mixing up me and your mother? I really feel like Jackie does that to me, and it isn't okay...

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 3, 2024 6:35 PM
To: Darcie Taggart
Subject: Making sure you are coming to the meeting for Jackie

Please let us know.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, January 3, 2024 5:58 PM
To: Darcie Taggart
Subject: Need you to talk to Jackie about some things please

I have asked Jackie for help many times this week...often to be able to do more things Jackie wants...Jackie refuses the vast majority of the times and then acts like I never asked, or says she doesn't remember.

I had a cat get sick everywhere right before I had an appt.

I got back, started trying to figure out dinner...cleaned up maybe 12 cat puke areas mist of the way...got wet stuff and big chunks out of the way...

I asked Jackie to please get me in minecraft on my computer....no daddy....please Jackie...I'm exhausted...you don't help me with mist of the things I ask...plz log me on to minecraft....no daddy ... I told you no...well Darcie...I am exhausted...all the time...it sucks...I wish I wasn't, but it is my life.

I tried explaining to Jackie that I have a medicaid waiver, and that means I meet the level of care that nursing homes require. I told Jackie, I keep asking you for more help, and you keep telling me no to almost everything I ask..

I need help with this Darcie...

Also, Jackie had a 1 day mental health crisis because I said she had to stop playing computer games...she told me she wanted to die...I am the worst father ever in history...she said I don't care about her, love her or understand her at all...and that she wanted to be dead.. that screaming caused me to have a cataplexy event re narcolepsy...I couldn't even move...then she demanded I take her to a mental health hospital...and this was on Friday or Saturday night....I told her I couldn't because I couldn't drive and couldn't see and could barely move.

The next morning I asked if she was ok..she said yes...I told her that next time I can call 911 and ask for officers trained in mental health to come out.

Darcie one of my concerns I'd that Jackie lies a lot...I don't want her to make some kind of false statement that results in a fiasco of some kind.

Also, I have wondered at times if Jackie may be schizophrenic and wanted to gather your thoughts.

Jackie also said she drew out plans for her suicide and wanted to write her obituary.

The next days have been ok but extreme resistance to helping me and LOTS OF ANGER directed at me.

I don't know what to call it but I think Jackie has switched memories of me and her mother In her head...or is yelling at me and taking things out on me because she has been hurt by her mother. She even calls me mommy sometimes and calls mommy, daddy sometimes.

I learned about a grant for treatment for her but she won't even look at it with me...to me...that makes it seem like it is completely unimportant to her...puberty blocking and hormone therapy...what are your thoughts?

Also, I got her some 34a bras that have a small pad in them. How do we keep the appropriate illusion of breast growth rate?

I am going to have attendant care for 20 hours per week and may get up to 40...for me...how can I get Jackie to understand how sick I am or to even care?

Do you think we should still pursue aba therapy? Occupational therapy? Physical therapy? Jackie complains of a lot of pain.

Jackie's hearing aids are coming in on Jan 9 I believe for auditory processing.

Can you ask Jackie how important gender therapy is to her...and why she won't participate in any part of securing treatment?

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, January 2, 2024 10:47 PM
To: Darcie Taggart
Subject: Are you planning on meeting iwth Jackie on 2023-01-03 (Wednesday) at 6:30 p.m.? Jackie could not remember if you were meeting or not - please let me know.

Thank you Darcie.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, December 19, 2023 9:02 PM
To: Darcie Taggart
Subject: Re: Some resources for you

Thanks Darcie - received. Yeppers - Jackie will see you tomorrow night at 6:30 p.m. (Wednesday). Eastern Standard Time.

Jackie seems to be very depressed surrounding Christmas -- and I cannot get her to talk about it. She just lashes at me if I ask, so maybe you and her can talk? She told me she doesn't really talk with you about anything. I told her that you are there to listen to her in a non-judgemental way...I am not sure if she 'heard' me though.

John

On Tue, Dec 19, 2023 at 3:26 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Sorry this has taken me so long John! Here are a couple of resources for you about looking for parent assistance with info on Bras with forms and other type of items. I would recommend reaching out to the Louisville Youth Group. They actually have parent resource groups and also groups for kids Jackie's age that she might enjoy to meet some other kids who identify as LGBTQIA+
>
> https://louisvilleyouthgroup.org/
>
> Em Joy is the director there and they are great plus they do mentorship programs with adults in the community for kids and lots of other things.
>
> The other place you might find helpful is the Fairness Campaign, it's my go to for all things legislation related:
>
> https://www.fairness.org/
>
> Chris Hartman is the director there and he's great at knowing what's new in the community and how to take legislative action in good ways.
>
> Lastly....I think that OutCare and Queer KY could be resources as well as they something know where folks are headed for care they can't get here and resources for where folks are looking for trans care.
>
> https://www.outcarehealth.org/
>
> https://queerkentucky.com/
>
> Hope those are helpful! I'll see Jackie tomorrow at 6:30pm!
>
> Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, December 9, 2023 4:06 PM
To: Darcie Taggart
Subject: I don't even believe that I am needing to ask for this Darcie - but please see email...

Darcie,

My parents are both so disrespectful to me and my child -- lately it has been more my mom than my dad....my dad won't call Jack, Jackie or Jaqquelyn at all....my mom does about 50% of the time....when she doesn't....I correct her and say she/her if she says he/him, and I say please refer to my child as Jackie and use she/her.

She invited me upstairs to have lunch with her (my mom) and my dad....and I was hesitant to go because I am nearly always treated badly by her...

I went upstairs....the first thing was that she argued with me stating that a watch turns into a warning and that they are not 2 separate things - when I said - I don't know why you do not think I am ever right literally about anything but I am not going to put up with being treated that way, she went in the other room and started crying (or pretending to) - I really don't know....

Anyway - when she came back she started talking about watching "Jack" play sports when 'he' was little.....I said please call her Jackie and use she/her pronouns....her response was....well he's not here and it doesn't matter....

I said yes...it does matter....and I need you to be respectful....and I've asked you repeatedly to call her Jackie and use she/her and you keep not doing so, and that is disrespectful. I said I cannot tolerate the disrespectfulness anymore...and I said thank you for lunch, and I took my food and went downstairs....I told them before I went downstairs that I would ask for some kind of a letter from Jackie's therapist asking them to use she/her pronouns and refer to Jackie as she in the past, present, and future....not talk like....when "Jack was 4, before Jackie was acting like she is a girl...."...I'm sorry but that just is not okay. I am hopeful that you will understand where I am coming from. I don't know what else to do besides to ask you for something in support of Jackie's identity - if it is possible to mention that denying a child's identity is harmful to their mental health that would be great too.....I also need it for my sister and her children....

I love my parents and my sister and my nieces and nephews, but I need them to RESPECT both me and my child with regard to my child's identity. Can you write up a short few sentences or something? It would mean a great deal.

I just want us to be able to get the heck out of 'Dodge' but have not had luck with that yet despite extensive effort....I 'was' able to get the voucher extension (I think by a very good strike of fortune)...the extension was only for 2 months though and even though I have not received the document yet, it started from 12/3/2023 - so it has already been 6 days.....Jackie is traumatized when she is here despite me trying my best to protect her. Her mother is not mentally well (Jackie's) - so I don't want her to spend any extra time there...

Sometimes I feel like some of Jackie's depression has been 'learned' by modeling (not all of it).

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 7, 2023 7:52 PM
To: Darcie Taggart
Subject: Jackie is going to put the Wordle Link to her website on your Drawing with Darcie Slide

fyi

Please do send the info for resources for transgender puberty blocking and hormone therapy (with help financially) for out of state people with no to very low income....

I will contact the ACLU

If you can let me know what gaffers are, how to use them, and how to get them for Jackie...

And also ask about the padding of the bra thing....I told Jackie you cannot just go from size A to size D overnight....but it was over her head because she doesn't understand cup size.....

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, December 7, 2023 6:50 PM
To: Darcie Taggart
Subject: Are you going to join the meeeting?

Darcie,

You moved the meeting to 6:45 pm tonight, but you aren't here - are you okay? Jackie is really wanting to talk to you.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, December 6, 2023 6:23 PM
To: Darcie Taggart
Subject: Re: I am worried I forgot to mention

Okay Darcie. Tomorrow at 6:45 it is. We didn't know previously. Ttys.

John

On Wed, Dec 6, 2023, 6:01 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> That I am out of town tonight. I will not be able to get on with Jackie today. I can likely do tomorrow at 6:45 if that works? I meant to reach out to earlier and know realize I may not have.
>
> Either way I will for sure be back next Monday.
>
> Darcie
>
> Be excellent to each other.
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, December 6, 2023 4:06 PM
To: Darcie Taggart
Subject: Just something weird I have noticed

Darcie,

First of all - Jackie has been starting to play horror games and watch horror YouTube videos....I don't approve of that really and Jackie knows I would prefer her not to watch them, yet, at the same time, her friends are all into horror and I think she is just trying to have some sort of commonality with them so I am hesitant to state a flat-out .. "No" you cannot play those....so what I have done is try to limit the amount of exposure while at my house - and I have no control over what happens at my ex-wife's house....but just the other night...Jackie woke up SCREAMING 21 times....Darcie I have to have rest....I am very ill whether I want to admit it or not....it is especially important on the day before, during, and after IVIG because otherwise IVIG will not have nearly the same net effect....the reason why is yet to be understood....but basically less sleep equals less immune help.....IVIG in my case is acting as an immunomodulator....

So that is one thing...continuance of nightmares.....I did get Jackie an air mattress finally (because I could finally afford it....)....to sleep on instead of the thick yoga mat thing Jackie was using before...there is a bed she could sleep in, in the other room that she used to sleep in when she was six but she is very scared now and cannot do so....Darcie - it concerns me because I feel like there was evidence of brain damage from COVID but it is all subjective.....but it is almost like I have a totally different child (yet the same). I realize that makes absolutely no sense to you probably without further explanation....

Okay - so here is the other weird thing....Jackie has not worn bras or dresses for the last 2 weeks she was with me, and I don't think she wore them at mommy's house but don't know for sure (except for at a christmas party)....I find that strange....I have asked her non-chalantly a few times if she wants to wear a bra or any of the dresses she has in the closet and I get an immediate 'NO'. So I don't know what's up with that, and I am hoping you can try to talk to her without her knowing I really stated anything to you about that because I know it is a very sensitive subject area.

The other thing we need help with is finding a treating provider for puberty blockers and hormone level ongoing measurement and testing....SB 150 has made it very hard to try to find someone. Basically we have to find someone who is going to do the right thing morally and ethically.....'the only thing for evil to prevail in the world is for good men (and good women) to do nothing".....

Hope you are doing well. I am hoping to take Jackie to get her haircut and a wash before the session.

Happy St. Nick's Day.

John
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 22, 2023 1:03 PM
To: Darcie Taggart
Subject: Jackie cannot join because the portal still says 6:30 pm

Please change the time so Jackie can join.

John
--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, November 21, 2023 6:50 PM
To: Darcie Taggart
Subject: Re: I re-read the letter and had a couple of questions

Thank you Darcie. I'm sure everything is fine as is with the letter.

To get to a neuropsychiatrist, I need a referral, and my old pcp refused to write referrals very often...and medicaid, as you know, works like an hmo plan. Since I'm moving to a medicaid waiver, maybe things will be easier.

Thank you for helping Jackie with the letter, and for being a good listener for her and everything. I'm grateful.

John

On Tue, Nov 21, 2023, 1:06 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> To be honest, regarding diagnosis, the letter really only needs to state the Gender Dysphoria diagnosis as that's all we are asking an Endocrinologist to treat. However, I included the other two diagnoses that I am currently working with which are ASD and Anxiety. However....I do realize that does not present the whole of the diagnosis that Jackie presents with but since I'm not actually treating the ADHD or the depression (meaning they aren't things we have current treatment objectives for) I only included the three I have treatment objectives for on her current treatment plan. That being said, when you all meet with an Endocrinologist they will likely want the full diagnostic picture and the medical prescriber should have records of the full diagnostic picture and the things she is being treated for with meds. I don't mind including them in a letter at all but since they aren't listed in my current chart documentation (other than the copies of past diagnostic profiles you gave me which are included in the chart) I just put the three we are currently treating. If you feel they need to be added I can do that and just put in there that it's by history and report.
>
> Regarding your own concerns it's not really my area of expertise and I do not currently know of any online assessments that can be done. I feel like what you would need is a really good Neuropsych assessment and I wonder if your home health nurse might know of where to recommend you go? A Neuropsychologist should be able to start looking at those assessments or a Neurologist maybe as well. I'm surprised they didn't refer you to one when they did the MRI in 2022. Apologies that I don't know more in that area.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

On Mon, Nov 20, 2023 at 11:05 PM John Fouts <fouts.john@gmail.com> wrote:

Darcie,

I noticed that ADHD was not noted but it has been 'found' via standardized testing (neuropsychiatric and psychological at each evaluation) ... except for Weisskopf Center which I really value very their opinion very lowly based on experiences we had there....but that is besides the point....I am primarily referring to Dr. Lara West when Jackie was very small, StrongMinds Dr. Tanya Stockhammer....SquareOne MD Dr. Judith Axelrod, and Meridian Health Dr. David Charles....I know that Seven Counties was not certain about ADHD....but with all of these other less bureaucratic agencies with highly qualified providers I think may be able to more accurately diagnose - although that is only my opinion (than larger organizations with more hoops, red tape, controlled more by outside sources / governmental agencies / etc....).....you know what I mean?

Anyway - just wondering if there was a reason why ADHD was not listed, and why depression was not listed - Jackie struggles with both in addition to the other things listed (and several physical health ailments) -- I understand not listing the physical health ailments....just wondered about the mental health ones....I'm sure you have your reasons, just trying to understand what those are....

My brain = no worky today....Having a tough day.....Darcie....this is a very personal and vulnerable question I am going to ask you....and it is with regard to my own health....I feel like my mental cognition is really fading....I don't know why....but sometimes I wonder if it is early Alzheimer's or early onset dementia or something...or mini-strokes....or anything that it could be....sometimes I get lost in neighborhoods I have known my entire life and can't find my way home....now I have dizziness and balance issues and vertigo which sometimes makes it impossible for me to drive in addition to the fatigue and pain....my parents don't give a damn about making any adjustments to help me....my mom ... I have trouble with balance in low and uneven light especially.....I asked them to leave the lights on for me....she has gone out of her way to seemingly show how apathetic she is with regard to my own safety.....it is very upsetting to me....I needed them on really bad the other night....and she told me her eyes hurt so she needed them off and that meant to me that she didn't care if I fell down or fell down the stairs or whatever....and I don't really think she would care if I am being honest.....today....I went upstairs...and I had turned all the lights on....I went downstairs for about 5 minutes before Jackie's ride came....and went back upstairs and all the lights were off and my mom was sitting in the dark straining her eyes to try to balance her checkbook.....I told her I had to turn the lights on so I didn't fall, and that upset her....she said she needed them off to make sure her poinsettia flowered properly around Christmas time....again....a plant is far more important than I am to my own mother....the thing is....I don't deserve to be treated like that....I've never done anything to deserve to be treated like that....No one should be treated like that anyway....I don't know if I told you....but when I literally WAS having a stroke here in 2017 the last time we had to live here due to my illness....I had to be outside...I couldn't get my words out right.....I knew what I was trying to say but it wouldn't work...the mechanism to say words.....I had to be outside to be able to breathe....my mom said she would not do CPR on me unless I went back inside ... if I collapsed....because it would hurt her knees if she had to do it outside....I mean how much more can you not value someone.....it is still very upsetting to me.....Tonight....I was trying

to load the dishes in the dishwasher here because I try to do what I can...I recently had told her how it makes it much easier for me to put silverware in the top tray silverware holder....in the dishwasher....because I have widespread body fatigue and pain...and sometimes when I lean over I get even more dizzy and nearly pass out sometimes - presyncope.....well....she removed the top silverware tray and stated that her joints in her fingers hurt to get silverware out of the top....this is the environment in which I am DESPERATELY trying to escape for me AND for Jackie - more importantly for Jackie - but I am profoundly affected too.... Back to the alzheimers or dementia thing....is there some type of cognitive function testing that I can take remotely or online or something that would be 'official' and covered by Medicaid? I had a NeuroQuant brain MRI done in 2022 in Spring (maybe Winter)....and it came back showing 'profound brain atrophy' standardized for my age and gender...my brain's volume was like in the 9th percentile....I also have a spinal tumor now and cannot get doctors to take it seriously....and an arachnoid brain cyst that I have always had did not appear on the latest brain MRI and I have had several....I also feel like my spinal cord is adhering to the inside wall of my spinal canal near my cervical and thoracic spine....but again....doctors really don't care about helping people...>I'm stuck with Medicaid and don't know what to do....I am trying to survive at least until Jackie's 18th birthday....but things keep going wrong and I am unable to get the help that I need....Do you have any suggestions? Main question is about the ADHD for Jackie's letter - other stuff is just ancillary.....

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, November 20, 2023 11:05 PM
To: Darcie Taggart
Subject: I re-read the letter and had a couple of questions

Darcie,

I noticed that ADHD was not noted but it has been 'found' via standardized testing (neuropsychiatric and psychological at each evaluation) ... except for Weisskopf Center which I really value very their opinion very lowly based on experiences we had there....but that is besides the point....I am primarily referring to Dr. Lara West when Jackie was very small, StrongMinds Dr. Tanya Stockhammer....SquareOne MD Dr. Judith Axelrod, and Meridian Health Dr. David Charles....I know that Seven Counties was not certain about ADHD....but with all of these other less bureaucratic agencies with highly qualified providers I think may be able to more accurately diagnose - although that is only my opinion (than larger organizations with more hoops, red tape, controlled more by outside sources / governmental agencies / etc....).....you know what I mean?

Anyway - just wondering if there was a reason why ADHD was not listed, and why depression was not listed - Jackie struggles with both in addition to the other things listed (and several physical health ailments) -- I understand not listing the physical health ailments....just wondered about the mental health ones....I'm sure you have your reasons, just trying to understand what those are....

My brain = no worky today....Having a tough day.....Darcie....this is a very personal and vulnerable question I am going to ask you....and it is with regard to my own health....I feel like my mental cognition is really fading....I don't know why....but sometimes I wonder if it is early Alzheimer's or early onset dementia or something...or mini-strokes....or anything that it could be....sometimes I get lost in neighborhoods I have known my entire life and can't find my way home....now I have dizziness and balance issues and vertigo which sometimes makes it impossible for me to drive in addition to the fatigue and pain....my parents don't give a damn about making any adjustments to help me....my mom ... I have trouble with balance in low and uneven light especially.....I asked them to leave the lights on for me....she has gone out of her way to seemingly show how apathetic she is with regard to my own safety.....it is very upsetting to me....I needed them on really bad the other night....and she told me her eyes hurt so she needed them off and that meant to me that she didn't care if I fell down or fell down the stairs or whatever....and I don't really think she would care if I am being honest.....today....I went upstairs...and I had turned all the lights on....I went downstairs for about 5 minutes before Jackie's ride came....and went back upstairs and all the lights were off and my mom was sitting in the dark straining her eyes to try to balance her checkbook.....I told her I had to turn the lights on so I didn't fall, and that upset her....she said she needed them off to make sure her poinsettia flowered properly around Christmas time....again....a plant is far more important than I am to my own mother....the thing is....I don't deserve to be treated like that....I've never done anything to deserve to be treated like that....No one should be treated like that anyway....I don't know if I told you....but when I literally WAS having a stroke here in 2017 the last time we had to live here due to my illness....I had to be outside...I couldn't get my words out right.....I knew what I was trying to say but it wouldn't work...the mechanism to say words.....I had to be outside to be able to breathe....my mom said she would not do CPR on me unless I went back inside ... if I collapsed....because it would hurt her knees if she had to do it outside....I mean how much

more can you not value someone.....it is still very upsetting to me.....Tonight....I was trying to load the dishes in the dishwasher here because I try to do what I can...I recently had told her how it makes it much easier for me to put silverware in the top tray silverware holder....in the dishwasher....because I have widespread body fatigue and pain...and sometimes when I lean over I get even more dizzy and nearly pass out sometimes - presyncope.....well....she removed the top silverware tray and stated that her joints in her fingers hurt to get silverware out of the top....this is the environment in which I am DESPERATELY trying to escape for me AND for Jackie - more importantly for Jackie - but I am profoundly affected too.... Back to the alzheimers or dementia thing....is there some type of cognitive function testing that I can take remotely or online or something that would be 'official' and covered by Medicaid? I had a NeuroQuant brain MRI done in 2022 in Spring (maybe Winter)....and it came back showing 'profound brain atrophy' standardized for my age and gender...my brain's volume was like in the 9th percentile....I also have a spinal tumor now and cannot get doctors to take it seriously....and an arachnoid brain cyst that I have always had did not appear on the latest brain MRI and I have had several....I also feel like my spinal cord is adhering to the inside wall of my spinal canal near my cervical and thoracic spine....but again....doctors really don't care about helping people...>I'm stuck with Medicaid and don't know what to do....I am trying to survive at least until Jackie's 18th birthday....but things keep going wrong and I am unable to get the help that I need....Do you have any suggestions? Main question is about the ADHD for Jackie's letter - other stuff is just ancillary.....

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, November 19, 2023 9:23 PM
To: Darcie Taggart
Subject: Re: Letter and Appt Wednesday

Hi Darcie. That is great. Yes please send the letter to me tomorrow if possible, so I can go on and review it. I'm sure it will look great, but it is always good to have a second set of eyes look over things (even if the eyes are not as great as they used to be [as in my case]).

1pm on Wed. sounds great instead of 6:30. Thank you.

John

On Sun, Nov 19, 2023 at 5:56 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
>
> I have finished the letter and will sign and scan you a copy tomorrow when I am back in the office. :-)
>
> Regarding Jackie's appt on Wednesday could we meet at 1pm instead of 6:30pm? I will be leaving town at 3pm for the holiday and figured we could meet earlier in the day since there isn't school.
>
> Let me know!
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, November 10, 2023 12:29 PM
To: Darcie Taggart
Subject: PDA -- Demand Avoidance -- Autism -- 2023 -- Jackie Fouts

Darcie,

Can you please look at this article on demand avoidance and autism. I think Jackie experiences this along with Rejection Sensitivity Dysphoria --

Of course - I am not qualified to make these diagnoses -- but as Jackie's parent -- and as one who experiences the most time around Jackie -- and as one -- who at least at one time -- was very intelligent -- I feel like these are 100% relevant.

Demand avoidance (autism.org.uk)

https://www.webmd.com/add-adhd/rejection-sensitive-dysphoria

I completely understand about not having time yet for the letter. I am just concerned for Jackie to get the treatment she needs to successfully continue to pass as a girl/woman without testosterone and estrogen and other hormonal shifts leading to more masculine tone and features....

I am trying to do the best that I can for Jackie...

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 8, 2023 4:47 PM
To: Darcie Taggart
Subject: Darcie - Jackie needs to meet with you tonight she said - and is looking forward to it - I understand the time thing - please just write letter as soon as possible - and still meet with Jackie tonight.

Thanks for offering - but Jackie needs the regularity of the session more than the letter in my opinion as a parent.

Jackie is looking forward to meeting with you and is having a good day so far....AND EVEN ATE LUNCH TODAY!!! I told her I about had a heart attack when she told me that (jokingly lol).

john

On Wed, Nov 8, 2023 at 4:34 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> How about we skip the session today and I will spend that time writing it tonight. Part of my difficulty is always finding the dedicated time to write letters which is often outside of my work day and since I work until 7:30 most nights and also on Sundays that just doesn't leave much of a window. Not an excuse just a reality. But I will do it tonight at 6:30 and get it to you this evening and then plan to see Jackie again next Monday. Does that work?
>
> Sorry to hear the Page clinic isn't. I had feared that as they are moving kids to Chicago (or some of the other kids I see are going there). Hoping it doesn't come to that.
>
> Darcie
>
> Be excellent to each other.
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> > On Nov 8, 2023, at 10:05 AM, John Fouts <fouts.john@gmail.com> wrote:
> >
> > Darcie,

I need to know if you are going to be able to help Jackie with a letter, or if I need to look elsewhere. I am not trying to sound rude, or abrupt or anything -- I am just a very direct person -- and all my weeks are pretty much hell if I am being honest. I am trying to take care of my child the best that I can but I cannot do all things administrative on my own and keep up with all of them and I have no support to help me really.

If you have hesitation, can you tell me why?

I wish there were not such a high hurdle to cross just to be able to get into the PAGE clinic for them to do their own evaluation in endocrinology and to have access to those counselors etc... as stated before though -- I don't know if they are even able to do anything regarding SB 150's passage....

There is a telehealth appointment with Jackie's PCP in the morning and I am sure the letter will come up and she is going to ask us what is the status. I am already going to have to ask her for another referral to the page clinic as I think the other one expired.

If there is something you need from me on my end, that I have not provided, please let me know, and I will get it to you.

So update after pcp appt this morning...page clinic is no longer accepting people...only possibility is to go out of state for care or work with therapist. Page clinic is giving list of options. When Dr. Mahajan PCP gets that list and sends to me, I will also forward to you. Still probably need letter for care.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, November 8, 2023 10:05 AM
To: Darcie Taggart
Subject: I need to know if you are going to be able to help Jackie out with a letter or not Darcie - please let me know. -- Following Up Again -- 2023-11-07

Darcie,

I need to know if you are going to be able to help Jackie with a letter, or if I need to look elsewhere. I am not trying to sound rude, or abrupt or anything -- I am just a very direct person -- and all my weeks are pretty much hell if I am being honest. I am trying to take care of my child the best that I can but I cannot do all things administrative on my own and keep up with all of them and I have no support to help me really.

If you have hesitation, can you tell me why?

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John

fouts.john@gmail.com

From:	John Fouts <fouts.john@gmail.com>
Sent:	Thursday, November 2, 2023 3:14 PM
To:	Darcie Taggart
Subject:	Fwd: Follow Up -- Gender affirming letter requirements - Jaqquelyn Fouts -- Follow Up -- 2023-07-03
Attachments:	MH Provider Checklist (1).docx; Medicaid MH Providers.docx

Darcie - please see the attached template that the PAGE clinic sent. Right now - I mainly am interested in Jackie getting puberty blockers (to avoid potential surgeries later in life to alter vocal chords as an example - that comes with many risks)....

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, November 2, 2023 3:09 PM
To: Darcie Taggart
Subject: Re: Resources

Okay. Thank you, and Darcie, please can you write the gender affirming letter this week? Need me to send the basic outline to you again?

On Thu, Nov 2, 2023, 2:58 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Ok, here are a couple other possible options for Psychiatrists and Psychiatry I came up with:
>
> Kentucky Psychiatry - 502-792-0275
> Johh McCurdy - Family Health Center - 502-772-8860
> Seth Poise - 502-425-5422
> Boys and Girls Haven - 502-451-4701
> Anitha Mandadapu - 812-284-8000
> HopeBridge LLC - 502-353-2074
>
> Hope that's helpful!
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, October 25, 2023 10:08 PM
To: Darcie Taggart
Subject: Next Tuesday Will Work Just Fine

Thank you Darcie.

I appreciate you scheduling a parent session to discuss it....I don't know what is going on....but it is getting worse and worse....and I can barely handle it...honestly....I have to be able to ask Jackie to do things sometimes like (put on clean underwear....or please take a shower or bath.....or please take your dirty dishes to the dishwasher....etc....none of the requests are outside the scope of normal in any way - and honestly I need help with a lot of things - but I know I am not able to ask Jackie for help because Jackie might get so upset that she tries to hurt me.....and that is not okay by me...I taught her better than that...and the strange thing is....she used to understand the difference between the right and the wrong way to treat people, but doesn't anymore apparently....or apparently it is actually only directed toward me....and I am not an emotional punching bag....if that makes sense....

I will try to send you some video examples -- Jackie knows I've recorded some videos - so it isn't a surprise or anything...I told her I need to be able to show her examples of her behavior....the thing is....when I show her things sometimes like her own behavior....she doesn't apologize....she thinks it is funny.....and that also isn't okay....

It is my job, as a parent, to raise my child, to be the most successful she can be in her life, and to give her love, and to make sure her needs are met. I am trying to do all of those and much more....and I am struggling a great deal due to my own physical and mental health issues.

On a more positive note... I found out from the Housing Authority (LMHA) that the voucher standard amounts for apartments increased in October...also found out they don't tell you they increase unless you call them and ask them....also found out that most areas around Jackie's school are in 'exception' areas -- which means -- LMHA can approve 120% of the voucher amount and possibly even more based on HUD and LMHA standards. The old amount was $1556....most places require a $250 allowance for utilities to be built into the voucher (which doesn't make any sense - because you don't get to keep any overage....)....but whatever...so the old amount $1556 minus $250 = $1,306 [It has been very hard to try to find any place anywhere in the East End for that price for a 3 bedroom]. The new amount is $1722 minus $250 = $1472 (still low for that area)....but....if you factor in 20% over for $1722 you get $2066.40 minus $250 = $1816.40 -- that is MUCH MORE REALISTIC in terms of the areas where I have been looking. The voucher expires 12/2/2023. It took me 9 months just to even get the damn thing -- and it is supposed to take 4 weeks for N.E.D. vouchers....They gave me less than 4 months to find a place to use it and I have been looking like crazy, but it hasn't been possible to find a place due to too low of a voucher amount which I have had no control over....most places require 17 days to process the voucher so I am stressed and running out of time.

Also on a positive note - I am getting our 2 cats certified as emotional support animals (officially), so we will not be charged a pet deposit or a monthly pet rental fee in addition to the other fees. It is not legal to do that...for a landlord to charge extra for emotional support animals....etc...

Anyway - talk to you on Tuesday in the morn.

J

On Wed, Oct 25, 2023 at 6:59 PM Darcie Taggart <darcie@cctherapies.com> wrote:

I could meet next Tuesday at 9am virtually OR next Wednesday at 10am. Either of those work for you?

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Wed, Oct 25, 2023 at 5:31 PM Darcie Taggart <darcie@cctherapies.com> wrote:

I'll happily send you some times we can meet next week! Let me take a look at my calendar and send some times. Tonight I'll meet with Jackie just because it's been a few weeks since she and I have gotten to meet (totally on my schedule for sure). I should be back regularly tho for a while now and I'm happy to meet with you for parent session. I find it makes it better and causes less agitation when I just schedule it outside of kiddos session.

Darcie

Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Oct 25, 2023, at 5:27 PM, John Fouts <fouts.john@gmail.com> wrote:

I need you to know about these things though....

> Also, my dad has seen Jackie shake with rage toward me for things that should not cause that...like me saying, Jackie please could you take your glass upstairs might cause it as an example....
>
> No one around me can figure out why Jackie acts that way toward me.....my dad told me he thought it might be transference of anger toward Jackie's mother from Jackie....being transferred to me.....I have no idea though...
>
> Just saying something like that could be a possibility.
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, October 25, 2023 5:27 PM
To: Darcie Taggart
Subject: If you cannot or do not want to meet with me during Jackie's session - I need to know that you can meet with me outside of it sometime in the next week please -- I remember you stating that would be best anyway

I need you to know about these things though....

Also, my dad has seen Jackie shake with rage toward me for things that should not cause that...like me saying, Jackie please could you take your glass upstairs might cause it as an example....

No one around me can figure out why Jackie acts that way toward me.....my dad told me he thought it might be transference of anger toward Jackie's mother from Jackie....being transferred to me.....I have no idea though...

Just saying something like that could be a possibility.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, October 25, 2023 5:08 PM
To: Darcie Taggart
Subject: I'm sorry but I need to talk to you for some of Jackie's session today -the ways that Jackie has been treating me - and then lying - and it getting worse and worse and worse - is not okay....

Also -- I need you to talk to Jackie about skipping lunch EVERY DAY at school.

When I asked her why - she said because she wants to do schoolwork during lunch.

I asked her what her friends do during lunch, and she said that they eat lunch....

Jackie is very HANGRY!!!!!!!!!! when Jackie gets home because all Jackie has is a Gogurt in the morning (one skinny popsicle sized serving of yogurt)....dinner isn't until six....

Jackie will scream or yell at me....because I 'don't understand something' as happened tonight, and I will tell her that she does not have the right to yell or scream at me, and she will then say that she never screamed, and that I was the one screaming, just if I even say I don't understand something - and the lies and continuing behavioral issues and escalation of lies are not okay.....

Can you help???

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 16, 2023 5:23 PM
To: Darcie Taggart
Subject: Are you still out? I cannot remember - I think you

Jackie's appointment is showing in the portal - so hopefully you can meet with her?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, October 11, 2023 5:33 PM
To: Darcie Taggart
Subject: I need your help getting Jackie to treat me better...

Darcie,

If I ask Jackie to do literally anything, Jackie starts shouting at me, then says I was shouting at her...if I ask her to do anything she doesn't want to do...then lies about everything that happened...and this has happened many times this week...

If I ever try to talk to her about it...she says she is too tired...or that she will have a crisis if we talk about anything...

This week has been very hard on me. I told Jackie that and she just doesn't care one iota...

I've told her I need her to treat me better and she just says no ... that she never will ... that she never wants to see me again... never wants to do anything with me again ... etc...

As an example of what could set this off...I might say, Jackie, can you please turn down the TV? Then there is a 3 hour fight on my hands...or I might say...I folded your clothes, please put them away...same thing...here lately she has not wanted to go to school every day...and I don't have the energy to fight with her to go....especially in the mornings...

She was fine evert day of break...but on Monday said she was sick...Tuesday, pic day, was better...Wed morning was very difficult....

Can you help me out here? With having Jackie treat me better, please?

There have been good moments too this week, but this other, negative behavior becomes more and more anytime Jackie is around me.

I don't deserve to be treated the way she treats me...and according to her...I am the only one that she treats like that...

When I ask her why...she says it is because I'm the one that takes her to the doctor when she is sick, and makes sure she is prepared for school, and has clothes, and takes her to get haircuts...so...I'm at a loss....

Just need some advice on what I need to do...

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, October 8, 2023 8:18 PM
To: Darcie Taggart
Subject: Re: Would it be possible for you to meet with Jackie?

Thanks Darcie. I'm sorry I even have to ask while you are away, but Jackie has a rapport with you and you are the best way for Jackie to talk. I will let her know about email.

On Sun, Oct 8, 2023, 8:08 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Let me take a look at my schedule for the week and see what I can work out. The annual play therapy conference is super busy and since it's in CA this year and it's usually all day like 7am to 7pm my timing is all off but I'll try to figure it out for sure. She is also totally welcome to email me and chat that way while we try to work it out.
>
> Darcie
>
> Be excellent to each other.
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> > On Oct 7, 2023, at 3:20 PM, John Fouts <fouts.john@gmail.com> wrote:
> >
> > Jackie has been having a hard time with some mental health challenges and wanted to know if it was possible to meet with you. If not, do you have a suggestion?
> >
> > John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, October 7, 2023 6:20 PM
To: Darcie Taggart
Subject: Would it be possible for you to meet with Jackie?

Jackie has been having a hard time with some mental health challenges and wanted to know if it was possible to meet with you. If not, do you have a suggestion?

John

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 2, 2023 5:35 PM
To: Darcie Taggart
Subject: Just saw you were out of the office for 2 weeks - I don't think we knew you were going to be away - but now we know

You may have let Jackie know during session, and Jackie may have forgotten to mention it.

Anyway - hope you enjoy your time away from the office.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 2, 2023 5:34 PM
To: Darcie Taggart
Subject: Re: Out of Office Re: Are you going to meet with Jackie tonight? She is waiting for you but there is no meeting in the portal

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S

(502) 235-8244

darcie@cctherapies.com

On Mon, Oct 2, 2023 at 5:31 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Thank you for reaching out to me at Creating Connection. I am currently out of the office from September 30th thru October 17th on Vacation followed by attendance at a conference and may be slower to respond to your email. Please be patient and I will respond as soon as I am able. Thank you and have a wonderful day.

--

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, October 2, 2023 5:31 PM
To: Darcie Taggart
Subject: Are you going to meet with Jackie tonight? She is waiting for you but there is no meeting in the portal

Please let me know.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, September 29, 2023 4:42 PM
To: Darcie Taggart
Subject: Not sure if Jackie has therapy with you next week since it is October break for the kids - is therapy still happening? It is Lindsay's week next week - you may need to reach out to her...

Lindsay's phone number, for handy reference is 502.475.6897.

Mine is not included in my signature because of a stalker I had that was dangerous (literally) - and I had to change my phone number, but that's a whole other story.... I'll give my number to you - and you have it anyway - 502.956.0052 - in case you need to reach out to me.

I'd like to ask if you will be able to write the gender affirming letter soon, please. I know about a week ago (well on Tuesday morning actually) - we spoke and you said that you would be able to - and I know that you are very busy - I was hoping to get a time frame estimate from you on that.

Also - I did not know if you might be able to help with the PAGE clinic thing in general - I have contacted them a few times and they have stopped responding to any communication - probably because they think we can't get the letter (not because of you in any way - but because we have had so much trouble before making it to you...)...I may have to start over again - get another referral letter from PCP - etc...

So - need some help additionally in these areas:

* Transgender clothing - like how to tuck male parts - have no idea what is needed. I'm Cis-Male. Can you help me understand what is needed for Jackie? And what free resources may exist?

* If there is a way to get a grant to afford name change officially - I think the time to do that is now....I don't think it will mess up any benefits. I asked SSA if the social security number would be the same and they said yes - and everything is tied to social security number - so that should not be an issue.

* THANK YOU SO MUCH FOR TALKING TO JACKIE ABOUT THE ATTITUDE. You have to understand that up until about 6 months ago, it was not like that the majority of every day - it is now. I have a very hard time tolerating the negative energy - it triggers me - and makes me incapacitated at times....due to narcolepsy trigger with cataplexy or just general negative energy - I have no negative energy shield remaining anymore. I am working with Theresa and my other regular non-therapist (Maddy) on that....not moving in the right direction fast enough probably but trying my best....I just wanted to tell you I appreciate you validating that Jackie was not being nice to me. If I say or do ANYTHING it makes the situation much worse. Before roughly 6 months ago, there were definite 'episodes' of days or weeks where Jackie would act like that - but not every single day. I just try to celebrate the small victories and go from there...

* Need help finding grant money for something for Christmas for Jackie.

* Was able to get clothing through the CAP program for both me and Jackie which was greatly needed.

If you know of anything that may help Jackie - please let me know - aside from what is already being worked on - and thank you Darcie for helping my child.

John R. Fouts

p.s. Have a lovely weekend.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 27, 2023 6:35 PM
To: Darcie Taggart
Subject: Jackie tried to join but there is not a join now button on the meeting site so there is nothing she can do.

Please also, can we start the session at 6:40 so Jackie has time to eat?

I sent you a message on my phone but don't know if it was delivered to you.

John

On Wed, Sep 20, 2023 at 3:59 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Sounds like fun. Our next appt for Jackie is Wednesday, September 27th at 6:30pm. :-)
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> On Wed, Sep 20, 2023 at 1:20 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > There is a rare opportunity for me to take Jackie to a fall festival (because I have no money)....and Kosair is having a family fun fest where a kid can get a free pumpkin etc...I already had to rsvp a couple weeks ago...
> >
> > --
> >
> > **"Shining" in Service,**
> >
> > **John R. Fouts, MBA**
> >
> > **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 27, 2023 6:27 PM
To: Darcie Taggart
Subject: Please talk to Jackue about importance of communication.

Often Jackie ignores voice-mail or text messages that are very important. I can't make her communicate.

She seems pretty hateful toward me again this week...do not know why....one really good night though where she put a bunch of super thoughtful google youtube tabs up for me re improving my health and playing brain word games. It made me feel special. I tried to tell her that but she didn't care to listen or hear it.

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 27, 2023 6:24 PM
To: Darcie Taggart
Subject: Can we start the session at 6:40 please ... to give Jackie time to eat?

Please lmk.

J

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 26, 2023 3:36 PM
To: Darcie Taggart
Subject: What do you think about timing for name changes?

Hi Darcie.

Something I struggle with is when it is appropriate to make formal name change for Jaqquelyn - do you think it is appropriate now? It is beginning to cause issues for Jackie (e.g. doctor's note has to say 'Jack' because that is the legal name for insurance etc...but the school record is for Jaqquelyn....)....any advice?

John

p.s. Jackie continues to have many nightmares and wake up screaming and scared. I really want to help her with the issues. The sleep test had to be moved that was scheduled for last Sunday because Jackie was sick all last week and the results would have been skewed. It has been rescheduled for March of next year (that was the first available). I am on the cancellation list and will be notified if something sooner becomes available.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 20, 2023 4:01 PM
To: Darcie Taggart
Subject: Re: On my weeks with Jackie (next week), you had said 6:30 right? But I can't remember what day you said...there may be a conflict on 9/28 if you said Thursdays...

Oh good! I thought I put that on my calendar the wrong way - thanks for letting me know~!

On Wed, Sep 20, 2023 at 3:59 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Sounds like fun. Our next appt for Jackie is Wednesday, September 27th at 6:30pm. :-)
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
> On Wed, Sep 20, 2023 at 1:20 PM John Fouts <fouts.john@gmail.com> wrote:
>
> > There is a rare opportunity for me to take Jackie to a fall festival (because I have no money)....and Kosair is having a family fun fest where a kid can get a free pumpkin etc...I already had to rsvp a couple weeks ago...
> >
> > --
> >
> > **"Shining" in Service,**
> >
> > **John R. Fouts, MBA**
> >
> > **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 20, 2023 1:20 PM
To: Darcie Taggart
Subject: On my weeks with Jackie (next week), you had said 6:30 right? But I can't remember what day you said...there may be a conflict on 9/28 if you said Thursdays...

There is a rare opportunity for me to take Jackie to a fall festival (because I have no money)....and Kosair is having a family fun fest where a kid can get a free pumpkin etc...I already had to rsvp a couple weeks ago...

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, September 19, 2023 12:24 PM
To: Darcie Taggart
Subject: 504 Plan / Clonidine Side Effects List (although taking since 3 years old and night terrors did not occur until last 1 year or so...) / Anger Workbook We Completed / Emotions Wheels
Attachments: image.png; image.png; image.png; image.png; image.png; 2023-09-19-504-Plan-Draft-Jackie-Fouts.pdf; 2023-09-19-Gastroparesis-NORD-Description.pdf

Darcie,

Thanks so much for your time this morning. I'm so glad to hear you are taking care of the dust at your place, literally... Jackie and I both have pretty severe dust allergies and dust mite allergies, and asthma, so it's great to hear you take care of things!! I've been trying to help my parents clean their home, but they don't appreciate the help so I've had to 'grin and bear it' as they say...

Attached, please find a copy of the 504 plan in draft form - I realized I do not have a copy of the finalized form, so I asked Jennifer Rullan (Counselor a school) for a copy of the final form - but it should be the same as this one.

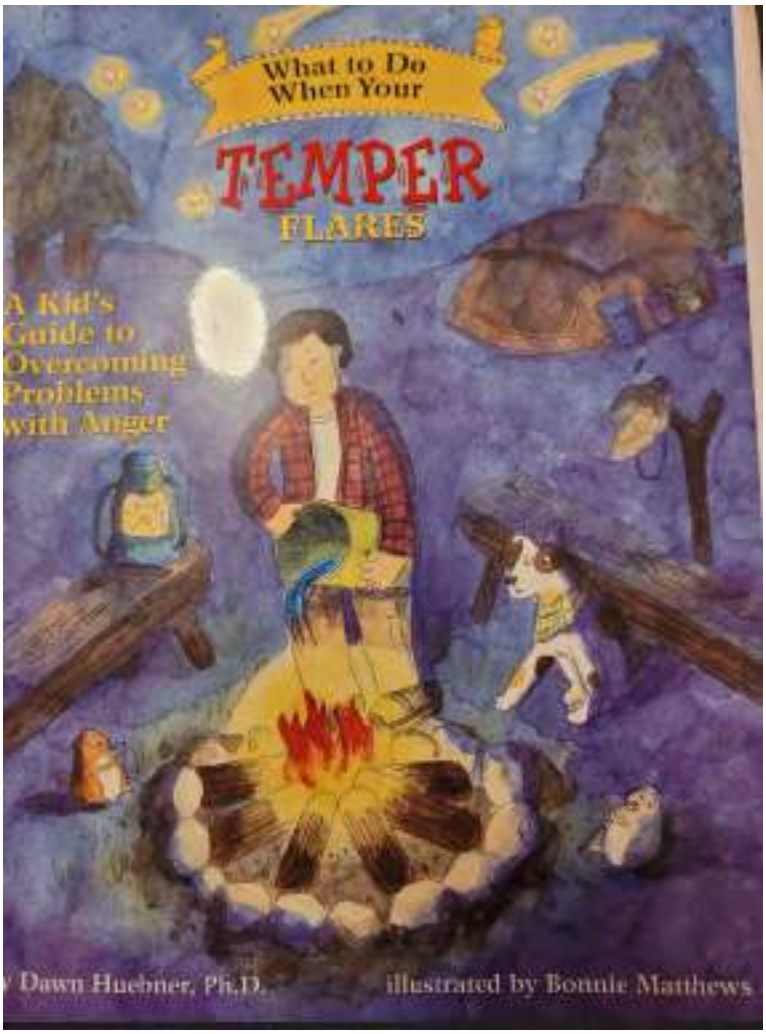
Also, please see below, screenshots of an anger workbook we completed as part of homeschool - because I believe strongly - that emotional intelligence and education is as important if not more so than intellectual intelligence and education.

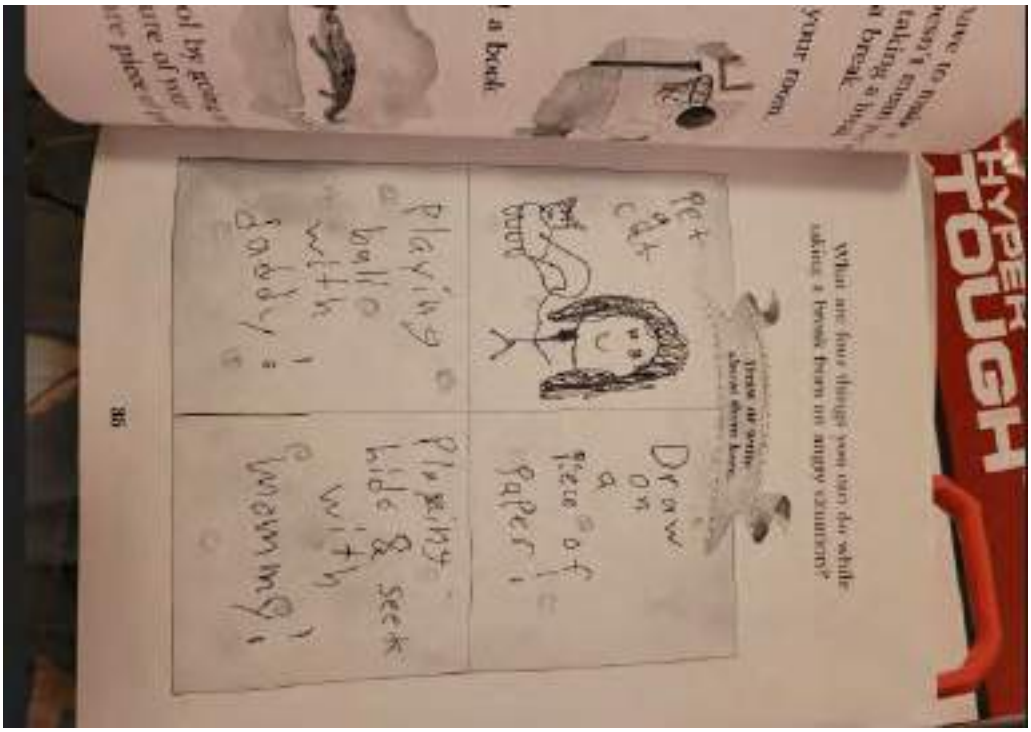
Also, please find attached, information about Gastroparesis from NORD (National Organization for Rare Disorders), and information / screenshots of two emotions wheels Jackie used with Akhilah and Dani - former art therapists (or Akhilah is still there I guess) - but Jackie seemed to be improving on recognizing emotions by utilizing the emotions wheels...

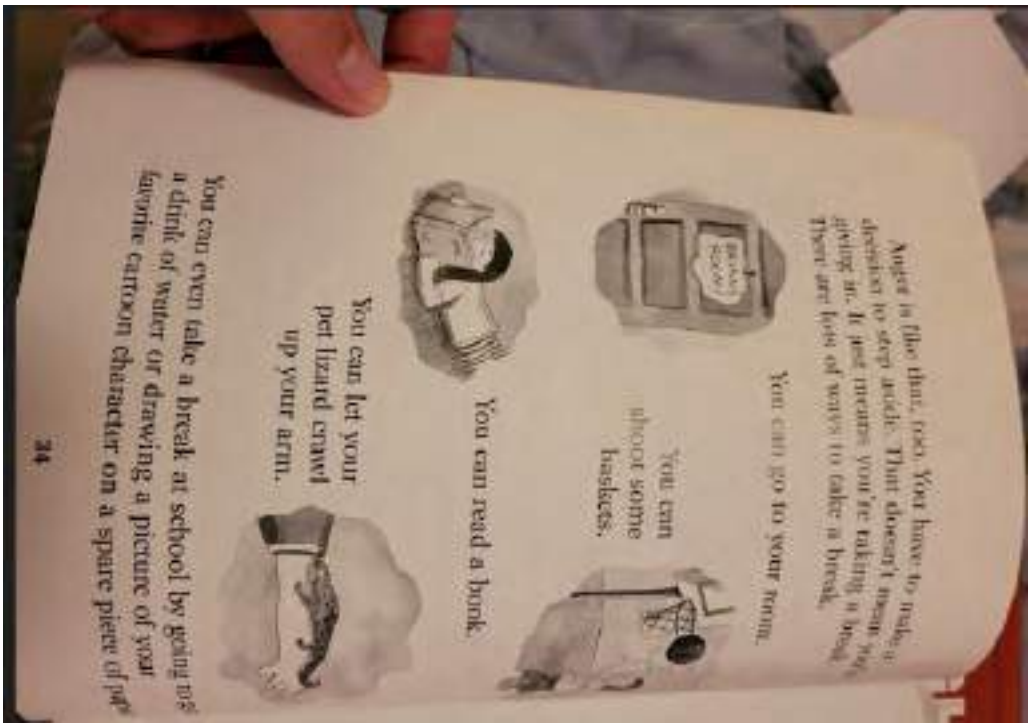
Jackie even made a game with Akhilah that was pretty cool - maybe you and she could play it sometime.

Feelings Wheel
SCARED
JOYFUL
MAD
SAD
POWERFUL
PEACEFUL
LOVING
INSECURE
EXCITED
SENSUOUS
ENERGETIC
CHEERFUL
CREATIVE
HOPEFUL
PROUD
NURSE
AFFECTIONATE
RESPECTED
IMPORTANT
CONFIDENT
OPTIMISTIC
SURPRISED
SUCCESSFUL
INQUISITIVE
VALUEABLE
CURIOUS
CONFIDENT
SECURE
THANKFUL
SERENE
RESPONSIVE
AWARE
INTIMATE
RELATED
TOUCHED
SLEEPY
TIRED
BORED
LONELY
REMORSEFUL
GUILTY
ASHAMED
HURT
HOSTILE
ANGRY
SELFISH
HATEFUL
CRITICAL
CONFUSED
REJECTED
HELPLESS
SUBMISSIVE
ANXIOUS
EMBARRASSED
OVERWHELMED
DARING
FASCINATING
STIMULATING
AMUSED
PLAYFUL
JEALOUS
ENVIOUS
SARCASTIC
DISTANT
STUPID
AWFUL
ISOLATED
APATHETIC
DISGUSTED
SKEPTICAL
BEWILDERED
DISCOURAGED
INSIGNIFICANT
INADEQUATE

EMBARRASSED
SCARED
WORRIED
SURPRISED
CALM
HAPPY
CONFUSED
ANGRY
BORED
SAD


What to Do When Your
TEMPER
FLARES
A Kid's Guide to Overcoming Problems with Anger
Dawn Huebner, Ph.D.
illustrated by Bonnie Matthews


HYPER TOUGH
Pet a cat
Playing ball with daddy
Draw on a piece of paper
Playing hide & seek with mommy
35



--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, September 15, 2023 8:41 AM
To: Darcie Taggart
Subject: Thanks for setting Jackie up with times

Confirming I received your message.

John

On Wed, Sep 13, 2023, 10:34 PM Darcie Taggart <darcie@cctherapies.com> wrote:

I have Jackie now set up at 5:30pm every other Monday at her mom's house on those weeks and every other Wednesday at 6:30pm at your house on your weeks. I spoke with Lindsay and asked if that time would work and she seemed to think it would. I would love to be able to offer a 4pm appt but I currently don't have one. I could likely do a 3:30pm on her mom's weeks but I don't think she's home by then? Most of my afternoon appts are on the half hour. The 4pm the other day was sort of an anomaly in my schedule. So, I will plan to see Jackie at 5:30pm next Monday. If an earlier time comes up on those weeks I will make sure to let her know. Thanks!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Wed, Sep 13, 2023 at 10:08 PM John Fouts <fouts.john@gmail.com> wrote:

Darcie,

Jackie really seemed to like the Monday at 4pm that she had to meet with you at mommy's house -- because she said no one else was there.

I gave her complete privacy. I think she knows I do not eavesdrop on her or anything...pray for us that we will soon have our own place. I am completely exhausted in trying to find a way to use the housing choice voucher we have.

Anyway - if you are able to meet with Jackie around the same time next week, that you did last week (Monday at 4 I think is what it was), I think Jackie would really like that - if you cannot - totally understand.

I told Jackie I'd ask you.

Thank you Darcie.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 13, 2023 10:08 PM
To: Darcie Taggart
Subject: Jackie said you all had not scheduled a meeting for next week (at mom's house) - can you set one up?

Darcie,

Jackie really seemed to like the Monday at 4pm that she had to meet with you at mommy's house -- because she said no one else was there.

I gave her complete privacy. I think she knows I do not eavesdrop on her or anything...pray for us that we will soon have our own place. I am completely exhausted in trying to find a way to use the housing choice voucher we have.

Anyway - if you are able to meet with Jackie around the same time next week, that you did last week (Monday at 4 I think is what it was), I think Jackie would really like that - if you cannot - totally understand.

I told Jackie I'd ask you.

Thank you Darcie.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 13, 2023 8:24 PM
To: Darcie Taggart
Subject: Re: I would like to sit in for part of the session today (for 10 or 15 minutes) - Jackie complains about EVERYTHING I DO - and then denies it - so I don't know how to handle that

Wednesday will work out the best on my weeks - thanks for being understanding that IVIG days are tough for me. Jackie said she had a good session with you, and was really kind of upbeat about everything. Then she asked me to play Minecraft with her...so I did...then she asked me to look up Jewel Cave in South Dakota - so I did - it is related to a school project apparently. Then she told me to log in to her school classroom gmail account...so I tried...but it wouldn't work on my computer. Then she told me that I was entering the information wrong (even though I wasn't)....and I showed her I entered what she said...then she said that I am the one doing it wrong (again) and very ANGRILY....then she almost threw her computer on the ground out of anger....then she started yelling at me to give her my computer....I said you can try it - but you already see it won't work...I said I don't understand why you are so angry with 'me'. She said SHE JUST IS!!!! BECAUSE I DO EVERYTHING WRONG!. So I just didn't say anything for a few minutes - then she got mad because I wasn't playing. I said I was waiting for a few minutes so we could both calm down. I said I need you to think about your behavior and then I need you to tell me you are sorry for how you treated me. She said 'I didn't treat you badly'. I said yes you did...she said no I didn't....I said you were just yelling at me...etc...power struggles 101....She was not like this 2 months ago....she was not like this '90% of the time 2 months ago I should say...'....it was maybe 25% of the time 2 months ago...and when we moved into my parents house in January it was maybe 10-25% of the time.....I need help in dealing with those types of situations...that kind of energy suck/draw - destroys my entire energy for a day - or longer - due to the illness issues I am battling - I have tried to talk to Jackie about it - but she honestly just does not give a crap...

Thanks for working out the details on the scheduling, and for fixing the telehealth session earlier, and for meeting with her this week.

John

On Wed, Sep 13, 2023 at 7:37 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> I know we will see each other Tuesday BUT wanted to revisit the best times for Jackie to see me on your weeks. I can keep this 6:30pm time on Wednesdays or I can do the Monday (but I know it's not the easiest for you). Whichever of those two days works best for you works for me.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com

On Wed, Sep 13, 2023 at 6:04 PM John Fouts <fouts.john@gmail.com> wrote:

I didn't take it that way - I totally understand.

On Wed, Sep 13, 2023 at 5:32 PM Darcie Taggart <darcie@cctherapies.com> wrote:

For the record it's not that I mind you sitting in it's that I find that kids resent that even more and it's often easier for me to meet with parents outside their time. If kids are already resenting things I find that having parents come to session is more hurtful than helpful but I never mind meeting with parents.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Wed, Sep 13, 2023 at 5:30 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Let's set up a time for you and I to meet outside of Jackie's session. I keep starting an email back to you and get sidetracked by sessions and such. BUT I do think it's helpful to address and I know how hard it is for Jackie when you are in her sessions. Could you do next Tuesday, 9/19 at 9:30am? I know it's the week she is with her mom.

Regarding eating, remind me what Meds Jackie takes. I do think that it's not wholly unusual for kids her age not to eat during the day, especially depending on different medications but I'm happy to talk with her about it during session for sure. I do get the importance of nutrition for kids I just know there is limited time for eating and lots of kids have lots of reasons why they don't eat at school that isn't because they are having any specific food related issues. Sometimes kids just don't and I think sometimes making sure they have plenty of options for snacks and breakfast and dinner and times they are not at school is the best and then having a pediatrician just make sure (not all the time but at regular appts) that the weight isn't dropping drastically is the best option. It's especially not strange for girls and kids with sensory related issues which is what I'm assuming the hand washing relates to. It could be related to body image issues but I don't get that feel from her at least not in the first couple of sessions, I will continue to monitor as well. It definitely could also be related to the stomach issues she currently already has but for sure if there are recommendations that her doctor has said she needs to follow those would be the things I would want to do.

I want to make sure that I have the list of things you would like me to address down (in addition to the letter which is on my radar) from various emails as I feel I may have missed some:

- Night terrors
- Video Game Disorder
- Following up with Stacy to make sure we are OK with keeping Case management
- Difficulties in communication that seem to have increased (as she gets older and doesn't want to talk as much)

If there are others please let me know. I will happily follow up with another email as soon as I am able regarding these other concerns I have listed and again extend the invitation for you and I to meet and touch based next week if you would like. I completely get the concerns and fears related to Jackie and I think it's very normal to worry about our kids and parenting them as they get older is so hard and it's hard to realize they need/want to separate from us in age appropriate ways for sure.

I look forward to seeing Jackie this evening. Let me know if next week will work for you!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Wed, Sep 13, 2023 at 5:15 PM John Fouts <fouts.john@gmail.com> wrote:

> I need some guidance. If you don't want to meet during Jackie's session - maybe we could meet outside the session for just a few minutes.
>
> Also - Jackie continues to skip lunch often at school, and I don't know how to handle that either... I've asked Jackie to eat. I've talked about the importance of nutrition for our bodies and maintaining a healthy lifestyle. I've talked to Jennifer Rullan (the school counselor) and asked her to help me observe, since I am not at school.....myself....Jackie continues to skip meals - it isn't okay...
>
> There is a different excuse each day...
>
> --
>
> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 13, 2023 6:32 PM
To: Darcie Taggart
Subject: Jackie is not able to join - it says the start time for this appointment has passed??

Please can you allow Jackie to join?

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 13, 2023 6:04 PM
To: Darcie Taggart
Subject: Re: I would like to sit in for part of the session today (for 10 or 15 minutes) - Jackie complains about EVERYTHING I DO - and then denies it - so I don't know how to handle that

I didn't take it that way - I totally understand.

On Wed, Sep 13, 2023 at 5:32 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> For the record it's not that I mind you sitting in it's that I find that kids resent that even more and it's often easier for me to meet with parents outside their time. If kids are already resenting things I find that having parents come to session is more hurtful than helpful but I never mind meeting with parents.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
>
>
>
> On Wed, Sep 13, 2023 at 5:30 PM Darcie Taggart <darcie@cctherapies.com> wrote:
>
> > Let's set up a time for you and I to meet outside of Jackie's session. I keep starting an email back to you and get sidetracked by sessions and such. BUT I do think it's helpful to address and I know how hard it is for Jackie when you are in her sessions. Could you do next Tuesday, 9/19 at 9:30am? I know it's the week she is with her mom.
> >
> > Regarding eating, remind me what Meds Jackie takes. I do think that it's not wholly unusual for kids her age not to eat during the day, especially depending on different medications but I'm happy to talk with her about it during session for sure. I do get the importance of nutrition for kids I just know there is limited time for eating and lots of kids have lots of reasons why they don't eat at school that isn't because they are having any specific food related issues. Sometimes kids just don't and I think sometimes making sure they have plenty of options for snacks and breakfast and dinner and times they are not at school is the best and then having a pediatrician just make sure (not all the time but at regular appts) that the weight isn't dropping drastically is the best option. It's especially not strange for girls and kids with sensory related issues which is what I'm assuming the hand washing relates to. It could be related to body image issues but I don't get that feel from her at least not in the first couple of sessions, I will continue to monitor as well. It definitely could also be related to the stomach issues

she currently already has but for sure if there are recommendations that her doctor has said she needs to follow those would be the things I would want to do.

I want to make sure that I have the list of things you would like me to address down (in addition to the letter which is on my radar) from various emails as I feel I may have missed some:

- Night terrors
- Video Game Disorder
- Following up with Stacy to make sure we are OK with keeping Case management
- Difficulties in communication that seem to have increased (as she gets older and doesn't want to talk as much)

If there are others please let me know. I will happily follow up with another email as soon as I am able regarding these other concerns I have listed and again extend the invitation for you and I to meet and touch based next week if you would like. I completely get the concerns and fears related to Jackie and I think it's very normal to worry about our kids and parenting them as they get older is so hard and it's hard to realize they need/want to separate from us in age appropriate ways for sure.

I look forward to seeing Jackie this evening. Let me know if next week will work for you!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
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www.cctherapies.com

On Wed, Sep 13, 2023 at 5:15 PM John Fouts <fouts.john@gmail.com> wrote:

> I need some guidance. If you don't want to meet during Jackie's session - maybe we could meet outside the session for just a few minutes.
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> Also - Jackie continues to skip lunch often at school, and I don't know how to handle that either... I've asked Jackie to eat. I've talked about the importance of nutrition for our bodies and maintaining a healthy lifestyle. I've talked to Jennifer Rullan (the school counselor) and asked her to help me observe, since I am not at school.....myself....Jackie continues to skip meals - it isn't okay...
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> There is a different excuse each day...
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> **"Shining" in Service,**
>
> **John R. Fouts, MBA**

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 13, 2023 6:03 PM
To: Darcie Taggart
Subject: Re: I would like to sit in for part of the session today (for 10 or 15 minutes) - Jackie complains about EVERYTHING I DO - and then denies it - so I don't know how to handle that
Attachments: 2023-09-14-Jackie-Meds-List-Norton.pdf

On Wed, Sep 13, 2023 at 5:30 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> Let's set up a time for you and I to meet outside of Jackie's session. I keep starting an email back to you and get sidetracked by sessions and such. BUT I do think it's helpful to address and I know how hard it is for Jackie when you are in her sessions. Could you do next Tuesday, 9/19 at 9:30am? I know it's the week she is with her mom.

9:30 am on 9/19 will work fine - we got lucky - I have so many doctor appointments it is often hard to find time for anything. I am the parent of Jackie's that is involved with Jackie's care - and that is why Jackie resents me - it doesn't really make sense to me...but it is what it is...

> Regarding eating, remind me what Meds Jackie takes.

Please see list attached. Jackie does not take fluoxetine - she decided not ever to take it (and has never taken it). Jackie has also not taken Rizatriptan due to potential side effects, and has the Lidocaine patches to use PRN for foot pain issues.

> I do think that it's not wholly unusual for kids her age not to eat during the day, especially depending on different medications but I'm happy to talk with her about it during session for sure.

Well - the meds have not changed...but the eating habits at lunch are very suddenly different - only since starting at The Phoenix School...I would appreciate it if you would speak to her about it please.

> I do get the importance of nutrition for kids I just know there is limited time for eating and lots of kids have lots of reasons why they don't eat at school that isn't because they are having any specific food related issues.

Jackie's reasons have been:

*** The line is too long**
*** The second part of lunch goes by too fast**
*** Her feet were itching when she stood still for too long**
*** She couldn't wash her hands after lunch or didn't want to**
*** The food was too spicy**
*** Today it was the line was too long again...**

> Sometimes kids just don't and I think sometimes making sure they have plenty of options for snacks and breakfast and dinner and times they are not at school is the best and then having a pediatrician just make sure (not all the time but at regular appts) that the weight isn't dropping drastically is the best option. It's especially not strange for girls and kids with sensory related issues which is what I'm assuming the hand washing relates to.

I'm sure the washing hands is partly sensory - and partly because Jackie wants to follow the rules and was told not to go to the bathroom at lunch even though she has the right via 504 plan to go at any time.

I can tell when Jackie has not eaten because she is VERY HANGRY after school.

I think it is partly body image too...she says often that she thinks she is fat.

Part of my concern is that she does not like to eat breakfast either, often eating only 2 or 3 bites literally of cereal...and tries to skip dinner often....you cannot go days without eating and remain healthy - especially not when you already have underlying health problems - and genetic predisposition (see monoallelic TACI mutation)...

At mommy's I get very concerned about some of the things I hear about - but I am not there and do not know what really happens...

> It could be related to body image issues but I don't get that feel from her at least not in the first couple of sessions, I will continue to monitor as well. It definitely could also be related to the stomach issues she currently already has but for sure if there are recommendations that her doctor has said she needs to follow those would be the things I would want to do.
>
> I want to make sure that I have the list of things you would like me to address down (in addition to the letter which is on my radar) from various emails as I feel I may have missed some: **(if we miss any we can hit them later)**

> **- Night terrors**

> **- Video Game Disorder**

> - Following up with Stacy to make sure we are OK with keeping Case management - I already spoke with her - she said she required a face to face - so **I met with her yesterday morning. She said it was okay as long as she had a form where she could talk to you about Jackie - I signed the form in the a.m. so we are squared away ther.**

> **- Difficulties in communication that seem to have increased (as she gets older and doesn't want to talk as much)**
>
> If there are others please let me know. I will happily follow up with another email as soon as I am able regarding these other concerns I have listed and again extend the invitation for you and I to meet and touch based next week if you would like.

> I completely get the concerns and fears related to Jackie and I think it's very normal to worry about our kids and parenting them as they get older is so hard and it's hard to realize they need/want to separate from us in age appropriate ways for sure.

That's the hard part for me - because some things emotionally and socially are WAY below age level norm - and others are normal - so I don't know how to hit a constantly moving target that goes above and way below constantly - if that makes sense....

> I look forward to seeing Jackie this evening. Let me know if next week will work for you!

Yep - next week is great.

> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
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>> **"Shining" in Service,**
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"Shining" in Service,

John R. Fouts, MBA

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From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, September 13, 2023 5:15 PM
To: Darcie Taggart
Subject: I would like to sit in for part of the session today (for 10 or 15 minutes) - Jackie complains about EVERYTHING I DO - and then denies it - so I don't know how to handle that

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, September 11, 2023 11:38 AM
To: Darcie Taggart
Subject: Re: This week upcoming -- 2023-09-10 -- Jaqquelyn/Jackie Fouts -- Scheduling

Thanks Darcie. So this week 6:30 p.m. on Wednesday is what I'll put on the calendar.

Ironically, today, I made the best time to school in the morning (40 minutes) - best time yet this year! And on the way back set a record too at 28 minutes! Maybe the traffic on my other week was coincidental due to being near the start of the school year? Or just random in general.

As soon as I can move closer to the school, there will be more time available - and it will help everyone involved.

Thanks for being understanding regarding the concerns too. Another concern I have is about Jackie's nightmares / night terrors. Jackie ends up screaming several times per night. I've also attached the criteria for video gaming

About gaming disorder:

==========

"The condition is "characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences." To be diagnosed, a person must be exhibiting symptoms for 12 months or more and be impaired by them in personal, family, social, educational, occupational, or other important areas of functioning.
"I think the ICD-11 category will give us a chance to learn how to identify and diagnose the disorder," says child and adolescent psychiatrist Victor Fornari, MD."

==========

Please see the attached link to a file as one example of Jackie's night terrors - these happen several times each night. At least each night that Jackie is with me, I hear her have several of these - I wake up panicked sometimes because of how intense and fearful Jackie sounds, and I am very worried about what she is dreaming about - want her to not feel scared or anxious in any way - and have no idea why she is dreaming such intense things, so of course I am concerned.

Ironically, Jackie's doctor just struck nightmares out of the medical record, and I don't know why...

Here is one of Jackie's nightmares/night terrors from last night:

Jackie's nightmares -- example from -- 2023-09-10 (night of)

These night terrors happen anywhere from just a few times, to as many as 15 to 16 times (maximum I have awoken to) per night.

Jackie used to not have these, so I don't know why she started having them.

==========

Safe travels!

==========

John

On Mon, Sep 11, 2023 at 9:49 AM Darcie Taggart <darcie@cctherapies.com> wrote:

For this week let's do 6:30pm on Wednesday. I am headed back from Denver today and while we get home around 4pm I already have a telehealth appt at 6:30pm. I have that appt every other Monday at 6:30 which will likely fall on your weeks. I will look at my calendar tonight when I get home to determine what we could do on your weeks moving forward since the 5:30 doesn't work on Mondays and find you a time for another day. Apologies for the delay in reply as I have been traveling.

I will also respond to your other concerns upon my return to regular work hours tomorrow.

Thanks.

Darcie

Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Sep 9, 2023, at 8:53 PM, John Fouts <fouts.john@gmail.com> wrote:

Darcie,

Things got better as the day went along. Jackie missed school on Friday - said mommy just laid in bed all day. Last time Jackie missed school on Friday, said mommy skipped work that day. I'm worried about both of them honestly... For this week, can we do 6 pm on Monday? It will be cutting it close because of IVIG ... or 6:30 would be better on Monday to give a little buffer. The other noted concerns from earlier are still concerns of course...

I am really hoping you will be able to meet with Jackie on Monday sometime. If not, however, I understand. Other possible times listed below.

Monday --> 6 or after ...

Tuesday, Wednesday, or Thursday --> 5:30 or after ...

Friday --> Transition day so off the docket ...

Will any of these times work? If not, then Jackie can meet a little bitty bit earlier, but would be in the car with me, without privacy, on the way home from school, which would not be ideal - but we will try to do whatever we can to make it work.

J

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, September 9, 2023 10:53 PM
To: Darcie Taggart
Subject: This week upcoming -- 2023-09-10 -- Jaqquelyn/Jackie Fouts -- Scheduling

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John R. Fouts, MBA

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, September 9, 2023 10:44 AM
To: Darcie Taggart
Subject: More Concerns For Jackie - not trying to blow up your email - but I have definite concerns that I do not know how to handle - and need some guidance - to be the best parent I can be - 2023-09-09

First concern:

Eating Disorder Possibility - already noted so won't go into detail again here. If you have any guidance here, please share. I'm going to write to the school counselor (not therapist), to help keep an eye on Jackie's eating habits at lunch at school. I know she has not eaten lunch several days.

Next concern:

Jackie saying she said things she did not say, or Jackie saying she didn't say things when she did -- this happens extremely frequently.
In Jackie's own words, but not tied directly to that first statement (probably indirectly), Jackie says she keeps getting confused between reality and imagination.
How am I supposed to handle this? Do you have any guidance?

Concern after that:

Jackie lies ... A LOT ... and it drives me nuts. It is to the point that I'm ready to pull my hair out. It actually has a very negative profound effect on me. I HATE LIES. I grew up in a house full of lies, and it is very important to me for there to be honesty. I cannot really go into detail about my childhood, but suffice it to say it was traumatic. If I call Jackie out on a lie, she says she didn't lie, and never said that. She says that I lie, but I do not lie to her...so I don't know what to do with that statement. Many parents in the past have told me I should not be so honest with my child. My parents have said the same. How am I supposed to handle this - how do I get Jackie to reduce all the lying that is taking place? Do you have any guidance? I don't get any help from the other parent in terms of any kind of co-parenting or tips/tricks etc... or any contribution to parenting for situations like this.

Last concern to note for now:

Jackie mis-interprets tone, and I don't know how to help there either. If I ever make 'any' suggestions, or make 'any' kind of statement of correction of 'any' kind, I have a full blown either mental health crisis from Jackie on my hands, or an extremely angry and argumentative Jackie on my hands - I just don't know what to do here either. I know that other therapists from the past have witnessed Jackie misinterpreting tone personally, and I know that we all do this from time to time. I'll see if I can find a short video example illustrating more along the lines of what I mean.

Also wanted to mention that I try to keep my doctor appointments outside of the time that Jackie is with me - the problem is - I have SO MANY that it is very hard to do sometimes. My PCP forced me to be farmed back out to a bunch of specialists...I'm trying to get a better handle on whittling down

those appointments in general so by the time October break, or Christmas comes along that I am not stuck dragging Jackie along to appointments she does not want to go to.

--

"Shining" in Service,

John R. Fouts, MBA

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--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, September 8, 2023 7:27 PM
To: Darcie Taggart
Subject: Jaqquelyn Fouts - Scheduling -- 2023-09-08
Attachments: image.png; image.png

Darcie,

I live in Shepherdsville right now. At 3:00 or after, it generally takes an hour to get home - sometimes 2 hours if there is a wreck. So the VERY SOONEST that we could get home, generally would be.... Jackie's school ends at 3:20...but the students are not all out until about 3:40...I have only one week of experience with the new school, so don't know if that is normal or not. Assuming that is normal....4:40 is the absolute soonest we would be walking in the door - we had one day last week where we didn't get home until close to 6 due to traffic and wrecks. I am trying my best to get closer to the school as soon as possible. I have the housing choice voucher, but I'm finding it hard to find a place that will take it. If you look up the time on maps.google.com it says 27 minutes....but that does not account for morning nor evening rush hour traffic. It takes us a solid 45 min to an hour to get there in the mornings as well - so we really need a slightly later time on the other days too. Fridays are out because of it being a transition day.....so has to be Tue, Wed, or Thurs. One other wrench to throw in is that every 52 days, I have to go to Norton Cancer Center to have a Copper infusion due to a copper deficiency issue I have.

I'm pasting the next 2 of my weeks on my calendar right now as things stand....

Hopefully this will help you see more of the time commitment I have that is, unfortunately, largely committed to transportation...and Darcie...it is VERY HARD ON ME...I am barely able to do it, and won't be able to long-term due to the autoimmune issues, so I am feeling lots of pressure to move ASAP closer, but I cannot move if there is no place in that area that takes the voucher - I have to wait it out - it is a tough position. Of course Jackie is in school in the middle of the days. The orange blocks at the bottom don't need to count for the purpose of scheduling therapy - so therapy could be scheduled during any of the orange block times (just not if there are any other pre-existing commitments). (e.g. on the 28th of September, there is a Kosair Farm Festival that I had to RSVP for to get Jackie a free pumpkin and hayrides and stuff like that.)

The MyHealthMatters group may also be ignored. I do have concerns about some other things for Jackie too - Video Gaming Disorder which Jackie well meets the criteria for...and I am seeing an unhealthy eating pattern that is developing, and maybe more....Jackie, the first full week of school, did not eat lunch there for at least 1 day, the next week, also did not eat lunch for at least one day...this week, Jackie told me she was out today again (on the Friday of mommy's week - again - pattern?), and she said that she did not eat lunch for 2 of the days that she was there this week. When I asked her why...she said because she would have to wash her hands afterward, and she does not want to have to do that....I suspect self-image issues. The last 2 times on Friday when Jackie came here for dinner, she said she did not want to eat dinner. At mommy's house, she also does not eat breakfast...but I have her eat breakfast here....I am concerned about the developments I am seeing there, because, especially, of all the other physical conditions like Gastroparesis that Jackie has going on.

John

On Fri, Sep 8, 2023 at 6:35 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> How about we try for either 3:30 or 4:30pm on Wednesday next week, instead of Mondays. If Wednesdays are generally better for you I feel certain I can make that work.

I just had someone move off of Wednesdays and while 3:30 will ALWAYS work I might be able to do 4:30 as well - I'm assuming 4:30 would be easier for school. :-) Let me know if that works for next week and which time is better.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Fri, Sep 8, 2023 at 9:30 AM Darcie Taggart <darcie@cctherapies.com> wrote:

> Hey John,
>
> What time do you usually get home on days that are not infusion days? I'm more than happy to take a look at my schedule and be flexible and it sounds like on your weeks a day other than Monday might be best! Jackie told me what time school gets out but I have forgotten now so if you can let me know that as well it would be great.
>
> I emailed Stacy this morning so I will let you know what she says about the therapy requirement. Certainly don't what to do anything that would jeopardize the case management especially with someone you all have known for a while. We will get it worked out.
>
> Darcie
>
> **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
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>
>
> On Fri, Sep 8, 2023 at 8:22 AM John Fouts <fouts.john@gmail.com> wrote:
>
> > Darcie,
> >
> > On Mondays (of my weeks with Jackie), I take her to school, then rush back to my house, to meet a nurse who is present and takes care of me during the IVIG infusions that I receive.
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From: John Fouts <fouts.john@gmail.com>
Sent: Friday, September 8, 2023 7:27 PM
To: Darcie Taggart
Subject: Jaqquelyn Fouts - Scheduling -- 2023-09-08
Attachments: image.png; image.png

Darcie,

I live in Shepherdsville right now. At 3:00 or after, it generally takes an hour to get home - sometimes 2 hours if there is a wreck. So the VERY SOONEST that we could get home, generally would be.... Jackie's school ends at 3:20...but the students are not all out until about 3:40...I have only one week of experience with the new school, so don't know if that is normal or not. Assuming that is normal....4:40 is the absolute soonest we would be walking in the door - we had one day last week where we didn't get home until close to 6 due to traffic and wrecks. I am trying my best to get closer to the school as soon as possible. I have the housing choice voucher, but I'm finding it hard to find a place that will take it. If you look up the time on maps.google.com it says 27 minutes....but that does not account for morning nor evening rush hour traffic. It takes us a solid 45 min to an hour to get there in the mornings as well - so we really need a slightly later time on the other days too. Fridays are out because of it being a transition day.....so has to be Tue, Wed, or Thurs. One other wrench to throw in is that every 52 days, I have to go to Norton Cancer Center to have a Copper infusion due to a copper deficiency issue I have.

I'm pasting the next 2 of my weeks on my calendar right now as things stand....

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From: John Fouts <fouts.john@gmail.com>
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To: Darcie Taggart
Subject: Re: Just wanting to make sure that Jackie hooked up with you online for her session.

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On Thu, Sep 7, 2023 at 4:18 PM John Fouts <fouts.john@gmail.com> wrote:

> Thanks Ms. Darcie.
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> **"Shining" in Service,**
>
> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

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From: John Fouts <fouts.john@gmail.com>
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Sent: Wednesday, September 6, 2023 6:04 PM
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Attachments: 2022-07-12-Jack-Fouts-Psychoeducational-Evaluation-Neuropsychological-Testing-Meridian-Behavioral-Health-Dr-David-Charles.pdf; APD_Fouts.J.2022.pdf; 2023-09-06-Diagnosis-List-Jackie-Fouts.pdf; 2023-09-06-Parental-Alienation-Can-Be-Emotional-Child-Abuse.pdf

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Jackie was in fifth grade...and Jackie had started being home schooled - so after 2/22/2022...and Jackie was at my house during mom's weeks while mom worked...Jackie resents me for homeschooling even though it is what Jackie said she needed -- but the resentment comes from her doing homeschool at my house during mom's weeks - which was mom's decision....so I am the innocent bystander getting gunned down...

Anyway - Jackie had been feeling really really hurt by things that had been happening between her mother and her, and I said I will talk to mommy with you when she comes if you want me to...and Jackie poured out her heart (still Jack back then)...

I sat in the car and listened to Jack to mommy how (he) felt -- for about 10 minutes of gut-wrenching, soul-scorching, extremely raw SAD emotion, finalizing with Jack saying mommy - you've hurt me so much I just don't think you love me anymore... Jack(ie) did a great job voicing her emotions...but mommy said 'I am not going to sit here and listen to this...I just want to go home...we are leaving'. That was her response (when she was picking up Jackie from my house after she got off work on a homeschool day during her week). I asked Jack(ie) if they ever talked anymore, and she said no...

I cannot get mommy to do things that will help Jackie...like I have been trying to get her to send Kosair her pay stubs from U of L because they need those to finalize a hearing aid application for Jackie, or fill out SSI functional form from the other parent side, etc... I cannot make her do things that she NEEDS to do to help Jackie.

After that day when Jackie spilled out her emotions to mommy in the car, it was like a light switch flipped, and Jackie suddenly began only identifying with mommy...so I do definitely have concerns that emotional abuse has played a role in this gender transformation ideology that Jackie has now...

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To: Darcie Taggart
Subject: Wanting to make sure all communication updates are going to the right places - and - notes about meeting with Mr. Charlie (Sawyer) at The Phoenix School Earlier This Week - 2023-09-01

Hi Darcie.

Happy Labor Day Weekend. I hope that you are doing okay.

I met with Charlie Sawyer at The Phoenix earlier this week. Prior to going in to meet with him, I had told Jackie that we would be meeting with him - I mentioned it multiple times the night before, and even a few times in the morning on the way to school.

I got to the meeting at around 2:05 (it started at 2:00) so I was five minutes late - but the first 45 minutes or so was just me and Charlie filling out paperwork anyway...

Around 2:45 / 2:50, we went to grab Jaqquelyn from class, and Jackie was definitely not happy about it.

Charlie witnessed Jackie's anger directed toward me, including Jackie hitting me, throwing her purse at me, and slamming a chair into me...all because she didn't want to go to the meeting. She told Charlie she didn't want to go to therapy in school. He said he could not force her to go to therapy at school. Jackie said she didn't trust talking to men as much as talking to women (something I don't understand really - will say why in a minute)...but I get it somewhat...because I am more comfortable talking to women therapists myself...

Anyway - Mr. Charlie (as he has students call him) suggested to Jackie that Jackie talk to you, at your upcoming meeting with Jackie on next Thursday at 4pm, and he said to Jackie that he hopes she considers 'your' opinion after talking to you, as Jackie mentioned she trusted you, but not Mr. Charlie.

So Charlie said he was going to talk to you prior to that upcoming meeting with Jackie on Thursday.

I can tell you Jackie has a ton of anger directed toward me. A lot of it comes from me being the one that pretty much always had to take Jackie to the doctor because mom didn't want to do so... Same thing with dealing with school situations with the bullying and everything....mom didn't want to deal with any of it, so I had to do so. If it is helpful, I can print out the complaints I had to submit to the superintendent's office at Bloom.

I have trouble getting mom to do anything for Jackie honestly....I just filled out another massive packet for hearing aids for Jackie (for auditory processing disorder)....all mom had to do was send in her pay stubs and her employer information to Kosair - but I can't get her to do it. When I renewed Jackie's passport - it took her almost a year to do her part so we could actually apply. My parents took us to Phoenix over the Summer and we had considered going to Mexico, but since Lindsay (Jackie's mom) wouldn't fill out the

paperwork in any kind of timeframe that was reasonable - we didn't even have the passport, so that was not an option...

Mommy doesn't normally go to therapy appointments either... mommy wasn't involved in getting Jackie into The Phoenix...or into Bloom...you get the point...Jackie resents me for taking care of her....(of Jackie)....so I don't know how to handle that... Jackie also resents me because mom forced her to stay with me from 7:30 am to 5:30 pm on mommy's weeks. I know that mommy talks badly about me in front of Jackie (according to Jackie), and I try not to say anything bad about mommy in front of Jackie (or at all really). I know she struggles with mental health issues. I struggle with physical and mental health issues...myself...

Anyway - Jackie has a lot of hatred directed toward me....and it is really hurtful....something that really sucks...is that I often have felt the need to cry...but Sjogren's Disease has stolen from me, the ability to make tears, and have that release....and Jackie will say things like....well it is obvious you aren't upset....you aren't even crying....or other things like that....

Just trying to give you more of a background.

Switching gears... is there a way that you can write a letter to allow us to establish care with the PAGE Clinic? I don't know if it will even do any good at this point as SB 150 may restrict what they are able to do... Jackie's voice is beginning to crack and change and I have tried so hard to get puberty blockers in place before that happens to avoid the potential for vocal chord surgery (which is risky) later....I am not really comfortable with everything - but trying to do what is right for my child...

Lastly for now -- I want to make sure you have all the proper contact information for everyone:

Dad:

John R. Fouts, MBA
P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com
184 Cedarview Dr.
Shepherdsville, KY 40165
(Trying to find a new place to live asap - aiming for this week - but no energy makes it very hard - know places that take cats that take housing choice vouchers 3 bed 2 bath near Lyndon for 1552 or less?)

Mom:

Lindsay V. Fouts, CPA, MBA
P. 502.475.6896
E. lindsayfoutscpa@gmail.com
8011 Post Oak Apartments (Wood Rd.)
Lyndon, KY 40222

Jackie/Jaqquelyn A. Fouts
P. 502.531.6474
E. jackie.a.fouts@gmail.com
jaqquelyn.a.fouts@gmail.com
Split custody (switch on Friday afternoons after school)

I think you have all that in the portal, but wanted to make double sure.

Also - on Thursday at 4pm, Jackie is going to be at mommy's house alone (mommy is at work until 5). Just wanting to let you know.

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I have trouble getting mom to do anything for Jackie honestly....I just filled out another massive packet for hearing aids for Jackie (for auditory processing disorder)....all mom had to do was send in her pay stubs and her employer information to Kosair - but I can't get her to do it. When I renewed Jackie's passport - it took her almost a year to do her part so we could actually apply. My parents took us to Phoenix over the Summer and we had considered going to Mexico, but since Lindsay (Jackie's mom) wouldn't fill out the

paperwork in any kind of timeframe that was reasonable - we didn't even have the passport, so that was not an option...

Mommy doesn't normally go to therapy appointments either... mommy wasn't involved in getting Jackie into The Phoenix...or into Bloom...you get the point...Jackie resents me for taking care of her....(of Jackie)....so I don't know how to handle that... Jackie also resents me because mom forced her to stay with me from 7:30 am to 5:30 pm on mommy's weeks. I know that mommy talks badly about me in front of Jackie (according to Jackie), and I try not to say anything bad about mommy in front of Jackie (or at all really). I know she struggles with mental health issues. I struggle with physical and mental health issues...myself...

Anyway - Jackie has a lot of hatred directed toward me....and it is really hurtful....something that really sucks...is that I often have felt the need to cry...but Sjogren's Disease has stolen from me, the ability to make tears, and have that release....and Jackie will say things like....well it is obvious you aren't upset....you aren't even crying....or other things like that....

Just trying to give you more of a background.

Switching gears... is there a way that you can write a letter to allow us to establish care with the PAGE Clinic? I don't know if it will even do any good at this point as SB 150 may restrict what they are able to do... Jackie's voice is beginning to crack and change and I have tried so hard to get puberty blockers in place before that happens to avoid the potential for vocal chord surgery (which is risky) later....I am not really comfortable with everything - but trying to do what is right for my child...

Lastly for now -- I want to make sure you have all the proper contact information for everyone:

Dad:

John R. Fouts, MBA
P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com
184 Cedarview Dr.
Shepherdsville, KY 40165
(Trying to find a new place to live asap - aiming for this week - but no energy makes it very hard - know places that take cats that take housing choice vouchers 3 bed 2 bath near Lyndon for 1552 or less?)

Mom:

Lindsay V. Fouts, CPA, MBA
P. 502.475.6896
E. lindsayfoutscpa@gmail.com
8011 Post Oak Apartments (Wood Rd.)
Lyndon, KY 40222

Jackie/Jaqquelyn A. Fouts
P. 502.531.6474
E. jackie.a.fouts@gmail.com
jaqquelyn.a.fouts@gmail.com
Split custody (switch on Friday afternoons after school)

I think you have all that in the portal, but wanted to make double sure.

Also - on Thursday at 4pm, Jackie is going to be at mommy's house alone (mommy is at work until 5). Just wanting to let you know.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, August 27, 2023 5:05 PM
To: Darcie Taggart
Subject: Thursday at 4 pm telehealth confirmation - Jaqquelyn Fouts

Yes that is Lindsay's week (she spells her name with an 'a') so please make sure you spell it like Lindsay. I know Lindsey Smith's name used an 'e'.

If you talk to Lindsey Smith tell her we said hi.

Seems like Jackie got less shy after I left the room. There are some things I don't understand. I am Jaqquelyn's biggest advocate

On Sun, Aug 27, 2023 at 12:04 PM Darcie Taggart <darcie@cctherapies.com> wrote:

> How about Thursday, September 7th at 4pm via Zoom - seems like Jackie says that is Lindsey's week - so I'll put the appt in and you can let me know. :-) Thanks!
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> Co-Owner & Mental Health Therapist
> Creating Connection, PLLC
> www.cctherapies.com
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> Talk to you in a second.
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From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, August 27, 2023 10:51 AM
To: Darcie Taggart
Subject: Re: Portal doesn't have a telehealth link?

I see the portal "Join Now" link now...

We live in my parents' home in the basement.

Right now my parents are not home - they went on a spur of the moment trip. So the 11:30 time would be ideal as I have no idea what time they will be back, but they do not honor any boundaries here - (e.g. they would walk right into the middle of a therapy session and not think twice about it...)...

I want Jackie to be able to talk freely. Can we split the difference and meet at 12:00? I also have to make lunch and we need to look for housing, and Jackie has some homework to do.

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Sent: Thursday, August 17, 2023 10:01 PM
To: Darcie Taggart
Subject: I was thinking that I might be able to talk to you prior to Jackie's session about things to help with getting the page clinic letter potentially sooner - what do you think?

Hi Darcie.

I know you are getting ready to be out of pocket for a while, but I thought maybe it would be helpful to talk about Jackie's case prior to her first session with you to help give you background information etc... if it would be helpful, I can also send you her neuropsychiatric evaluation, and her meds list and her conditions list etc... and some older psychological testing etc... too. Would any of this be helpful? Jaqquelyn is 12 and puberty has started and I am trying my hardest to help her at least get on a puberty blocker or something so she has the best chance to be the most feminine she can in life with the least amount of medical interventions necessary...you know? She is my only child...I love her with all of my heart...I only want the best for her...

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To: Darcie Taggart
Subject: I see the appointment in the portal said the 27th so I'll let my ex-wife know the 20th is off the calendar. Need help with one of the forms though...

Darcie,

Something happened and my keyboard stopped working when I was trying to fill out the emergency contact form section.

It listed my mom's bday (Jackie's Nana) as 3/7/2018...her bday is 3/7/1952...Nana is not 7 years younger than Jackie lol.

I can fix it if given the opportunity but the form disappeared... or I've provided the emergency contact information below.

Emergency Contact Names

Bonnia Cook Fouts
Jackie's Grandmother [Paternal] (Nana)
Bday 3/7/1952
Phone: 502.821.3752
Email: bonniacookfouts@gmail.com

Bob Fouts
Jackie's Grandfather [Paternal] (Pa)
Bday 8/1/1944
Phone: 502.298.1377
Email: bobfouts44@gmail.com

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Hi Darcie.

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If this coming Sunday at 8 am is still okay, I had already asked my ex-wife if she could make sure Jackie was awake at her house, and she had already agreed.

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Regarding the Therapy Portal emails - I received 2 of them - I will work on getting the information in there to you asap.

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Regarding Lindsey Smith, yes Jackie was heartbroken when she left, but she was not at liberty to tell us where she went and I could not find her anywhere online, so we had tried to see someone at 7 Counties named Beatrice, but Beatrice was uncomfortable talking to Jackie, and ultimately said we could not see her... anyway - I'd be glad to sign the letter of release of information for you to be able to talk to Lindsey Smith. She helped Jackie through some very tough times.

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difficulties) that it poses for our transgender youth and their rights. I knew the PAGE clinic required letters prior to starting any sort of HRT or puberty blockers but I'm guessing they have had to get stricter in their policies since HB 150 and all it's things were passed. I know there is still hope that they will overturn it but for now we live with where we are and support kids how we can. I am so grateful Jackie has you to be supportive of her! Parental support is so key (even when there are other family members who are not).

I completely get the morning difficulty. Why don't we try instead to meet on Sunday, August 27th. Normally I have a little more availability but I am going to be out of town from the evening of the 20th thru the 26th so that's putting a little kink in my scheduling. I could do 11:30am that day (the 27th) and likely that is your weekend and a little later in the day for Jackie to not get up so early. Does that sound OK? That's actually better for me too as the 8am would have been pushing it all the way around.

Also, I realized when you gave me your child's given name that I know your child from my role as a Supervisor with Seven Counties Services. I used to Supervise Lindsey Smith and I believe that is who Jackie saw when she was going there, is that correct? If so, and with your permission, I could also consult with Lindsey regarding the letter which might help us be able to write it faster since she would have the history longer than even me.

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From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, August 13, 2023 10:55 AM
To: Darcie Taggart
Subject: Re: Jaqquelyn A. Fouts - Referred by Theresa Adamchik - 2023-08-09

Also, where do you see clients? Where is your office?

On Fri, Aug 11, 2023, 8:45 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Hello John,

I would be happy to see Jackie. Who does she see at the PAGE clinic? I do think they have a therapist who writes these types of letters but I am also happy to assess and write one as well! I enjoy working with kids and especially helping them grow more into who they are! I too find that I dislike that a kid has to have a gender dysphoria diagnosis to receive affirming care and wish it was not so but I do get that this is the world we currently live in.

I accept Humana Medicaid and would be happy to do telehealth if that is what Jackie prefers although I do often tell kids if they want to do a hybrid or ever want to come into the office they absolutely can.

My after schools are very busy as you can imagine but I will make every effort to get her in for those times that work! For a first meeting/intake could we do next Sunday the 20th at 8am? I know that is really early BUT my after school appts are full this coming week and I am out of town the week after so I would love to get a start sooner rather than later.

If that works please let me know Jackie's DOB and I will send you an email to get a portal account started from Therapy Notes which is our electronic records platform. I look forward to meeting you and Jackie.

Darcie

Be excellent to each other.

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John (Jaqquelyn's dad)

P. 502.956.0052
F. 502.996.8246
E. Fouts.John@gmail.com

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

<2023-05-08-Page-Clinic-Letter-Of-Support-Gender-Dysphoria.pdf>

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, August 13, 2023 10:55 AM
To: Darcie Taggart
Subject: Re: Jaqquelyn A. Fouts - Referred by Theresa Adamchik - 2023-08-09

Also, where do you see clients? Where is your office?

On Fri, Aug 11, 2023, 8:45 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Hello John,

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I accept Humana Medicaid and would be happy to do telehealth if that is what Jackie prefers although I do often tell kids if they want to do a hybrid or ever want to come into the office they absolutely can.

My after schools are very busy as you can imagine but I will make every effort to get her in for those times that work! For a first meeting/intake could we do next Sunday the 20th at 8am? I know that is really early BUT my after school appts are full this coming week and I am out of town the week after so I would love to get a start sooner rather than later.

If that works please let me know Jackie's DOB and I will send you an email to get a portal account started from Therapy Notes which is our electronic records platform. I look forward to meeting you and Jackie.

Darcie

Be excellent to each other.

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<2023-05-08-Page-Clinic-Letter-Of-Support-Gender-Dysphoria.pdf>

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, August 12, 2023 5:31 PM
To: Darcie Taggart
Subject: Re: Jaqquelyn A. Fouts - Referred by Theresa Adamchik - 2023-08-09

Please see responses below in red (I have eye trouble - so the contrasting colors are very helpful to me.)

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SB 150 basically bans care for transgender people and takes away their rights. It is very hard in our current living situation because my father (born in 1944) is very supportive of taking away rights for transgender people, and refuses to use Jackie's preferred pronouns, so Jackie has to have 2 identities while I am stuck living in the basement of my parents home with Jackie. I am working on a solution. I have been able, finally, to secure a Mainstream Voucher which will allow us to get an apartment, and possibly even a house with a housing program I learned about early last week - but I am still finding out the details. The voucher also had to be revised, and I am expecting to get the revised voucher on Monday, so I will know the voucher amount. The housing program is nice if I am eligible, because the voucher covers principal, interest, taxes, and insurance on a house. That would be ideal as I have a systemic progressive disease and am unable to work - but not able to collect disability (keep getting denied)...even with over 6,000 pages of medical records...

The Jefferson County Board of Education adopted a policy declaring that gender 'dysphoria' can be considered a 'disability', so protections could be added to 504 plans and IEPs for students that identify as a different gender and to allow for the use of preferred pronouns and to address the bathroom situation.

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A hybrid would be best. For one thing, I never know how Jackie's mother will react. She was quite upset about having to take Jackie to any appointment for anything in the past. I have taken Jackie to the vast majority of all appointments in her life. Lindsay (my ex-wife), did, however, begin to take Jackie to art therapy on her weeks (we have split custody and switch on Fridays). On my weeks, if the schedule allows, in general, I'm happy to bring Jackie as I think in person is better for her…that being said…I have no income…and very, very, very limited resources in terms of having gas to drive anywhere.

My after schools are very busy as you can imagine but I will make every effort to get her in for those times that work! For a first meeting/intake could we do next Sunday the 20th at 8am? I know that is really early BUT my after school appts are full this coming week and I am out of town the week after so I would love to get a start sooner rather than later.

That will be Lindsay's week, so I will need to ask her…but I will see what she says. Would you be able to do the meeting any later? Lindsay has trouble getting up in the morning on the weekends, and will want to rest I am sure. Jackie would do better a little later than that too (generally meds are taken around then -- including Adderall for ADHD etc…)…and they will not have kicked in yet…if that is the only time you have though…

If that works please let me know Jackie's DOB and I will send you an email to get a portal account started from Therapy Notes which is our electronic records platform. I look forward to meeting you and Jackie.

Can we go on and get the portal thing started at least? Then we are at least making some kind of progress, and I can get you whatever records you may need, etc… Jackie's DOB is 4-26-2011…but legal documents still all list Jackie as Jack Fouts (including insurance card).

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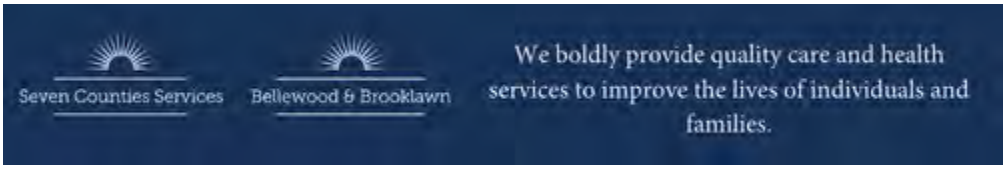
fouts.john@gmail.com

From: Charlie Sawyer <csawyer@sevencounties.org>
Sent: Wednesday, October 4, 2023 12:36 PM
To: Darcie Taggart, ATR-BC, LPATS,
Cc: John Fouts
Subject: Case Closed

OK, I have closed the case. If something changes, Jackie can always return.

Charlie Sawyer Psychologist
Certified Psychologist w/Autonomous Functioning
502-589-8920 | 502-650-0313
sevencounties.org | bellewoodandbrooklawn.org



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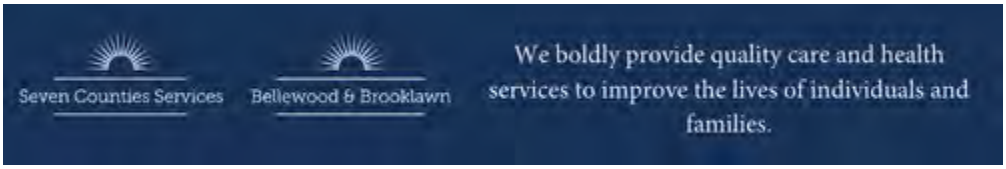

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, March 27, 2024 12:04 PM
To: Darcie Taggart; John Fouts; Lindsay Fouts; Jaqquelyn Alana Fouts
Subject: Need another letter for Jackie for puberty blocking and HRT -- 2024-03-27 -- Please see this request from Dr. Leo P at QMed

Have your mental health professional do an official gender dysphoria evaluation and suggest whether or not Jackie is ready for cross-sex steroids.

The recommended content of the referral letter for feminizing/masculinizing hormone therapy is as follows:
1. The clients general identifying characteristics;
2. Results of the clients psychosocial assessment, including any diagnoses;
3. The duration of the referring health professionals relationship with the client, including the type of evaluation and therapy or counseling to date;
4. An explanation that the criteria for hormone therapy have been met, and a brief description of the clinical rationale for supporting the clients request for hormone therapy;
5. A statement that informed consent has been obtained from the patient;
6. A statement that the referring health professional is available for coordination of care and welcomes a phone call to establish this.

Have them email that directly to Dr. Leo at DrLeo@queermed.com

Received on: 03/26/2024 01:42 PM EDT

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fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Monday, October 16, 2023 5:24 PM
To: fouts.john@gmail.com
Subject: Out of Office Re: Are you still out? I cannot remember - I think you

Thank you for reaching out to me at Creating Connection. I am currently out of the office from September 30th thru October 17th on Vacation followed by attendance at a conference and may be slower to respond to your email. Please be patient and I will respond as soon as I am able. Thank you and have a wonderful day.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Saturday, October 7, 2023 6:20 PM
To: fouts.john@gmail.com
Subject: Out of Office Re: Would it be possible for you to meet with Jackie?

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Monday, October 2, 2023 5:32 PM
To: fouts.john@gmail.com
Subject: Out of Office Re: Are you going to meet with Jackie tonight? She is waiting for you but there is no meeting in the portal

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, May 27, 2024 1:20 PM
To: Jackie Fouts
Subject: Fwd: Appointment Reminder for May 29

fyi -- your reminder that your appt is on Wednesday this week due to the holiday.

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, May 27, 2024 at 5:32 AM
Subject: Appointment Reminder for May 29
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday May 29 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

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Fax. 502.996.8246

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Sent: Saturday, November 11, 2023 9:17 AM
To: Jackie Fouts
Subject: Fwd: Appointment Reminder for Nov 13

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Nov 11, 2023 at 5:34 AM
Subject: Appointment Reminder for Nov 13
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Nov 13 at 5:30 PM EST

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, August 26, 2023 11:36 PM
To: Jackie Fouts; Jaqquelyn Fouts; Jack Fouts
Subject: Darcie Taggart (Darcie is the new therapist that is a gender affirming therapist that can write a letter for the Page Clinic) -- 2023-08-27 -- Therapy Time 8 am

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

Here is a link for the online portal:

https://www.therapyportal.com/p/cctherapies/

Appointments: Aug 27 11:30AM

Scheduled Appointment:Sunday Aug 27 at 11:30AM EDT

Clinician:
Appointment Type:
Your residence
Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Therapy Intake (60 minutes)

This session will start soon. Please call the practice if you need to cancel due to an emergency.

You will need to log in to the portal to get the link.

The username is Fouts.John@gmail.com
The password is: Rocky82???

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, August 26, 2023 11:36 PM
To: Jackie Fouts; Jaqquelyn Fouts; Jack Fouts
Subject: Darcie Taggart (Darcie is the new therapist that is a gender affirming therapist that can write a letter for the Page Clinic) -- 2023-08-27 -- Therapy Time 8 am

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
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Here is a link for the online portal:

https://www.therapyportal.com/p/cctherapies/

Appointments: Aug 27 11:30AM

Scheduled Appointment:Sunday Aug 27 at 11:30AM EDT

Clinician:
Appointment Type:
Your residence
Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Therapy Intake (60 minutes)

This session will start soon. Please call the practice if you need to cancel due to an emergency.

You will need to log in to the portal to get the link.

The username is Fouts.John@gmail.com
The password is: Rocky82???

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, September 16, 2023 10:00 AM
To: Jackie Fouts; Lindsay Fouts
Subject: Fwd: Appointment Reminder for Sep 18

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Sep 16, 2023 at 9:50 AM
Subject: Appointment Reminder for Sep 18
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Sep 18 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, August 24, 2024 2:09 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Aug 26

Jackie - Darcie changed this to be at 6:30 for this week only. Love dad

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Aug 24, 2024 at 5:32 AM
Subject: Appointment Reminder for Aug 26
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Aug 26 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, July 21, 2024 3:01 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Jul 22

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Jul 20, 2024 at 5:32 AM
Subject: Appointment Reminder for Jul 22
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Jul 22 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, July 1, 2024 12:02 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Jul 3

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Jul 1, 2024 at 6:34 AM
Subject: Appointment Reminder for Jul 3
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Jul 3 at 6:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

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(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, June 8, 2024 4:05 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Jun 10

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Jun 8, 2024 at 4:35 AM
Subject: Appointment Reminder for Jun 10
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Jun 10 at 4:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Wednesday, June 5, 2024 10:22 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Jun 5

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Jun 3, 2024 at 6:44 AM
Subject: Appointment Reminder for Jun 5
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Jun 5 at 6:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, May 11, 2024 8:58 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for May 13

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, May 11, 2024, 5:52 AM
Subject: Appointment Reminder for May 13
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday May 13 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, April 27, 2024 11:58 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Apr 29

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Apr 27, 2024 at 5:33 AM
Subject: Appointment Reminder for Apr 29
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Apr 29 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, April 22, 2024 7:18 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Apr 24

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Apr 22, 2024, 6:32 AM
Subject: Appointment Reminder for Apr 24
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Apr 24 at 6:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, April 8, 2024 8:31 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Apr 10

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Apr 8, 2024 at 6:33 AM
Subject: Appointment Reminder for Apr 10
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Apr 10 at 6:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Friday, March 29, 2024 2:02 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Mar 29

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Fri, Mar 29, 2024, 2:08 AM
Subject: Appointment Reminder for Mar 29
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Friday Mar 29 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, March 16, 2024 6:13 PM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Mar 18

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Mar 16, 2024 at 5:49 AM
Subject: Appointment Reminder for Mar 18
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Mar 18 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, March 11, 2024 11:23 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Mar 13

Jackie,

Here is a link to the Darcie meeting.

John
---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Mar 11, 2024 at 7:39 AM
Subject: Appointment Reminder for Mar 13
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Mar 13 at 6:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, March 2, 2024 10:31 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Mar 4

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Mar 2, 2024, 6:33 AM
Subject: Appointment Reminder for Mar 4
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Mar 4 at 6:30 PM EST

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, February 12, 2024 6:56 AM
To: Jaqquelyn Alana Fouts
Subject: Fwd: Appointment Reminder for Feb 14

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Feb 12, 2024 at 6:51 AM
Subject: Appointment Reminder for Feb 14
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Feb 14 at 6:30 PM EST

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, August 17, 2024 12:40 PM
To: Jaqquelyn Alana Fouts; Lindsay Fouts
Subject: Fwd: Appointment Reminder for Aug 19

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Aug 17, 2024 at 5:34 AM
Subject: Appointment Reminder for Aug 19
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Aug 19 at 5:30 PM EDT

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, December 4, 2023 7:50 AM
To: Jaqquelyn Fouts
Subject: Fwd: Appointment Reminder for Dec 6

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Mon, Dec 4, 2023, 7:17 AM
Subject: Appointment Reminder for Dec 6
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Wednesday Dec 6 at 6:30 PM EST

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Saturday, January 6, 2024 1:22 PM
To: Jaqquelyn Fouts; Lindsay Fouts
Subject: Fwd: Appointment Reminder for Jan 8

Just a reminder about the Darcie appointment on Monday.

---------- Forwarded message ---------
From: **Appointment Reminders** <appointmentreminders@therapyportal.com>
Date: Sat, Jan 6, 2024 at 5:37 AM
Subject: Appointment Reminder for Jan 8
To: <fouts.john@gmail.com>

Jaqquelyn / Jackie,

This is a reminder that you have an upcoming **telehealth** appointment with Darcie Taggart.

Monday Jan 8 at 5:30 PM EST

Log in to your client portal account to join the telehealth session. Consider logging in early to set up your camera and microphone before the session begins.

Log in to the Client Portal

Creating Connection
(502) 354-2699
http://cctherapies.com
Unsubscribe from appointment reminders

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, September 4, 2024 1:29 PM
To: John Fouts
Subject: Re: Jackie schedule

Thanks! Yes I will send her a message as well. I might even be able to swing 2:30pm I'll ask her what she prefers.
I'll send out another possible call for family also just in case.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Wed, Sep 4, 2024 at 1:15 PM John Fouts <fouts.john@gmail.com> wrote:

> Darcie,
>
> Hope you got in some R and R.
>
> It is indeed Jackie's week with Lindsay.
>
> Jackie gets out of school at 2:10 this year...much earlier...
>
> She would like either slot most likely but the earlier one may work better ... not so close to when mom comes home for her...you know?
>
> I can send Jackie a msg, but can you also msg her? Let's aim for the 3:30.
>
> You should ask Jackie about her new YouTube channel. It is performing fabulously.
>
> Wow, I never use that adverb!
>
> No word back on the family therapy yet. Just fyi. No word back on the eating disorder center yet either fyi.
>
> John
>
> On Wed, Sep 4, 2024, 1:05 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Hey John,

Back from my trip. Wondering if Jackie might be able to jump on tonight. I don't remember what time she gets out of school and I think it's Lindsey's week if I remember correctly. I can do 3:30 or 4:30 today. Thanks!

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Fri, Aug 30, 2024 at 9:06 PM John Fouts <fouts.john@gmail.com> wrote:

> Okay - have a good weekend. I can't think that far ahead so you are far ahead of me! I need help Darcie....with so many things....I need a good case worker for the medicaid waiver program HCBS....my case worker really doesn't do anything...I haven't been able to get any services for almost a year of having the waiver...and mco services all are disallowed when you are on a waiver....so I have way worse coverage....nobody that can help....and completely overwhelmed and am sicker....I want to be there for Jackie (stay alive)....are there case workers at Seven Counties that deal with Medicaid HCBS? Lmk whenever you can - enjoy your weekend!
>
> John
>
> On Fri, Aug 30, 2024 at 8:57 PM Darcie Taggart <darcie@cctherapies.com> wrote:
>
> > I just realized Monday is a holiday and I'm out of town and did not express that to Jackie. I will look at my schedule and find another time to see her next week. I'm headed out of town and it occurred to me as I was shutting things down for the weekend. I'll be in touch early next week to reschedule!
> >
> > **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> > Co-Owner & Mental Health Therapist
> > Creating Connection, PLLC
> > www.cctherapies.com
>
>
>
> --

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, September 4, 2024 1:29 PM
To: John Fouts
Subject: Re: Jackie schedule

Thanks! Yes I will send her a message as well. I might even be able to swing 2:30pm I'll ask her what she prefers.
I'll send out another possible call for family also just in case.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

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>
> It is indeed Jackie's week with Lindsay.
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> Jackie gets out of school at 2:10 this year...much earlier...
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> She would like either slot most likely but the earlier one may work better ... not so close to when mom comes home for her...you know?
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>
> Wow, I never use that adverb!
>
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> John
>
> On Wed, Sep 4, 2024, 1:05 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Hey John,

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Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Fri, Aug 30, 2024 at 9:06 PM John Fouts <fouts.john@gmail.com> wrote:

> Okay - have a good weekend. I can't think that far ahead so you are far ahead of me! I need help Darcie....with so many things....I need a good case worker for the medicaid waiver program HCBS....my case worker really doesn't do anything...I haven't been able to get any services for almost a year of having the waiver...and mco services all are disallowed when you are on a waiver....so I have way worse coverage....nobody that can help....and completely overwhelmed and am sicker....I want to be there for Jackie (stay alive)....are there case workers at Seven Counties that deal with Medicaid HCBS? Lmk whenever you can - enjoy your weekend!
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>
> On Fri, Aug 30, 2024 at 8:57 PM Darcie Taggart <darcie@cctherapies.com> wrote:
>
> > I just realized Monday is a holiday and I'm out of town and did not express that to Jackie. I will look at my schedule and find another time to see her next week. I'm headed out of town and it occurred to me as I was shutting things down for the weekend. I'll be in touch early next week to reschedule!
> >
> > **Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S**
> > Co-Owner & Mental Health Therapist
> > Creating Connection, PLLC
> > www.cctherapies.com
>
>

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, September 4, 2024 1:05 PM
To: John Fouts
Subject: Re: Ack

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Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, September 4, 2024 1:05 PM
To: John Fouts
Subject: Re: Ack

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, August 27, 2024 10:51 PM
To: John Fouts
Subject: Re: I need help getting Jackie to bathe or shower....she usually doesn't shower or bathe at her mom's house nor at mine....she is excessively defiant and refuses to bathe....

Sorry for the delay. I will happily talk to Jackie about this next week but I suspect the bacterial infection that has caused the coughing is unrelated to the hygiene issue. Almost every kid I see has had some sort of respiratory/sinus combo since school returned to sessions. However, the hygiene thing (while super annoying) is also very much ASD for her age. Yet maybe setting a schedule or some sort of routine will help. I'll talk to her on Monday. Thanks for letting me know.

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On Mon, Aug 26, 2024 at 8:13 PM John Fouts <fouts.john@gmail.com> wrote:

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Sent: Wednesday, August 21, 2024 9:00 AM
To: John Fouts
Subject: Re: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you

John,

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> From: **Tayler Hibbs** <Tayler.Hibbs@lifeinmotionkentucky.com>
> Date: Tue, Aug 6, 2024 at 10:05 AM

Subject: Re: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you
To: John Fouts <fouts.john@gmail.com>

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On Mon, Aug 5, 2024 at 4:01 PM John Fouts <fouts.john@gmail.com> wrote:
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Jackie meets with her therapist tonight, and I would really like to be able to at least tell her something....can you please give me a status update from your end?

John

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From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Jul 30, 2024 at 3:53 PM
Subject: Re: Life In Motion Follow-Up
To: Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com>

Okay no problem. Thanks for reaching out - yes I understand about the insurance and billing situation and that is yet another reason why I, too, was confused about whether service would be covered or not.

I have 'Traditional KY Medicaid' with no MCO....that is because I am on the Home and Community Based Services Medicaid Waiver program.

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I, of course, do not have any knowledge of what my ex-wife's insurance is...

You can reach my ex-wife by calling her at (502) 475-6896, but she prefers email so lindsayfoutscpa@gmail.com.

Thank you Tayler.

On Tue, Jul 30, 2024 at 9:19 AM Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com> wrote:

> Good Morning Mr. Fouts,
> I received your voicemail about starting therapy through Life In Motion. I am reaching out because I need more information on the insurance you mentioned in the voicemail.
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> Please send me a copy of the front and back of your insurance card and your child's if they are different. We will also need a copy of your ex-wife's insurance card. Before I can move forward with anything, I have to speak with the billing department about how this would be billed. You can respond to this email with that information and once I have spoken with the billing team I will reach back out to you with an update. Thank you.
>
> Tayler H
> **Front Desk Manager**
> Tayler.Hibbs@lifeinmotionkentucky.com
> www.LifeInMotionKentucky.com
> www.Live.Life.Balanced.Today
> 502.444.Life (5433) (office) ext 100
> 502.535.2618 (Fax)

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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Sent: Monday, August 5, 2024 2:53 PM
To: John Fouts
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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Friday, July 26, 2024 5:11 PM
To: John Fouts
Subject: Re: Reached out to Cheryl a couple times (we are playing phone tag) - contacted the Eating Disorder Center (waiting to hear back) - Letting you know

Apologies for a delayed response. As I'm sure you're aware it is always very busy before school returns. I am completely booked the next week and a half until school starts. If I get a cancellation I will be sure to let you and Jackie know. Ideally I would love to be able to offer twice weekly appts for folks but often that is just not an option. Again if a cancellation comes up I will reach out!

Darcie
Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Monday, July 22, 2024 7:45 PM
To: John Fouts
Subject: Next Monday instead of Wednesday

Hey John,

I asked Jackie tonight if we could do next Monday at 5:30 again instead of Wednesday as I have a Wednesday conflict. I'm actually wondering if it would be possible to just do every Monday at 5:30pm instead of switching back and forth between Mondays and Wednesdays to provide consistency for Jackie. I am hoping since your new place is so much closer to her school that this year it will cut down on the travel time Monday evening AND maybe give you a break that night since I know Monday is your infusion day. I have that 5:30pm time open weekly so we could just keep it that way if it works for you.

Also wanted to check in on if you had any success in reaching out to the family therapist I sent over. Let me know what you found out.

Thanks.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, July 10, 2024 4:02 PM
To: John Fouts
Subject: Re: Has there been any luck finding resources for family therapy or to help with the eating problems / body dysmorphia things? i.e. Jackie thinks she is fat

I spoke with Cheryl Gilbert at Life in Motion Counseling and they accept Humana Medicaid and can do family therapy work via telehealth. I would recommend reaching out there regarding doing some family sessions: https://www.lifeinmotionkentucky.com/

Regarding Eating related issues while I definitely address this it's not something that Jackie identifies to me as a major issue for her, that does NOT mean it's not something to focus on and definitely I would want to include a medical professional. My first recommendation is always talking to her primary care or pediatrician so they can monitor it and look at weight and age appropriate norms. They will note if anything is majorly out of the ordinary regarding weight loss or loss of growth patterns. I think in regards to thinking she is fat sadly she is in really good company with other girls her age, it's something I hear from girls all the time. BUT because it truly can be an issue that's why I say it's good to get a medical professional onboard to truly monitor weight and growth.

IF the pediatrician feels that she is losing weight/growth I think that this place is usually the first place i recommend folks call: https://www.louisvillecenterforeatingdisorders.com/

I do not know if the Louisville Center for Eating Disorders accepts insurance but it would be good to check!

Darcie

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On Mon, Jul 8, 2024 at 2:51 PM John Fouts <fouts.john@gmail.com> wrote:

> Jackie continues to eat less and less. I am concerned about her getting skinnier and skinnier and no matter what, she thinks she is fat.
>
> Have you had any luck with finding anyone regarding this? I have not been able to find specific groups that deal with this.

Please let me know whenever you have a little time to do so. Thanks Darcie.

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Sunday, July 7, 2024 6:38 PM
To: John Fouts
Subject: Re: Were you able to talk with Jackie about her suicidal ideation and other more deep things?

Hi John, I appreciate the information and follow up. These are the three treatment objectives I have been working with Jackie on based on the information we previously had discussed. I do actually check in with Jackie weekly on suicidal thoughts and ideations and while she has discussed sometimes having thoughts she had never divulged a plan to me which is where we continue to work. She can identify that being hungry or tired increases these. I will continue to assess risk as every session as I do with all my kids - and when it's brought up to me that she's mentioned something at another appt I follow up on that as well.

Objectives for treatment -

1. Jackie will learn and practice at least two more effective ways to express feelings in adaptive ways without screaming, hitting, or kicking and will learn to accept limits and situations she can not control from 2 out of 5 times to 4 out of 5 times

2. Jackie will continue to explore gender and self-expression and will be able to identify three positive characteristics of self during session, Jackie and her family will identify needs for gender affirming care and schedule relevant MD appts with support.

3 - Jackie will reduce incidents of SI from reports of several times per week to once a week per less and will maintain zero plans for suicide. Jackie will review these thoughts/behaviors in session weekly with therapist.

I am always happy to set up a parent session to discuss options. I am also continuing to look for someone that takes Jackie's insurance that might be able to do family sessions via telehealth - I am hoping to have a list for you soon. I'm glad that UK made a referral for testing, I have made one to Seven Counties as well and hopefully one of those options will be able to do the testing soon. I have not seen as much evidence of the dissociation in sessions particularly but I never feel like it's a bad thing to follow up on especially if you are seeing concerning things at home.

I will say there are large developmental shifts that occur between the ages of 9 and 13 and when you combine that with COVID (which has increased lots of kids mental health related concerns) I think that at least has something to do with what you are experiencing. Long COVID and also the isolation that COVID in general caused coupled with the typical developmental shifts that kids experience headed into the teenage years are really rough. AND when you add her autism to that I think lots of the attitude shift you are seeing is related to that. However, it's still understandable that you would like for her to help around the house so we can add task completion and helping with chores to the objectives we are working on for sure.

Regarding parenting sessions here is what I have this week:

Tuesday between 8 and 9am

Wednesday between 8:30 and 9:30am

Friday between 12 and 1pm

Would either of those work for you?

Darcie

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On Sun, Jul 7, 2024 at 3:56 PM John Fouts <fouts.john@gmail.com> wrote:

> The social worker, and the cps worker, both asked me what your plan is for Jackie's care. Is it possible for me to get a copy or roadmap for what your ongoing plan is for Jackie?
>
> She does not have all of the help that she needs. I know she enjoys talking with you a great deal, and I am thankful and grateful that you have established such a good rapport with her, and continue working with her. I know that she nearly always looks forward to meeting with you each week.
>
> Is it appropriate to request another parent session to go over these things? I think we would only need 20 or 30 min.
>
> Jackie blew up at me because I told her it was lunch time and asked her if she could put on a tv show and get us plates and drinks. She is accustomed to not doing anything to help most of the time. I am in need of her to help do some basic things. If I ask though, it usually results in her shouting at my face and screaming she hates me, and her slamming the door in my face, or similar things -- part of it is normal teenage behavior - and part of it seems to be extreme way above and beyond that. I have been stuck at this point with her for maybe 2 years or something - possibly 3. It makes me very sad because Jackie used to not treat me in those ways -- used to act much more appropriately -- and I don't know what caused the change. I think the mental status change may be COVID related.
>
> If you are able to meet somewhat soon for 20 or 30 minutes, it would be appreciated - to discuss Jackie's path forward, her therapy goals that you and she have, and how progress is being measured please.
>
> 2022 video of Jackie showing off a tree she made. She used to do art things with me.

https://photos.app.goo.gl/FVkqBncyFgFqMbJ38

Trombone
https://photos.app.goo.gl/eYYc7Gb1VD78TusE8

Miscellaneous photos of Jackie smiling a lot from the past
https://photos.app.goo.gl/YZPhcUS4R5kSi6GM9

Jackie doing a light show with glowsticks
https://photos.app.goo.gl/3a8US9vnSyfAAqQf7

Normally how our interactions went were very pleasant and even warm-hearted really up until about mid to late 2021…that was during the pandemic…
https://photos.app.goo.gl/vQBg2XLZt51omafn9

A video of Jackie playing in sand at the Gorge pre-covid
https://photos.app.goo.gl/Bnri7YHTRedigBD56

Jackie talking about smudgy splotch on half of her eye when not wearing glasses in am and pm
https://photos.app.goo.gl/FwKvneD98DktXkFLA

Jackie talking about her very dry itchy eyes August 2022
https://photos.app.goo.gl/G1igc1hp6RH3MmMg9

November 2022 -- you can tell that Jackie's attitude totally changed. In general, this has been her general demeanor now ever since COVID on average. Which isn't too bad -- she just way more easily gets frustrated and angry.
https://photos.app.goo.gl/Qn7fjiigqSCpZqSb9

It was very challenging to do homeschool, have IV therapy with nurses at home every week, be a parent both on my weeks, and take care of all the parenting my ex-wife refuses to do etc… this was in Nov. 2022
https://photos.app.goo.gl/UMrUJeAz7tMDgiVaA

12-31-2022 Jackie says her feet are hurting worse than they ever have in her life before and extreme fatigue
https://photos.app.goo.gl/tQM9UYwEcU25kGKM7

Then Jackie became more like this to me I'd say more than half the time
https://photos.app.goo.gl/H5RFaSJGKGwikrbp6

More of that attitude issue and a show of suicidal ideation because I wouldn't allow Jackie to treat me badly
https://photos.app.goo.gl/QZQYx4KqKusomvWZ7

Some homeschooling -- Jackie was not generally vested in me doing homeschooling with her -- in fact -- she went out of her way to be obstinate a vast majority of the time, which made me feel like I was in an impossible position of her being bullied if she were at school, her mother doing nothing per the norm, and me being forced, as a responsible person and parent, to try to pick up all the slack everywhere despite being so very ill....Darcie...you have to understand....at a minimum...I feel like I have a very bad flu....ALL THE TIME...it is relentless....it is so very hard to deal with in life (chronic illness)...
https://photos.app.goo.gl/VmdjmYDHpsn7rFvx8

At UK, Dr. Deniskin (immunology) referred Jackie for neuropsychiatric follow up testing but with a focus on hallucinations and paranoia and basically schizophrenia evaluation I think. I think/hope we will be able to get in there quickly.

Here is some information about Post-Covid-19 Mental Health Issues....e.g. within 90 days of acute infection many patients developed a new mental health disorder....

https://www.youtube.com/watch?v=Rn306wjvl3g

Jackie had long covid after covid and still deals with many of those issues that are not yet resolved (e.g. fatigue....headache....mental status changes...etc..short term memory issues...)

Let me know about when a parent session can take place please. Thank you.

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2. Jackie will continue to explore gender and self-expression and will be able to identify three positive characteristics of self during session, Jackie and her family will identify needs for gender affirming care and schedule relevant MD appts with support.

3 - Jackie will reduce incidents of SI from reports of several times per week to once a week per less and will maintain zero plans for suicide. Jackie will review these thoughts/behaviors in session weekly with therapist.

I am always happy to set up a parent session to discuss options. I am also continuing to look for someone that takes Jackie's insurance that might be able to do family sessions via telehealth - I am hoping to have a list for you soon. I'm glad that UK made a referral for testing, I have made one to Seven Counties as well and hopefully one of those options will be able to do the testing soon. I have not seen as much evidence of the dissociation in sessions particularly but I never feel like it's a bad thing to follow up on especially if you are seeing concerning things at home.

I will say there are large developmental shifts that occur between the ages of 9 and 13 and when you combine that with COVID (which has increased lots of kids mental health related concerns) I think that at least has something to do with what you are experiencing. Long COVID and also the isolation that COVID in general caused coupled with the typical developmental shifts that kids experience headed into the teenage years are really rough. AND when you add her autism to that I think lots of the attitude shift you are seeing is related to that. However, it's still understandable that you would like for her to help around the house so we can add task completion and helping with chores to the objectives we are working on for sure.

Regarding parenting sessions here is what I have this week:

Tuesday between 8 and 9am

Wednesday between 8:30 and 9:30am

Friday between 12 and 1pm

Would either of those work for you?

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Sun, Jul 7, 2024 at 3:56 PM John Fouts <fouts.john@gmail.com> wrote:

> The social worker, and the cps worker, both asked me what your plan is for Jackie's care. Is it possible for me to get a copy or roadmap for what your ongoing plan is for Jackie?
>
> She does not have all of the help that she needs. I know she enjoys talking with you a great deal, and I am thankful and grateful that you have established such a good rapport with her, and continue working with her. I know that she nearly always looks forward to meeting with you each week.
>
> Is it appropriate to request another parent session to go over these things? I think we would only need 20 or 30 min.
>
> Jackie blew up at me because I told her it was lunch time and asked her if she could put on a tv show and get us plates and drinks. She is accustomed to not doing anything to help most of the time. I am in need of her to help do some basic things. If I ask though, it usually results in her shouting at my face and screaming she hates me, and her slamming the door in my face, or similar things -- part of it is normal teenage behavior - and part of it seems to be extreme way above and beyond that. I have been stuck at this point with her for maybe 2 years or something - possibly 3. It makes me very sad because Jackie used to not treat me in those ways -- used to act much more appropriately -- and I don't know what caused the change. I think the mental status change may be COVID related.
>
> If you are able to meet somewhat soon for 20 or 30 minutes, it would be appreciated - to discuss Jackie's path forward, her therapy goals that you and she have, and how progress is being measured please.
>
> 2022 video of Jackie showing off a tree she made. She used to do art things with me.

https://photos.app.goo.gl/FVkqBncyFgFqMbJ38

Trombone
https://photos.app.goo.gl/eYYc7Gb1VD78TusE8

Miscellaneous photos of Jackie smiling a lot from the past
https://photos.app.goo.gl/YZPhcUS4R5kSi6GM9

Jackie doing a light show with glowsticks
https://photos.app.goo.gl/3a8US9vnSyfAAqQf7

Normally how our interactions went were very pleasant and even warm-hearted really up until about mid to late 2021…that was during the pandemic…
https://photos.app.goo.gl/vQBg2XLZt51omafn9

A video of Jackie playing in sand at the Gorge pre-covid
https://photos.app.goo.gl/Bnri7YHTRedigBD56

Jackie talking about smudgy splotch on half of her eye when not wearing glasses in am and pm
https://photos.app.goo.gl/FwKvneD98DktXkFLA

Jackie talking about her very dry itchy eyes August 2022
https://photos.app.goo.gl/G1igc1hp6RH3MmMg9

November 2022 -- you can tell that Jackie's attitude totally changed. In general, this has been her general demeanor now ever since COVID on average. Which isn't too bad -- she just way more easily gets frustrated and angry.
https://photos.app.goo.gl/Qn7fjiigqSCpZqSb9

It was very challenging to do homeschool, have IV therapy with nurses at home every week, be a parent both on my weeks, and take care of all the parenting my ex-wife refuses to do etc… this was in Nov. 2022
https://photos.app.goo.gl/UMrUJeAz7tMDgiVaA

12-31-2022 Jackie says her feet are hurting worse than they ever have in her life before and extreme fatigue
https://photos.app.goo.gl/tQM9UYwEcU25kGKM7

Then Jackie became more like this to me I'd say more than half the time
https://photos.app.goo.gl/H5RFaSJGKGwikrbp6

More of that attitude issue and a show of suicidal ideation because I wouldn't allow Jackie to treat me badly
https://photos.app.goo.gl/QZQYx4KqKusomvWZ7

Some homeschooling -- Jackie was not generally vested in me doing homeschooling with her -- in fact -- she went out of her way to be obstinate a vast majority of the time, which made me feel like I was in an impossible position of her being bullied if she were at school, her mother doing nothing per the norm, and me being forced, as a responsible person and parent, to try to pick up all the slack everywhere despite being so very ill....Darcie...you have to understand....at a minimum...I feel like I have a very bad flu....ALL THE TIME...it is relentless....it is so very hard to deal with in life (chronic illness)...
https://photos.app.goo.gl/VmdjmYDHpsn7rFvx8

At UK, Dr. Deniskin (immunology) referred Jackie for neuropsychiatric follow up testing but with a focus on hallucinations and paranoia and basically schizophrenia evaluation I think. I think/hope we will be able to get in there quickly.

Here is some information about Post-Covid-19 Mental Health Issues....e.g. within 90 days of acute infection many patients developed a new mental health disorder....

https://www.youtube.com/watch?v=Rn306wjvl3g

Jackie had long covid after covid and still deals with many of those issues that are not yet resolved (e.g. fatigue....headache....mental status changes...etc..short term memory issues...)

Let me know about when a parent session can take place please. Thank you.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Monday, June 24, 2024 5:15 PM
To: John Fouts
Subject: Re: Are you able to meet with Jackie this week? We will be in Lexington for an appt I have tomorrow until mid afternoon

I can do 2:30 tomorrow as I have had a cancellation during that time. I would recommend we pull in a second therapist for family therapy to protect Jackie's individual therapy time and her relationship with me. I can offer some recommendations if you need them. Would it be best if it's telehealth or would you be able to make it in person for family?

Let me know and I can offer some recommendations for additional services.

Darcie

Be excellent to each other.

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> On Wednesday, Jackie has a dermatology appt - we will be gone from around 9 am to 11 am....then will do lunch around 12...I have online therapy from 1 to 2 ... if Tuesday mid afternoon won't work for Jackie to meet with you, would you be available on Wednesday at 1pm until 4pm as a start time? Or 7:00 pm or after?
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> On Thursday I have an eye appt that might require me to be gone from 9:30 to around 12:00...I think appt starts at 10:00 a.m. and first time doctor so generally I estimate 1hr 15 min for everything and then travel time home....then we need to eat lunch....so any time 1pm to 4pm as a start time if you can meet on Thursday with Jackie this week....or 6:30pm or after?

Or on Friday any time but preferably sometime in the a.m.?

I'm sorry that the Tuesday time won't work that you had suggested but I have a pretty important abdominal ultrasound in Lexington tomorrow and I'm not wanting Jackie to have to have therapy in my presence - I don't think it would be productive as we would likely all be uncomfortable in one way or another. I don't want to be in the way of Jackie's therapy is what I am saying....

also -- I spoke with Jackie's PCP about possible eating disorder that me and Jackie's mom are both observing....he suggested family therapy. I advised him that I have talked to Lindsay in the past a number of times, but she would not go to family therapy in the past. Dr. Pendleton (Jackie's PCP) said he thought that family therapy might be the best fit. I gave him Lindsay's contact information to make sure he had it, and he said he was going to try to reach out to her too.... could me and you and Jackie and possibly Lindsay all have a session together specifically to talk about a few things.....? Eating disorder...video gaming addiction basically...and emotional lability caused by tiredness from so much screen time and other? Might need more than 1 session for that....and it might be better to have a different therapist for the family sessions -- again -- to protect Jackie's therapy-space... What are your thoughts?

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, June 5, 2024 9:28 PM
To: John Fouts
Subject: Re: Schedule - CPS - Other -- 2024-06-05 -- Art Therapy

Yep, I left Megan a voicemail tonight letting her know Jackie was in regular weekly treatment with me and that she could call me with any other questions. Hopefully that clears it out. 😀

Also, I am a licensed art therapist and a play therapist so I am happy to do more art with Jackie and if she wants to come in person happy to have her do so. Our practice is in the same building Theresa was in but they aren't there anymore, just my group practice there now. We also have two other Art therapists on staff if Jackie wanted to see someone else in addition to me and keep ours as they are. Happy to set that up if you like.

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set up asap. Jackie needs to see a regular ongoing art therapist in addition to you -- and I know that I can go to Psychology today and look up names....but you are plugged into the network...and I thought you might know of a good fit....if you do - please let me know....

Re: CPS -- this week I got a call about a case that was 'still open' that needed to be closed....and I had absolutely no idea what they were talking about...I thought it was about the case of child abuse that Lindsay had against her from Colorado from 2017...but it wasn't....apparently, in 2022, some social worker, teacher, or other, made a claim that I was not making sure that Jackie got appropriate medical treatment -- apparently they thought that Jackie was not really sick (despite having doctors notes for ALL excuses)...and they tried to say that I had taken Jackie to the doctor too much or that Jackie's health issues weren't real...or that Jackie didn't have Autism or ADHD or Auditory Processing or Anxiety or Depression...or migraines....or I don't even know what...I was taken off guard...it was very strange....especially because I had heard nothing about the case at all....and it supposedly involved me.....I asked if I had a legal right to know who made the allegation - and they said there is no legal right that allows that....it is fine....

I talked to the CPS worker today....she said she had to have a home visit...I asked her if she could come today because we were stuck anyway waiting for a HUD inspector to do a Section 8 inspection....thankfully...she said she could...Darcie - I know you haven't known me for that long -- but I think you know that I take the best care of Jackie that I can and am always trying to do the best thing for Jackie....what I don't get even more...is that there was documentation for all of this in Jackie's 504 plan -- which PROTECTS students from situations such as was alleged....doctors have to submit documentation for the 504 plan....anyway - the woman's name that came out was Megan Clark. Oh yeah -- apparently a part of the complaint stated that I would not get Jackie therapy...but Jackie has been in therapy regularly for years - so that was also a false allegation... I don't really have all the details -- but I don't think I need them -- it seems like she could tell that there was no evidence of me doing anything wrong.

She said before she closes the case, she will need to talk to you to verify that you have been seeing Jackie and ask any relevant questions. I mainly just wanted you to know that she would be contacting you.

I pasted her information below so you would know to expect communication from her. This apparently stemmed from sometime in 2022.

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

Have a good week Darcie. If you know of anyone for Art Therapy please let me know so I can try to get Jackie scheduled. No luck on the other re:another eval for neuropsychiatric/neuropsychological...so it looks like waiting on the list for 7 Counties may be the best thing for now.

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To: John Fouts
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I did see Jackie as scheduled on Monday this week. I have her scheduled this coming Wednesday at our regular 6:30pm time and again on Wednesday the 5th of June at 6:30pm. I am off for Memorial Day which is her next Monday appt and will work to get that rescheduled another time that week.

I do have a vacation coming up June 12th-25th and will miss her appts on 6/19 and 6/24 but will likely still be able to see her the week of the 24th as I return to the office on the 26th. So hoping we will only miss one week of our sessions for that.

The Acute Child Crisis Services at Seven Counties have a 24 hour Crisis number that can be accessed in emergencies while I am out (or anytime really) and they do telehealth if it's needed as well so you would not need to bring her in necessarily to access those services. 502-589-8070

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, May 7, 2024 7:18 PM
To: John Fouts
Subject: Re: Were you able to get that referral placed for Jackie to be eval'ed by 7 Counties for the Hallucinations and things?

Yep, our folks said to call and put her on every wait list you can and just see what comes up the fastest. Which is often my recommendation too.

Darcie

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On Tue, May 7, 2024 at 7:06 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you Darcie. I will indeed do that, and also keep looking for somewhere that can perhaps see her sooner as well.
>
> John
>
> On Tue, May 7, 2024 at 6:49 PM Darcie Taggart <darcie@cctherapies.com> wrote:
>
> > Actually yes I tried to make the referral BUT they said that since Jackie isn't currently open at Seven Counties right now (even tho she has been) that they need you to call Access (589-1100) and tell them you want Psych testing. They said that's the easiest way to get on their wait list and faster than my internal referral. It's still a few months wait but that way you can give them all the info and get the insurance in the system. They will do the pre-authorization and put her on the list and then the testing team liaison will reach out when they have an open spot. I did tell them Jackie's name an info so they are expecting your call!
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On Tue, May 7, 2024 at 4:51 PM John Fouts <fouts.john@gmail.com> wrote:

> I have been trying to get her to be able to be seen somewhere but keep hitting brick roads....oops...I mean brick walls...must have Elton John on the mind....Goodbye Yellow Brick Road...
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> **"Shining" in Service,**
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> **John R. Fouts, MBA**
>
> **Fax. 502.996.8246**

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, May 7, 2024 6:49 PM
To: John Fouts
Subject: Re: Were you able to get that referral placed for Jackie to be eval'ed by 7 Counties for the Hallucinations and things?

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, April 10, 2024 6:59 PM
To: John Fouts
Subject: My recommendations

My recommendation for testing or a full psych assessment would be Seven Counties. There will probably be a 6-8 month wait for testing but they accept Medicaid so there shouldn't be a fee which I think is good and I know their whole team and think they do a good job. I can help make that referral as long as you are OK with that, they will need to do at least SOME in person appts to do the assessment but we can cross that bridge when we come to it. I will send a release in the portal if that's acceptable and can refer. Psych testing can look at depersonalization and derealization as well as dissociation that might be occurring. Without additional assessment it's hard to completely diagnose those things. I think a lot of kids experience those things even without it being a full DID type of diagnosis. I will also say that I don't feel like I see those things as much as you do but I'm not with her as much as you are. I also think sometimes kids don't want to or block out things they feel disconnected from or embarrassed about and when asked directly they will say "nope, didn't happen" because their perception of what happened is different.

I would also recommend we attempt to find a Psychiatrist that will take a look at all of the meds Jackie takes unless the new PCP is comfortable. There are LOTS of meds that can cause both rage and agitation and as you move towards adding puberty blockers it's important to look at the whole med cocktail. In fact sometimes our ADHD meds can start to cause agitation if what's really going on is mood disorder related and typically if that's going to happen it will start when a kid begins to move towards puberty so that's a good thing to explore. Can't hurt to explore alternatives or other options but as I am not an MD I don't know exactly what that should be.

Hope that's helpful information.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Friday, March 29, 2024 5:08 PM
To: John Fouts
Subject: Re: Need another letter for Jackie for puberty blocking and HRT -- 2024-03-27 -- Please see this request from Dr. Leo P at QMed

OK, I am working on the letter, I need the information for the Dr so I can get you a release of information for you to sign to release the info directly to the MD.

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On Wed, Mar 27, 2024 at 12:05 PM John Fouts <fouts.john@gmail.com> wrote:

> Have your mental health professional do an official gender dysphoria evaluation and suggest whether or not Jackie is ready for cross-sex steroids.
>
> **The recommended content of the referral letter for feminizing/masculinizing hormone therapy is as follows:**
> 1. The clients general identifying characteristics;
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> 5. A statement that informed consent has been obtained from the patient;
> 6. A statement that the referring health professional is available for coordination of care and welcomes a phone call to establish this.
>
> **Have them email that directly to Dr. Leo at DrLeo@queermed.com**
>
> *Received on: 03/26/2024 01:42 PM EDT*
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Fax. 502.996.8246

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My recommendation when Jackie makes suicidal statements would be to call the crisis line at 589-8070 and ask about assessment or discuss the difficulties in the moment. You can honestly call them just when you are struggling in a parenting moment as I am not necessarily on call for crisis management usually outside of my regular hours. However the crisis line is always available 24/7 to use by parents when they can't reach me - or really outside of regular appts.

I will say I have not seen anything from Jackie that leads me to believe she is truly going to hurt herself - I think she says it in the moment to try to get a rise BUT I still think it's worth assessing.

If she would like to meet Friday after school I can do so then as I'll be back to work tomorrow.

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Be excellent to each other.

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> I told her that is in appropriate behavior and that her feeling to hurt or kill herself because I am making an observation is beyond the nature of the conversation and then she started

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I really desperately need some help here.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, March 12, 2024 12:20 PM
To: John Fouts
Subject: Re: Confirming the 20th at 1pm

Confirmed and in my calendar for 3/20 at 1pm.
Yay for first meeting with Dr in Illinois! Hoping for good things.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, February 21, 2024 9:30 AM
To: John Fouts
Subject: Re: When can I schedule a call with you?

Hey John,

Ok rounding back on email today. I actually think it might be a good idea for you and Jackie to see a family therapist that is JUST working on the family piece different that me working with Jackie on the peer/anxiety/gender/school related piece. I often find that having one person working on family and one person working on individual is more successful because your kid gets to keep someone that's "their person" to talk about all sorts of things and then you have a separate person who is helping with the family interaction and dynamics.

I have put out a call today looking for someone who specializes in that family work piece and will hopefully get you some referrals. I am more than happy to meet with you on the parenting piece for collateral supports but at this point it seems like it might be helpful to do some of that work together - hence my attempt to find you someone.

I also absolutely always encourage people to actively use the crisis line. That's what it's there for, especially if a kid is feeling suicidal or making suicidal statements in the moment. I can address that with Jackie next week for sure about the reasons we don't make those statements to just get out of an argument or to derail conversations but if you feel she's unsafe in the moment I would call crisis.

What I do notice is a pattern that when the routine is off it escalates Jackie for sure. This makes sense given the ASD diagnosis as often kids with ASD are very attached to routines and get dysregulated when it switches. I realize this week with the school days off there wasn't a choice but I do suspect that was a little of the escalation you noticed this week.

I will get you a list of folks that do family work ASAP and that take your insurance. If you still want to schedule a parent collateral session please let me know.

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> Darcie,
>
> I need to touch base with Jackie and therapy. When can I discuss with you?
>
> Jackie's mom is working today and Tuesday, so Jackie is with me during part of her week.
>
> My nurses (plural), and others, have observed Jackie's treatment of me, and it often is not ok.
>
> Today was a little above average in terms of behavior...but last week, as an example, I definitely did not feel safe driving with Jackie in the car, acting as she was.
>
> I need to have a plan of how to handle things like that in place, so need to discuss with you, please asap.
>
> Jackie will be with me tomorrow until 5:30...so 6pm or after I could discuss...Wednesday after 3pm I could discuss...or if those time frames won't work, please let me know and we will figure out another time.
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> I need to touch base with Jackie and therapy. When can I discuss with you?
>
> Jackie's mom is working today and Tuesday, so Jackie is with me during part of her week.
>
> My nurses (plural), and others, have observed Jackie's treatment of me, and it often is not ok.
>
> Today was a little above average in terms of behavior...but last week, as an example, I definitely did not feel safe driving with Jackie in the car, acting as she was.
>
> I need to have a plan of how to handle things like that in place, so need to discuss with you, please asap.
>
> Jackie will be with me tomorrow until 5:30...so 6pm or after I could discuss...Wednesday after 3pm I could discuss...or if those time frames won't work, please let me know and we will figure out another time.
>
> John

fouts.john@gmail.com

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Sent: Wednesday, February 14, 2024 3:37 PM
To: John Fouts
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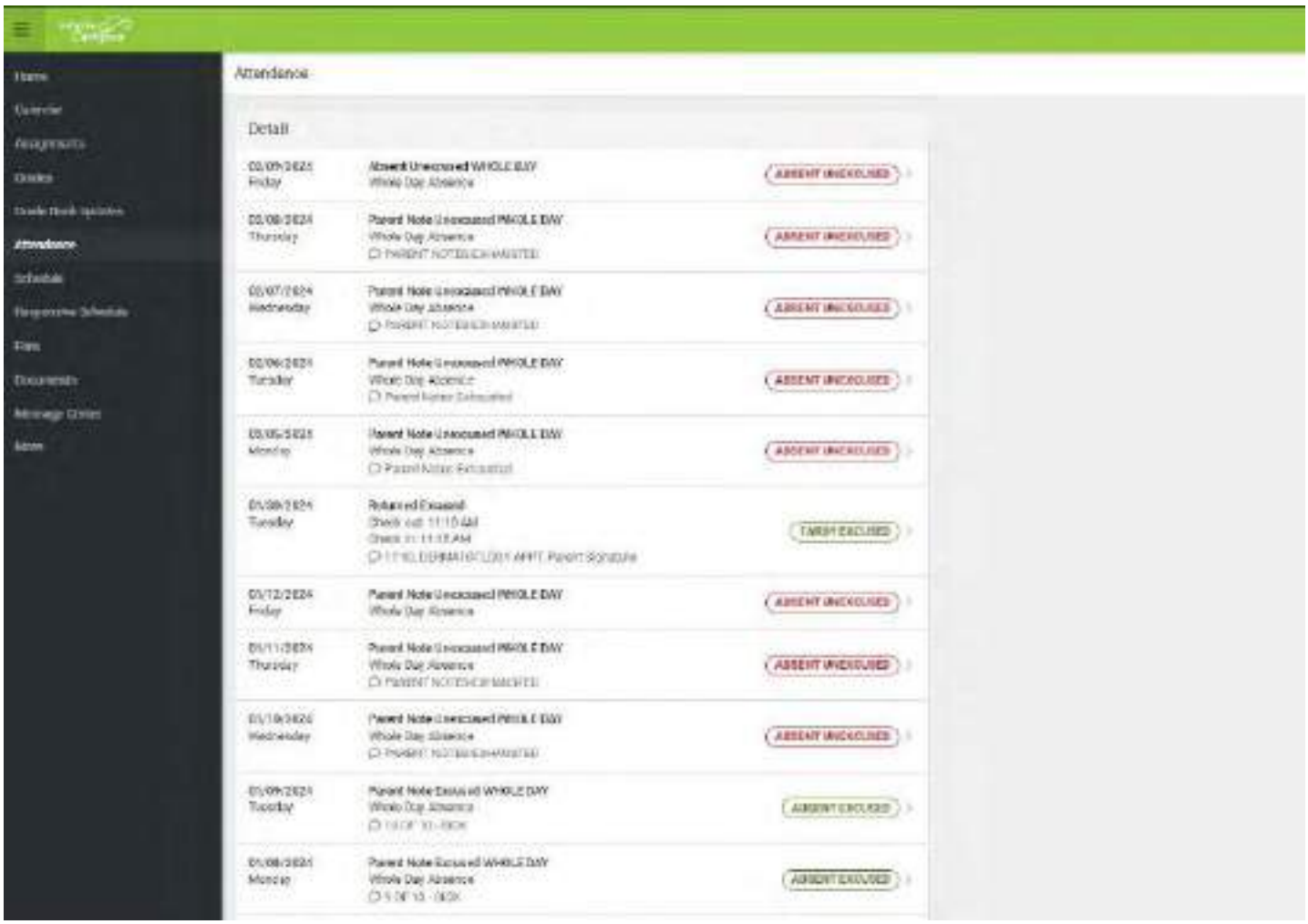


12/20 -- my week - I took Jackie to orthodontist -- left school at 3:10....normally Jackie leaves around 3:20.....

12/15 -- my week - Jackie said she was really sick but I think she was more fatigued than anything else - just had general malaise

12/7 -- my week - Jackie Dermatology appointment

11/27 -- mommy week -- late excused
11/8 -- my week - late check in at 9:00 a.m. due to early morning Dr. Mahajan appoint (PCP)

10/17 -- mommy week whole day absence
10/16 -- mommy week whole day absence

10/9 -- whole day absence daddy week

9/28 -- daddy week -- miller transportation caused Jackie to be late
9/27 -- daddy week -- miller transportation caused Jackie to be late
9/26 -- daddy week -- miller transportation caused Jackie to be late

9/22 -- whole day absence mommy week
9/21 -- whole day absence mommy week
9/20 -- whole day absence mommy week
9/19 -- whole day absence mommy week
9/18 -- whole day absence mommy week

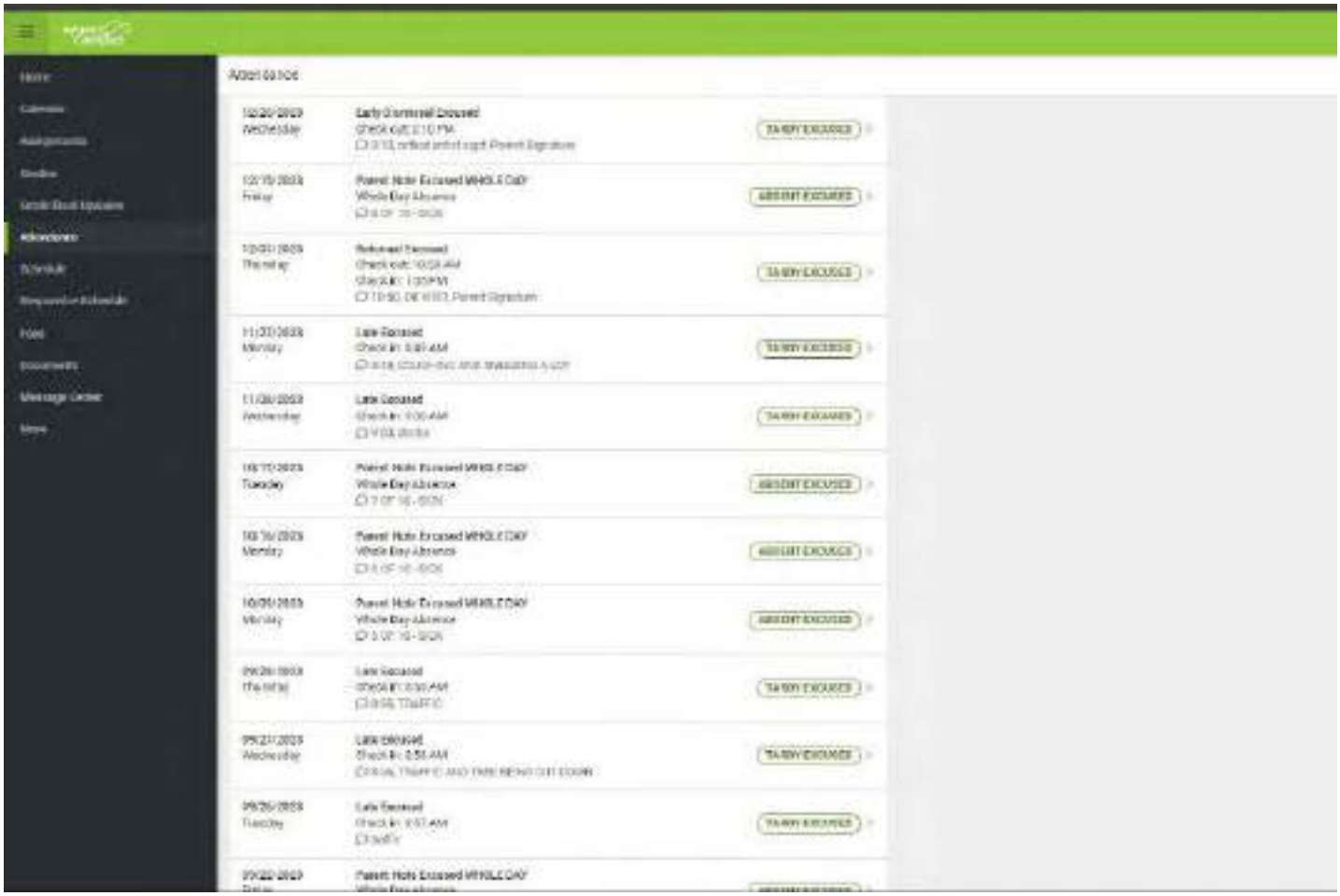
9/14 -- late excused -- miller transportation issue -- daddy week

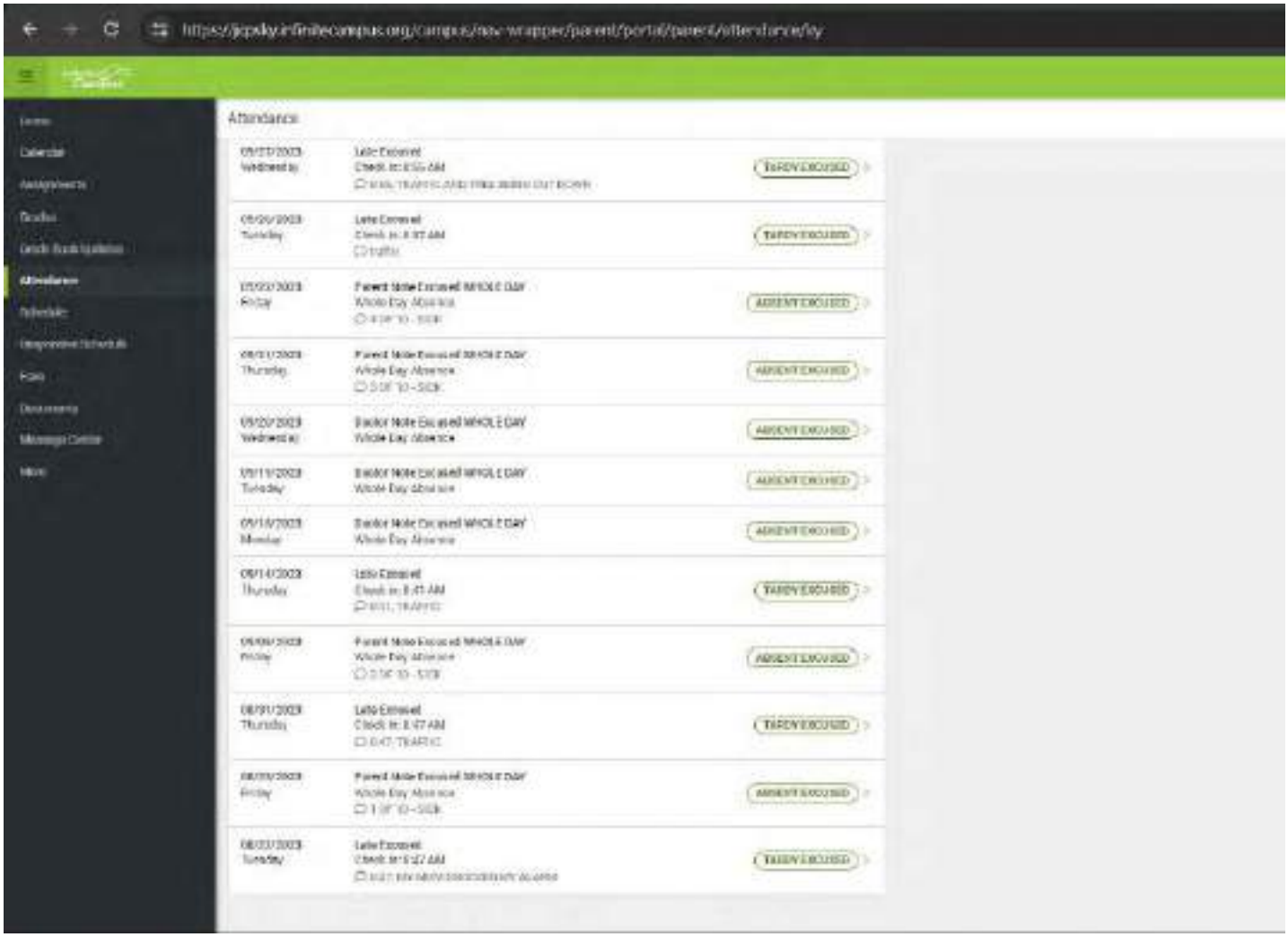
9/8 -- whole day absence mommy day....

8/31 -- late -- daddy week -- excused -- traffic -- daddy drives like grandma

8/25 -- whole day absence -- mommy day

8/22 -- late -- mommy snoozed alarm clock





I've been trying to 'play nice' with Lindsay and not ruffle any feathers but she says she doesn't see any pattern....but look at the information Darcie....many weeks at her house....Jackie hasn't gone to school.....I am not sure why....she says Jackie pukes the whole day.....how was Jackie Monday night??? Really sickly and ill??? Or did it seem like she would have been able to go to school?

Each day that Jackie comes back here from Lindsay's house, she feels very mentally unwell in her own words. I am very concerned. What should I do?

I also have to balance meeting the school's guidelines and stuff.....they had me fax a form to them and they said they would contact the doctor....but the doctor said she would only approve absences as excused if Jackie was seen in clinic - but Jackie DOES have chronic illness issues - and Lindsay won't hardly ever take her to the doctor no matter what. And I cannot force her to do that without a court order which is not a path I want to go down if I can help it - but still - if it is damaging my child - and I often feel it is....between you and me.... Anyway - please take a look and tell me what you think....

The doctor won't write for extra absences so I am going to ask you if you will so Jackie's absences can be excused.....Calle Hagan is the name of the attendance clerk at The Phoenix School. Kim Vinegar is the head 504 plan person and overseer of extra absences. I don't understand Dr. Mahajan's hesitations to help Jackie. She is a new mother - maybe motherly fatigue is taking its toll.

Please respond when possible.

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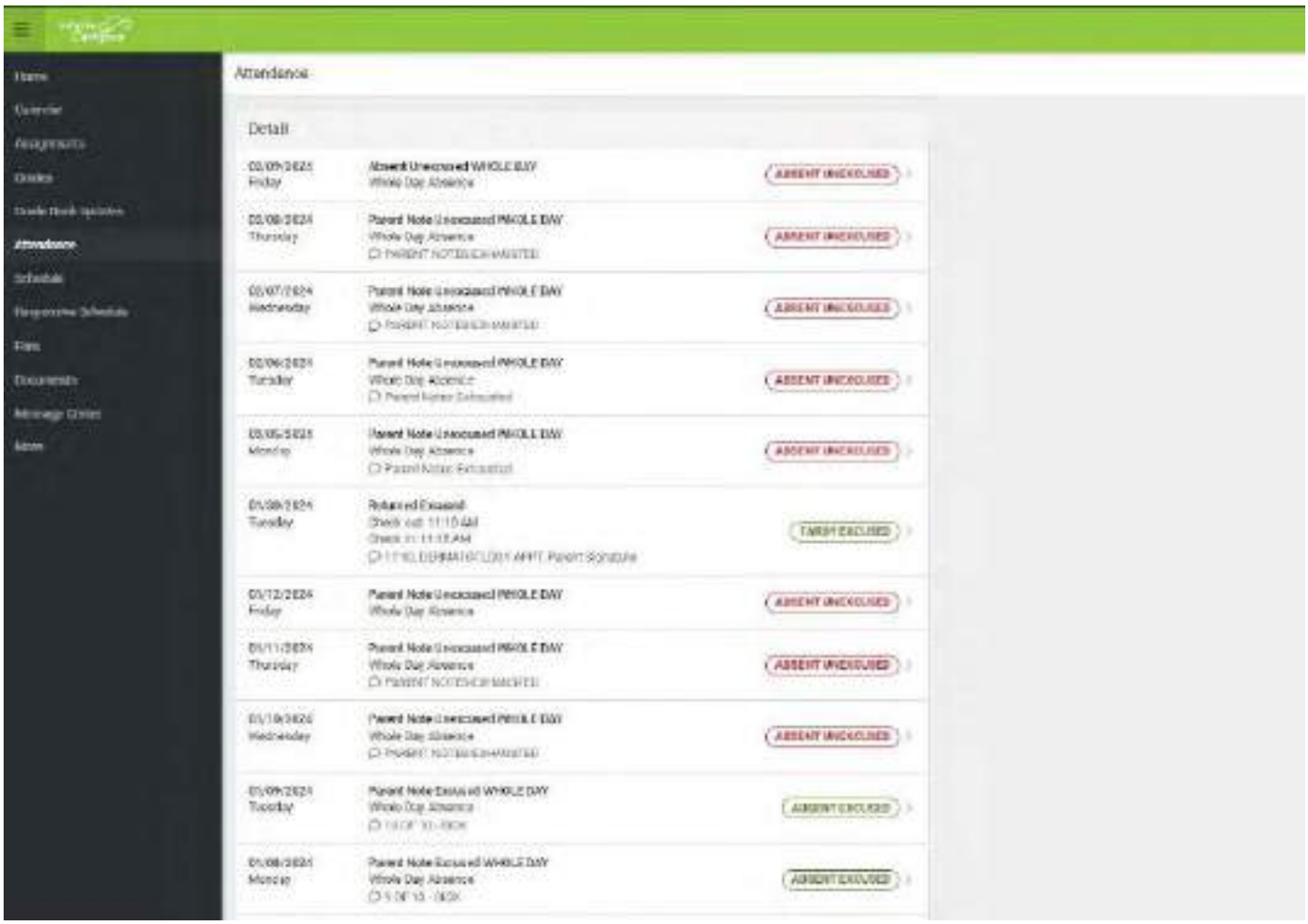


12/20 -- my week - I took Jackie to orthodontist -- left school at 3:10....normally Jackie leaves around 3:20.....

12/15 -- my week - Jackie said she was really sick but I think she was more fatigued than anything else - just had general malaise

12/7 -- my week - Jackie Dermatology appointment

11/27 -- mommy week -- late excused
11/8 -- my week - late check in at 9:00 a.m. due to early morning Dr. Mahajan appoint (PCP)

10/17 -- mommy week whole day absence
10/16 -- mommy week whole day absence

10/9 -- whole day absence daddy week

9/28 -- daddy week -- miller transportation caused Jackie to be late
9/27 -- daddy week -- miller transportation caused Jackie to be late
9/26 -- daddy week -- miller transportation caused Jackie to be late

9/22 -- whole day absence mommy week
9/21 -- whole day absence mommy week
9/20 -- whole day absence mommy week
9/19 -- whole day absence mommy week
9/18 -- whole day absence mommy week

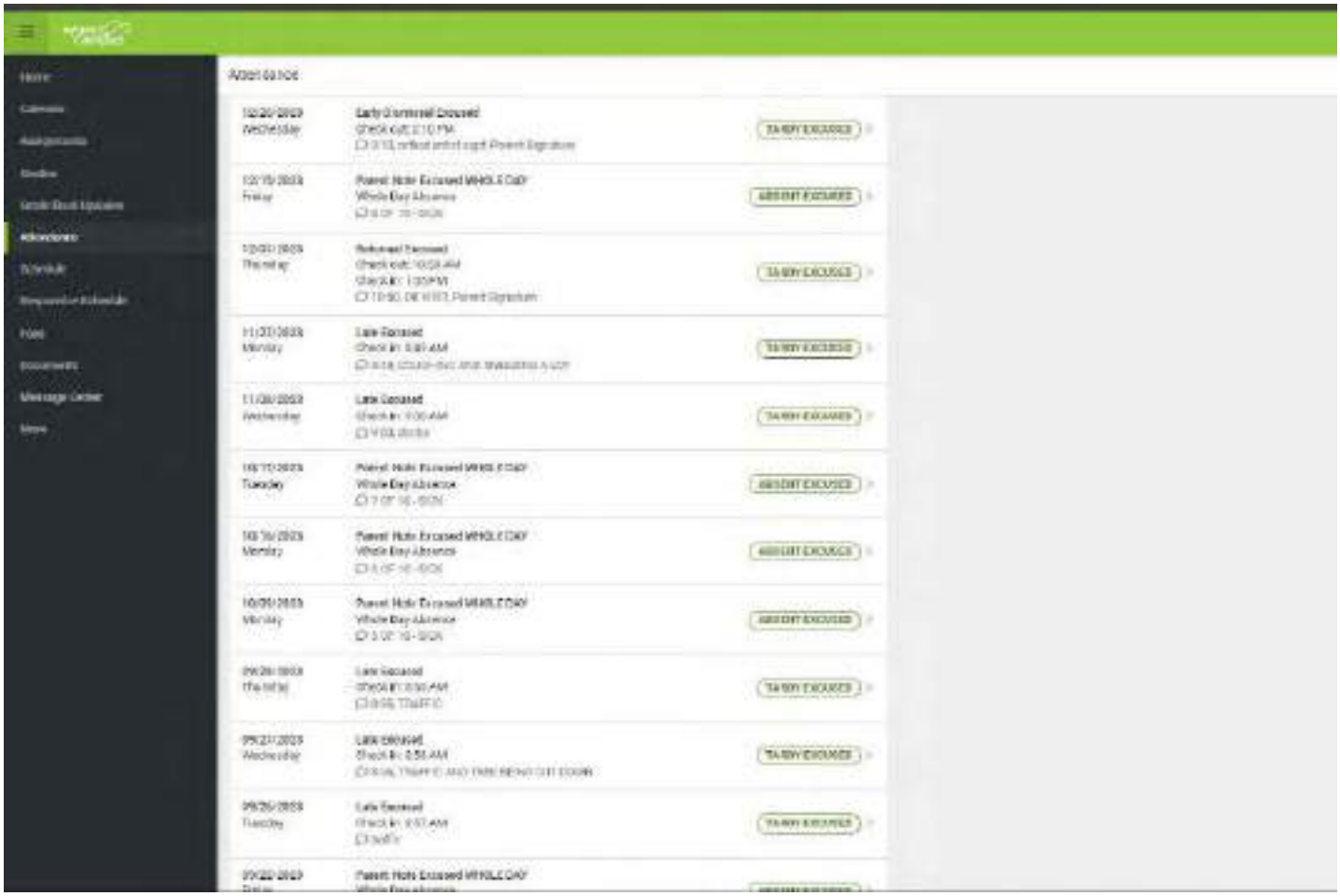
9/14 -- late excused -- miller transportation issue -- daddy week

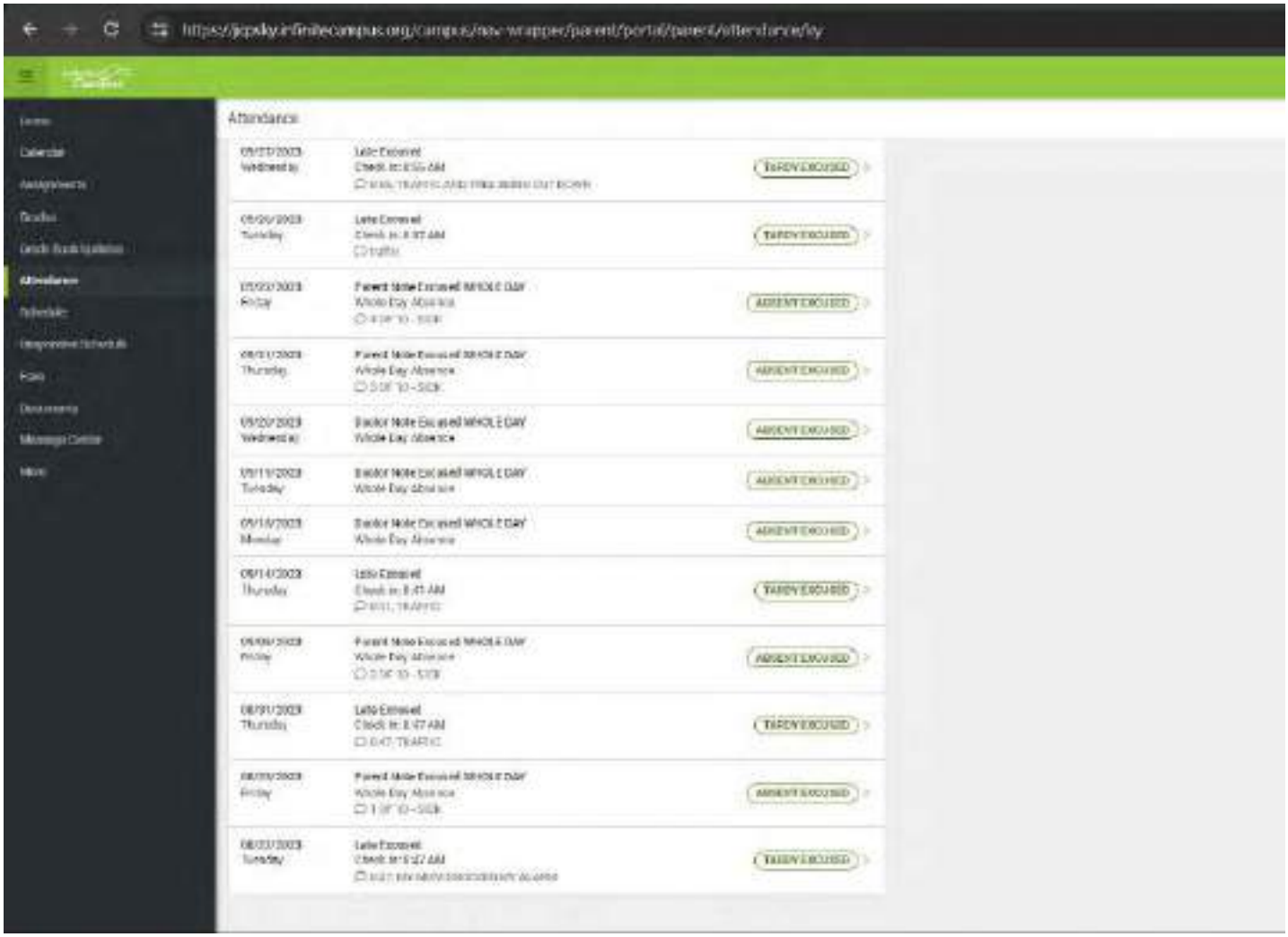
9/8 -- whole day absence mommy day....

8/31 -- late -- daddy week -- excused -- traffic -- daddy drives like grandma

8/25 -- whole day absence -- mommy day

8/22 -- late -- mommy snoozed alarm clock


Attendance



I've been trying to 'play nice' with Lindsay and not ruffle any feathers but she says she doesn't see any pattern....but look at the information Darcie....many weeks at her house....Jackie hasn't gone to school.....I am not sure why....she says Jackie pukes the whole day.....how was Jackie Monday night??? Really sickly and ill??? Or did it seem like she would have been able to go to school?

Each day that Jackie comes back here from Lindsay's house, she feels very mentally unwell in her own words. I am very concerned. What should I do?

I also have to balance meeting the school's guidelines and stuff.....they had me fax a form to them and they said they would contact the doctor....but the doctor said she would only approve absences as excused if Jackie was seen in clinic - but Jackie DOES have chronic illness issues - and Lindsay won't hardly ever take her to the doctor no matter what. And I cannot force her to do that without a court order which is not a path I want to go down if I can help it - but still - if it is damaging my child - and I often feel it is....between you and me.... Anyway - please take a look and tell me what you think....

The doctor won't write for extra absences so I am going to ask you if you will so Jackie's absences can be excused.....Calle Hagan is the name of the attendance clerk at The Phoenix School. Kim Vinegar is the head 504 plan person and overseer of extra absences. I don't understand Dr. Mahajan's hesitations to help Jackie. She is a new mother - maybe motherly fatigue is taking its toll.

Please respond when possible.

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Thursday, February 1, 2024 5:42 PM
To: John Fouts
Subject: Re: I am SO sorry to do this....

Hey John,
I sent a text but I'm worried it didn't go through. I am still feeling under the weather and talking makes the coughing worse. I am going to ask Jackie to raincheck to next Monday at our regularly scheduled time as I don't think I'll be very helpful if all I do is cough at her! Please tell her I'm very sorry and I'll see her Monday.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
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Creating Connection, PLLC
www.cctherapies.com

On Wed, Jan 31, 2024 at 4:12 PM Darcie Taggart <darcie@cctherapies.com> wrote:
Thanks! And happy birthday!

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On Wed, Jan 31, 2024 at 3:55 PM John Fouts <fouts.john@gmail.com> wrote:
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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, January 3, 2024 6:46 PM
To: John Fouts
Subject: Re: Making sure you are coming to the meeting for Jackie

Yes sorry. I have a family right before Jackie on Wednesdays and sometimes it takes a bit to get them out the door.

Darcie

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On Wed, Jan 3, 2024 at 6:34 PM John Fouts <fouts.john@gmail.com> wrote:

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fouts.john@gmail.com

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fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, January 2, 2024 10:49 PM
To: John Fouts
Subject: Re: Are you planning on meeting iwth Jackie on 2023-01-03 (Wednesday) at 6:30 p.m.? Jackie could not remember if you were meeting or not - please let me know.

Yep! I'll see her tomorrow! It was just last week we skipped for the holiday 😀
Be excellent to each other.

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> On Jan 2, 2024, at 10:48 PM, John Fouts <fouts.john@gmail.com> wrote:
>
> Thank you Darcie.
>
> John
>
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>
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>
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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, December 20, 2023 3:14 PM
To: John Fouts
Subject: Re: Some resources for you

Will do. I think holidays can sometimes be hard in general with being out of the routine and such but I will talk with her for sure tonight. We do "talk" but sometimes in a round about way. Jackie doesn't always like to talk directly but she's usually more than willing to if I bring it up. Thanks for the heads up.

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On Tue, Dec 19, 2023 at 9:02 PM John Fouts <fouts.john@gmail.com> wrote:

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> On Tue, Dec 19, 2023 at 3:26 PM Darcie Taggart <darcie@cctherapies.com> wrote:
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> >
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The other place you might find helpful is the Fairness Campaign, it's my go to for all things legislation related:

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Chris Hartman is the director there and he's great at knowing what's new in the community and how to take legislative action in good ways.

Lastly....I think that OutCare and Queer KY could be resources as well as they something know where folks are headed for care they can't get here and resources for where folks are looking for trans care.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, November 22, 2023 1:19 PM
To: John Fouts
Subject: Re: Jackie cannot join because the portal still says 6:30 pm

Sorry John I'm running behind. I will get it changed in a few but staffing something here with my staff first

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On Wed, Nov 22, 2023 at 1:03 PM John Fouts <fouts.john@gmail.com> wrote:

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To: John Fouts
Subject: Running behind

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, November 21, 2023 1:07 PM
To: John Fouts
Subject: Re: I re-read the letter and had a couple of questions

To be honest, regarding diagnosis, the letter really only needs to state the Gender Dysphoria diagnosis as that's all we are asking an Endocrinologist to treat. However, I included the other two diagnoses that I am currently working with which are ASD and Anxiety. However....I do realize that does not present the whole of the diagnosis that Jackie presents with but since I'm not actually treating the ADHD or the depression (meaning they aren't things we have current treatment objectives for) I only included the three I have treatment objectives for on her current treatment plan. That being said, when you all meet with an Endocrinologist they will likely want the full diagnostic picture and the medical prescriber should have records of the full diagnostic picture and the things she is being treated for with meds. I don't mind including them in a letter at all but since they aren't listed in my current chart documentation (other than the copies of past diagnostic profiles you gave me which are included in the chart) I just put the three we are currently treating. If you feel they need to be added I can do that and just put in there that it's by history and report.

Regarding your own concerns it's not really my area of expertise and I do not currently know of any online assessments that can be done. I feel like what you would need is a really good Neuropsych assessment and I wonder if your home health nurse might know of where to recommend you go? A Neuropsychologist should be able to start looking at those assessments or a Neurologist maybe as well. I'm surprised they didn't refer you to one when they did the MRI in 2022. Apologies that I don't know more in that area.

Darcie

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On Mon, Nov 20, 2023 at 11:05 PM John Fouts <fouts.john@gmail.com> wrote:

> Darcie,
>
> I noticed that ADHD was not noted but it has been 'found' via standardized testing (neuropsychiatric and psychological at each evaluation) ... except for Weisskopf Center which I really value very their opinion very lowly based on experiences we had there....but that is besides the point....I am primarily referring to Dr. Lara West when Jackie was very small, StrongMinds Dr. Tanya Stockhammer....SquareOne MD Dr.

Judith Axelrod, and Meridian Health Dr. David Charles....I know that Seven Counties was not certain about ADHD....but with all of these other less bureaucratic agencies with highly qualified providers I think may be able to more accurately diagnose - although that is only my opinion (than larger organizations with more hoops, red tape, controlled more by outside sources / governmental agencies / etc....).....you know what I mean?

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Tuesday, November 21, 2023 1:07 PM
To: John Fouts
Subject: Re: I re-read the letter and had a couple of questions

To be honest, regarding diagnosis, the letter really only needs to state the Gender Dysphoria diagnosis as that's all we are asking an Endocrinologist to treat. However, I included the other two diagnoses that I am currently working with which are ASD and Anxiety. However....I do realize that does not present the whole of the diagnosis that Jackie presents with but since I'm not actually treating the ADHD or the depression (meaning they aren't things we have current treatment objectives for) I only included the three I have treatment objectives for on her current treatment plan. That being said, when you all meet with an Endocrinologist they will likely want the full diagnostic picture and the medical prescriber should have records of the full diagnostic picture and the things she is being treated for with meds. I don't mind including them in a letter at all but since they aren't listed in my current chart documentation (other than the copies of past diagnostic profiles you gave me which are included in the chart) I just put the three we are currently treating. If you feel they need to be added I can do that and just put in there that it's by history and report.

Regarding your own concerns it's not really my area of expertise and I do not currently know of any online assessments that can be done. I feel like what you would need is a really good Neuropsych assessment and I wonder if your home health nurse might know of where to recommend you go? A Neuropsychologist should be able to start looking at those assessments or a Neurologist maybe as well. I'm surprised they didn't refer you to one when they did the MRI in 2022. Apologies that I don't know more in that area.

Darcie

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Monday, November 20, 2023 11:03 AM
To: John Fouts
Subject: Re: Letter and Appt Wednesday
Attachments: Letter for JF.pdf

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Sun, Nov 19, 2023 at 9:23 PM John Fouts <fouts.john@gmail.com> wrote:

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From: Brittany Boxley <bmboxley2270@gmail.com>
Sent: Saturday, November 11, 2023 11:34 AM
To: John Fouts
Subject: Re: Mainstream Voucher -- Housing Choice Voucher -- 2023-11-09 -- Case Worker -- Call -- John R. Fouts -- Medical Conditions -- Therapist Information

Hi John. Just wanted to follow up per our conversation the other day. So, I've spoken to my higher up. Honestly, the systematic issues that were addressed are out of my scope of work. However, if you're still willing, I can try my best to assist with the details of your housing needs and help to navigate the waiver process, along with ensuring Jackie's needs are met as well. Let me know your thoughts. If you still want to proceed, I will go ahead and send you the case management intake paperwork for you to proactively complete for me. Thanks and have a good weekend.

Brittany Boxley BS, MBA
CEO of Advocate4U, LLC
Certified Targeted Case Manager
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502-482-8280
bmboxley2270@gmail.com

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Jackie's mom (my ex-wife) lives at Post Oak Apartments, for everyone's mental well-being - we need to not both live at the same place. Post Oak is literally right next door to the school.

II think I got everything in there that you wanted...

Just got some good news too.....hearing aids were approved by Kosair for Jackie....so they are granting $4,750 for the hearing aids.....grateful.....

John

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

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To: John Fouts
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Sent: Thursday, November 2, 2023 2:58 PM
To: John Fouts
Subject: Resources

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Kentucky Psychiatry - 502-792-0275
John McCurdy - Family Health Center - 502-772-8860
Seth Poise - 502-425-5422
Boys and Girls Haven - 502-451-4701
Anitha Mandadapu - 812-284-8000
HopeBridge LLC - 502-353-2074

Hope that's helpful!

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To: John Fouts
Subject: Re: If you cannot or do not want to meet with me during Jackie's session - I need to know that you can meet with me outside of it sometime in the next week please -- I remember you stating that would be best anyway

I could meet next Tuesday at 9am virtually OR next Wednesday at 10am. Either of those work for you?

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Darcie

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On Wed, Sep 13, 2023 at 10:08 PM John Fouts <fouts.john@gmail.com> wrote:

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> I gave her complete privacy. I think she knows I do not eavesdrop on her or anything...pray for us that we will soon have our own place. I am completely exhausted in trying to find a way to use the housing choice voucher we have.
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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To: John Fouts
Subject: Re: This week upcoming -- 2023-09-10 -- Jaqquelyn/Jackie Fouts -- Scheduling

For this week let's do 6:30pm on Wednesday. I am headed back from Denver today and while we get home around 4pm I already have a telehealth appt at 6:30pm. I have that appt every other Monday at 6:30 which will likely fall on your weeks. I will look at my calendar tonight when I get home to determine what we could do on your weeks moving forward since the 5:30 doesn't work on Mondays and find you a time for another day. Apologies for the delay in reply as I have been traveling.

I will also respond to your other concerns upon my return to regular work hours tomorrow.

Thanks.

Darcie

Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

> On Sep 9, 2023, at 8:53 PM, John Fouts <fouts.john@gmail.com> wrote:
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> Things got better as the day went along. Jackie missed school on Friday - said mommy just laid in bed all day. Last time Jackie missed school on Friday, said mommy skipped work that day. I'm worried about both of them honestly… For this week, can we do 6 pm on Monday? It will be cutting it close because of IVIG … or 6:30 would be better on Monday to give a little buffer. The other noted concerns from earlier are still concerns of course…
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Monday --> 6 or after ...

Tuesday, Wednesday, or Thursday --> 5:30 or after ...

Friday --> Transition day so off the docket ...

Will any of these times work? If not, then Jackie can meet a little bitty bit earlier, but would be in the car with me, without privacy, on the way home from school, which would not be ideal - but we will try to do whatever we can to make it work.

J

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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Monday, September 11, 2023 9:50 AM
To: John Fouts
Subject: Re: This week upcoming -- 2023-09-10 -- Jaqquelyn/Jackie Fouts -- Scheduling

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Friday, September 8, 2023 6:35 PM
To: John Fouts
Subject: Re: Temporarily -- actually -- need time to be later than 5:30 on Mondays - wasn't thinking about the drive -- See details

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To: John Fouts
Subject: Re: Temporarily -- actually -- need time to be later than 5:30 on Mondays - wasn't thinking about the drive -- See details

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Thursday, September 7, 2023 6:57 PM
To: John Fouts
Subject: Re: Just wanting to make sure that Jackie hooked up with you online for her session.

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I did speak with her today about the possibility of meeting with Mr. Charlie at school. She just really seems to feel that being pulled out of class is too much at this point and she does not need more therapy services than what she will be getting from me. I can see no reason why this isn't OK unless she is having a lot of school related difficulties. She does not identify any at this time and stated she really likes the new school and that she feels missing class would cause her anxiety rather than be helpful. I do know some kids just feel this is true. We did talk a little about the session and how it went and her frustration with you regarding feeling like she didn't have a choice in the matter. I do think she will be OK without school services at this time unless there are specific school issues to address. I am also happy to work on those as well if needed.

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, September 6, 2023 3:37 PM
To: John Fouts
Subject: Re: If you get a chance, please follow up with Charlie Sawyer at The Phoenix School per Jackie

I have spoken with Mr. Sawyer and I will happily follow up on that with Jackie tomorrow during our appt. I can appreciate the desire for urgency in the letter but I would not be doing my due diligence (nor would they accept a letter from me) if I wrote it after one session of intake. Part of the letter specifies the length of time I have seen a child and one session won't really be enough for us to make a determination. Even the Social Worker at the Page clinic often wants to meet with an individual at least 3-4 times before they sign off on scheduling with the Endocrinologist. They used to have a Social Worker on staff down there specifically to meet with kids and make those determinations which is often who you would meet with first but I suspect with HB 150 in place they have changed that policy or they have lost that position - either way I promise we will be working towards it and I will write it when I am ready and feel like it's appropriate to do so. I do understand that those changes are hard to watch happen but it's imperative that I, as the professional you are asking to write the letter, do my best to meet the ethical guidelines of practice set forth by my license. So I need to meet with Jackie a few times before we get to that point.

Something else that has come across my mind tho, where did Jackie get the diagnosis of Autism? I know there was testing done at Seven Counties a while ago but didn't see that documentation on there. Is there testing from somewhere else that is more recent? Thanks.

Darcie

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On Tue, Sep 5, 2023 at 3:18 PM John Fouts <fouts.john@gmail.com> wrote:

> He'd like to talk to you before Jackie meets with you this Thursday.
>
> Also - was hoping to follow up with you on the letter for the PAGE Clinic as Jackie's voice is beginning to crack at times/change.
>
> John

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I have spoken with Mr. Sawyer and I will happily follow up on that with Jackie tomorrow during our appt. I can appreciate the desire for urgency in the letter but I would not be doing my due diligence (nor would they accept a letter from me) if I wrote it after one session of intake. Part of the letter specifies the length of time I have seen a child and one session won't really be enough for us to make a determination. Even the Social Worker at the Page clinic often wants to meet with an individual at least 3-4 times before they sign off on scheduling with the Endocrinologist. They used to have a Social Worker on staff down there specifically to meet with kids and make those determinations which is often who you would meet with first but I suspect with HB 150 in place they have changed that policy or they have lost that position - either way I promise we will be working towards it and I will write it when I am ready and feel like it's appropriate to do so. I do understand that those changes are hard to watch happen but it's imperative that I, as the professional you are asking to write the letter, do my best to meet the ethical guidelines of practice set forth by my license. So I need to meet with Jackie a few times before we get to that point.

Something else that has come across my mind tho, where did Jackie get the diagnosis of Autism? I know there was testing done at Seven Counties a while ago but didn't see that documentation on there. Is there testing from somewhere else that is more recent? Thanks.

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Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Tue, Sep 5, 2023 at 3:18 PM John Fouts <fouts.john@gmail.com> wrote:

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> Also - was hoping to follow up with you on the letter for the PAGE Clinic as Jackie's voice is beginning to crack at times/change.
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"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: Darcie Taggart <darcie@cctherapies.com>
Sent: Wednesday, September 6, 2023 3:37 PM
To: John Fouts
Subject: Re: If you get a chance, please follow up with Charlie Sawyer at The Phoenix School per Jackie

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Sunday, August 27, 2023 12:05 PM
To: John Fouts
Subject: Re: Okay we will log on in just a minute. Thank you.

How about Thursday, September 7th at 4pm via Zoom - seems like Jackie says that is Lindsey's week - so I'll put the appt in and you can let me know. :-) Thanks!

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To: John Fouts
Subject: Re: Portal doesn't have a telehealth link?

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Saturday, August 19, 2023 9:31 PM
To: John Fouts
Subject: Re: I was thinking that I might be able to talk to you prior to Jackie's session about things to help with getting the page clinic letter potentially sooner - what do you think?

I completely understand. 8am isn't my favorite time either for sure but I am sure with health related issues that makes it even harder. I am headed out of town tomorrow afternoon for two days to far eastern KY to give a two day training and then headed to Colorado immediately after that for a brief trip with family. So....then I will be back in the office next Sunday when I am seeing Jaqquelyn. I will make sure to use the preferred name from now on, language is powerful and names are important! I have read all of the info you provided on the client history form and with that plus the documents your attached and also my knowledge of your daughter as a Supervisor for her previous therapist at Seven Counties I feel certain I have plenty of background to work with. I am more than comfortable working with Jaqquelyn to get her a letter for gender affirming care and have worked with many children to help them become their most brilliant and amazing selves. I look forward to meeting her next Sunday via Zoom and please don't hesitate to reach out this week via email if there is anything else you think of that might be helpful.

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On Sat, Aug 19, 2023 at 7:28 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you for writing to me. I am trying to remember to start calling Jaqquelyn, Jaqquelyn instead of Jackie as Jaqquelyn wants. It is just taking me time to do that...for the first 11 years, she was Jack, then Jackie, and landed on Jaqquelyn. There has been a lot of change and self identification (which is great), and also hard for me to get used to. Please try to call her Jaqquelyn, unless she says call her Jackie.
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> I am not a morning person Darcie. I have some serious physical illness issues that are very limiting in many ways. One of those ways is it is very difficult for me to get up early. With school starting, and Jackie going back to JCPS at The Phoenix School as opposed to homeschooling, I need to save any amount of morning energy I have, to be able to wake up early on the days when Jaqquelyn is with me.
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> Our custody schedule is weekly. Each Friday evening, Jaqquelyn goes with me, or with mom.

If you tell me what would be most helpful for you to know, I can send you an email with pertinent information to help you gain a more full understanding of Jaqquelyn's situation.

I can send more than this if needed.

Jaqquelyn's mother has suffered with mental health issues and was in and out of the mental health hospital last year a number of times due to suicidality.

Jaqquelyn's father suffers from debilitating physical health illness and anxiety and depression.

Jackie struggles with suicidal ideation a lot and has been actively suicidal.

I want to do all that I can, to make sure that Jackie does not act on any suicidal ideation she has. It scares me especially because she has autism, and also has a great deal of impulsivity at times due to ADHD.

Art therapy has been the modality of therapy that has helped her the most, and she has seen several therapists in her life.

On Sat, Aug 19, 2023 at 6:07 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Would you want to meet tomorrow at 8am via telehealth? Since Jackie is now coming next week? Happy to do that. Just let me know.

Darcie

Be excellent to each other.

Darcie Taggart, ATR-BC, LPATS, LPCC-S, RPT-S
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On Aug 17, 2023, at 9:01 PM, John Fouts <fouts.john@gmail.com> wrote:

Hi Darcie.

I know you are getting ready to be out of pocket for a while, but I thought maybe it would be helpful to talk about Jackie's case prior to her first session with you to help give you background information etc... if it would be helpful, I can also send you her neuropsychiatric evaluation, and her meds list and her conditions list etc... and some older psychological testing etc... too. Would any of this be helpful? Jaqquelyn is 12 and puberty has started and I am trying my hardest to help her at least get on a puberty blocker or something so she has the best chance to be the most feminine she can in life with the least amount of medical interventions necessary...you know? She is my only child...I love her with all of my heart...I only want the best for her...

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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Saturday, August 19, 2023 9:31 PM
To: John Fouts
Subject: Re: I was thinking that I might be able to talk to you prior to Jackie's session about things to help with getting the page clinic letter potentially sooner - what do you think?

I completely understand. 8am isn't my favorite time either for sure but I am sure with health related issues that makes it even harder. I am headed out of town tomorrow afternoon for two days to far eastern KY to give a two day training and then headed to Colorado immediately after that for a brief trip with family. So....then I will be back in the office next Sunday when I am seeing Jaqquelyn. I will make sure to use the preferred name from now on, language is powerful and names are important! I have read all of the info you provided on the client history form and with that plus the documents your attached and also my knowledge of your daughter as a Supervisor for her previous therapist at Seven Counties I feel certain I have plenty of background to work with. I am more than comfortable working with Jaqquelyn to get her a letter for gender affirming care and have worked with many children to help them become their most brilliant and amazing selves. I look forward to meeting her next Sunday via Zoom and please don't hesitate to reach out this week via email if there is anything else you think of that might be helpful.

Darcie

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On Sat, Aug 19, 2023 at 7:28 PM John Fouts <fouts.john@gmail.com> wrote:

> Thank you for writing to me. I am trying to remember to start calling Jaqquelyn, Jaqquelyn instead of Jackie as Jaqquelyn wants. It is just taking me time to do that...for the first 11 years, she was Jack, then Jackie, and landed on Jaqquelyn. There has been a lot of change and self identification (which is great), and also hard for me to get used to. Please try to call her Jaqquelyn, unless she says call her Jackie.
>
> I am not a morning person Darcie. I have some serious physical illness issues that are very limiting in many ways. One of those ways is it is very difficult for me to get up early. With school starting, and Jackie going back to JCPS at The Phoenix School as opposed to homeschooling, I need to save any amount of morning energy I have, to be able to wake up early on the days when Jaqquelyn is with me.
>
> Our custody schedule is weekly. Each Friday evening, Jaqquelyn goes with me, or with mom.

If you tell me what would be most helpful for you to know, I can send you an email with pertinent information to help you gain a more full understanding of Jaqquelyn's situation.

I can send more than this if needed.

Jaqquelyn's mother has suffered with mental health issues and was in and out of the mental health hospital last year a number of times due to suicidality.

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> I can fix it if given the opportunity but the form disappeared... or I've provided the emergency contact information below.
>
> Emergency Contact Names
>
> Bonnia Cook Fouts
> Jackie's Grandmother [Paternal] (Nana)
> Bday 3/7/1952
> Phone: 502.821.3752

Email: bonniacookfouts@gmail.com

Bob Fouts
Jackie's Grandfather [Paternal] (Pa)
Bday 8/1/1944
Phone: 502.298.1377
Email: bobfouts44@gmail.com

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Co-Owner & Mental Health Therapist
Creating Connection, PLLC
www.cctherapies.com

On Tue, Aug 15, 2023 at 9:45 AM John Fouts <fouts.john@gmail.com> wrote:

> Hi Darcie.
>
> ==========
>
> If this coming Sunday at 8 am is still okay, I had already asked my ex-wife if she could make sure Jackie was awake at her house, and she had already agreed.
>
> If that will not work (based on your schedule it sounds like it may not be the best time), I can let her know. If we need to do the 27th at 11:30 am, I can make that happen (if that needs to be the first appointment). Please let me know.
>
> ==========
>
> Regarding the Therapy Portal emails - I received 2 of them - I will work on getting the information in there to you asap.
>
> ==========
>
> Regarding Lindsey Smith, yes Jackie was heartbroken when she left, but she was not at liberty to tell us where she went and I could not find her anywhere online, so we had tried to see someone at 7 Counties named Beatrice, but Beatrice was uncomfortable talking to Jackie, and ultimately said we could not see

her... anyway - I'd be glad to sign the letter of release of information for you to be able to talk to Lindsey Smith. She helped Jackie through some very tough times.

==========

The === divisions above help me with being able to read text -- I have some major eye issues going on -- hopefully they are not too bothersome to you.

I'll get the other info to you hopefully sometime today.

John

On Mon, Aug 14, 2023 at 6:54 PM Darcie Taggart <darcie@cctherapies.com> wrote:

Thanks for your response and the clarification. That has not always been the policy at the PAGE clinic so I'm wondering if they no longer employ their in house therapist who used to meet with kids to get those letters written. That being said I am very familiar with HB 150 and the implications (and difficulties) that it poses for our transgender youth and their rights. I knew the PAGE clinic required letters prior to starting any sort of HRT or puberty blockers but I'm guessing they have had to get stricter in their policies since HB 150 and all it's things were passed. I know there is still hope that they will overturn it but for now we live with where we are and support kids how we can. I am so grateful Jackie has you to be supportive of her! Parental support is so key (even when there are other family members who are not).

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On Wed, Aug 9, 2023 at 8:13 PM John Fouts <fouts.john@gmail.com> wrote:

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To: John Fouts
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From: Darcie Taggart <darcie@cctherapies.com>
Sent: Friday, August 11, 2023 8:46 PM
To: John Fouts
Subject: Re: Jaqquelyn A. Fouts - Referred by Theresa Adamchik - 2023-08-09

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<2023-05-08-Page-Clinic-Letter-Of-Support-Gender-Dysphoria.pdf>

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<2023-05-08-Page-Clinic-Letter-Of-Support-Gender-Dysphoria.pdf>

fouts.john@gmail.com

From: Charlie Sawyer <csawyer@sevencounties.org>
Sent: Friday, September 29, 2023 3:29 PM
To: John Fouts
Cc: Darcie Taggart, ATR-BC, LPATS,
Subject: <SECURE> Jackie
Attachments: message_v4.rpmsg

Charlie Sawyer (csawyer@sevencounties.org) has sent you a protected message.

Read the message

Learn about messages protected by Microsoft Purview Message Encryption.

Privacy Statement

Learn More on email encryption.
Microsoft Corporation, One Microsoft Way, Redmond, WA 98052

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Sent: Wednesday, December 6, 2023 6:01 PM
To: John Fouts; Jackie Fouts
Subject: I am worried I forgot to mention

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From: John Fouts <fouts.john@gmail.com>
Sent: Sunday, August 27, 2023 5:06 PM
To: Lindsay Fouts
Subject: Jackie scheduled her own appointment for 4pm next Thursday with Darcie Taggart - it is Telehealth

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To: Lindsay Fouts; Jackie Fouts; Jaqquelyn Fouts
Subject: Darcie Taggart's contact information is below:

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Sent: Friday, June 14, 2024 12:18 PM
To: Megan B Clark
Subject: Re: Touching Base -- 2024-06-13
Attachments: ky25themailsignatureiconfinal_logo6_f39a141c-667b-43db-b466-c94c9007c45b.png; ky25thanniversaryemailsignature_e6802fdb-38fe-4b01-8e92-5270c7851864.jpg; emailsignatureicon_05850d2d-8466-4aca-9b8d-9caaf081b7dd.jpg

Okay well let me know if I can help in any way.

==========
Below, I've listed out phone numbers for Jackie's current and former providers
==========

Jackie current providers:

Dr. Eli Pendleton (Baptist) - PCP
(502) 451-5955

Dr. Abigail Stocker or NP Lindsay McElmurray - U of L GI -- Motility Center -- Gastroenterology
(502) 588-4600

Dr. Julie Manche - Beyond the Ear - Performed confirmatory Auditory Processing Disorder evaluation
(502) 276-5755

Dr. David Charles - Meridian Behavioral Health - Performed confirmatory neuropsychiatric testing showing ASD Level II and ADHD
(502) 409-6993

Dr. Stephen Pollard - Family Allergy and Asthma - Asthma and allergy issues - we saw a diff provider in same practice last Summer - they had to change us to allow us to be seen more quickly (had to have a note for school about Jackie's inhaler)
(800) 999-1249

Dr. Rogers - Norton - Novak Center - Neurology

(502) 588-3650

Dr. Singer - Norton - Sleep Neurologist - we need to schedule Jackie for an overnight sleep study per Dr. Singer.
(502) 588-3650

Darcie Taggart - Current therapist - Creating Connection Therapy & Counseling
(502) 354-2699

Dr. Strickley - Associates in Dermatology - Audobon location
(502) 583-1749

==========
Former Providers
==========

Former GI doctors
Dr. Troy Gibbons (at UK Clinic in Lexington - Pediatric Clinic) -- Motility Center
(859) 323-6211

Dr. El-Chammas (Cincinnati Children's Hospital) -- Motility Center
(513) 636-4415

Former Dermatologist
Dr. Patricia Todd
(502) 588-9581

Former PCP
Dr. Mahajan - Norton
(502) 629-8990

Former psychological testing
Dr. Tonya Stockhammer - StrongMinds
(502) 614-7600

Former developmental pediatrician evaluation
Dr. Judith Axelrod - SquareOneMD
(502) 896-2606

Former provider of ABA Therapy services
Dr. Rashai Reynolds - Spring Health Behavioral - Assessed Jackie initially
(317) 452-6279

Susan McConnell, BCBA - ABA therapist assigned by Spring Health Behavioral and Dr. Reynolds
(502) 291-2139

Former therapists

Lindsey Smith - Seven Counties - she left that company
(502) 589-1100

Theresa Adamchik - Louisville Expressive Therapies - Jackie transitioned care to Dani Creamer at L.E.T.
(502) 509-5380

Dani Creamer - Louisville Expressive Therapies - Jackie transitioned care to Akilah Cherry at L.E.T.
(502) 509-5380

Ms. Sanchez - Bloom Elementary School in school therapy services - Seven Counties
(502) 485-8211

Dr. Lara West - Corydon, IN
(317) 956-2030

==========

On Fri, Jun 14, 2024 at 10:14 AM Megan B Clark <mbclark@kvc.org> wrote:
I still have to contact some of her doctors to confirm diagnosis's , I appreciate the information.

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvcky.org
Join us on Facebook | Instagram | LinkedIn | YouTube | Twitter

---

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:14 PM
To: Megan B Clark <mbclark@kvc.org>
Subject: Touching Base -- 2024-06-13

Hi Megan.

I realize you are probably already gone from your office, but I wanted to check to see if you were able to get everything you needed to close your open case.

Please let me know. Thank you.

John R. Fouts

On Wed, Jun 5, 2024 at 10:04 AM John Fouts <fouts.john@gmail.com> wrote:

Hi Megan.

Of course. I left you a message after you called last week, but I hadn't heard back from you. The only report that I am aware of is from 2017, and involved a charge of child abuse against my ex-wife, and was filed in Colorado. Is that still open?? After 7 years??

I didn't see your email until today.

So you know, my son is now my daughter (male to female transgender). She goes by Jackie and prefers the full name Jaqquelyn. We have not made the official legal name change yet, however, so legally, as of now, still, Jackie is Jack A. Fouts. So when you talk to her, please refer to her as Jackie and use she/her pronouns.

John R. Fouts

On Mon, Jun 3, 2024 at 10:03 AM Megan B Clark <mbclark@kvc.org> wrote:

Hey John, I am reaching out to schedule a time to chat or come by your home. You're family has a open report and I'm needing to discuss it with you as well as see your son. I am free 11-1pm or after 2pm anytime the rest of the week . Feel free to give me a call when you have a moment 859 436 8503

Get Outlook for iOS

MEGAN CLARK
Assessment Support Specialist
KVC KENTUCKY

315 Townepark Circle, Louisville, KY 40243
o: 859-254-1035 | d: | m: 859-436-8503
www.kvckentucky.org
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CONFIDENTIALITY NOTE: This e-mail message, including any attachment(s), contains information that may be confidential, protected by the attorney-client or other legal privileges, and/or proprietary non-public information. If you are not an intended recipient of this message or an authorized assistant to an intended recipient, please notify the sender by replying to this message and then delete it from your system. Use, dissemination, distribution, or reproduction of this message and/or any of its attachments (if any) by unintended recipients is not authorized and may be unlawful.

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

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fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Thursday, June 13, 2024 8:59 PM
To: Megan B Clark
Subject: Some of other things....

Thought of these after you had left, but still relevant.

In 2022, Jackie's then PCP, Dr. Mahajan, at Norton, had told us that Jackie was exhibiting symptoms of Long Covid, and Jackie was indeed....especially with an exacerbation of pain, exacerbation of headaches, newer onset worse short term memory (which Dr. Mahajan had said she'd seen in a number of children), and extreme fatigue. She had us go to a Cardiologist, to Physical Rehabilitation Medicine, and Pulmonology for Jackie. Jackie already has established care at a Family Allergy and Asthma practice. Jackie already sees a Neurologist - Dr. Rogers at Norton, Gastroenterologist - Dr. Stocker or NP Lindsay McElmurray at U of L Motility Department....Jackie was first diagnosed with Gastroparesis around the age of 3 or 4 I think...that was a long time ago...the diagnosis was done at Cincinnati Children's Hospital using the gold standard test....the nuclear imaging looking for delayed gastric emptying....Jackie has delayed gastric emptying in phases 2 and 4 of digestion according to that test.....I have had Jackie in therapy since Jackie was a small child because I always knew something was not the same as other children....

Jackie was very sensitive, and still is, to light at times...to sound....sensory inputs....Jackie saw Dr. Tonya Stockhammer (Psychologist at StrongMinds) when Jackie was 5 or 6....prior to that...Jackie saw Dr. Lara West in Corydon....Dr. Stockhammer advised us to see Dr. Judith Axelrod at SquareOne MD (one of the best physicians / developmental pediatricians in the region)....Dr. Axelrod confirmed ADHD when Jackie was 6 I believe...Jackie was in therapy at school that I had arranged in 2019 or 2020. I had asked also, if Jackie could be seen by an in-school therapist...and...by an out of school therapist...because Jackie was struggling with some things (and weren't we all....it was the time of the great pandemic of COVID)...which was not so great a time. I was able to get that set up through Seven Counties...so Jackie was seeing Ms. Sanchez at school...and was seeing Lindsey Smith outside of school, so was having therapy sessions 2 times per week...this went on into 2022...at which time, Jackie began being homeschooled - on 2/22/2022 (easy date to remember at least)... Jackie had been having issues with migraines, cluster headaches, and cyclical vomiting syndrome in addition to her anxiety and depression. She was also struggling with pain issues and invisible disability issues....Jackie was seeing Lindsey Smith well into 2022 (I believe through the end of the year)...Jackie had also been enrolled in Art Therapy as of then. Jack was in art therapy through Louisville Expressive Therapies from around August 2022 through February 2023.

At L.E.T., Jackie initially saw Theresa Adamchik, later Dani Creamer (intern), and after that saw Akilah Cherry. Jackie enjoyed art therapy, but Akhilah said she was not able to continue seeing Jackie due to not feeling comfortable dealing with transgender issues which she had not been trained on if I remember correctly - or maybe was just not comfortable tackling transgenderism with everything else.

So Lindsey Smith had left Seven Counties, and Akilah had not felt comfortable with gender affirming therapy, nor was she able to provide what was needed for Jackie to begin receiving appropriate transgender care -- we needed a specific letter from a gender-affirming therapy group to be able to get

Jackie into the P.A.G.E. clinic at the NOVAK Center downtown (specialized in Endocrinology, etc....)...oh...at the end of 2022 and in the Summer 2022...and maybe even somewhat earlier in the year, I had also finally been able to get Jackie into ABA therapy...which was recommended for Jackie since Jackie was younger...

When Jackie was younger...it was not affordable at $200 an hour with a recommended 20 to 40 hours per week....that would have been $4000 to $8000 per week out of pocket or $16000 to $32000 per month out of pocket...and was not a feasible solution in the past...at least not for any family I have ever known. Finally, in 2022 when I was able to receive Medicaid, and Jackie was also, ABA therapy was a covered benefit. In early 2022, I had met with the coordinator for the ABA company...and we had been on the waiting list for a long time....6 months to a year....still...even after meeting with the coordinator...it took months before we were assigned an ABA therapist.....so in 2022...Jackie was seeing an art therapist, a regular psychotherapist at 7 Counties, and an ABA Therapist....I think in the 3rd quarter of 2023 is when the ABA therapist left the company she'd been with, so we were again left adrift trying to find services.

When I spoke to the psychiatry department through Norton, they asked about medications, service providers (physicians), therapists, and stated there was no need for Jackie to have any additional psychiatric help...and they strongly complimented me on my parenting and doing everything possible to take the best care of Jackie that was possible.

In 2023....Lindsey, the Seven Counties therapist left to go elsewhere...and the art therapist had stopped seeing Jackie....we were struggling to find appropriate gender-affirming care for Jackie to get the needed letter for the PAGE clinic...we were referred to a therapy agency that operates solely via telehealth...and after being shuffled through therapists...that 'they' assigned Jackie to....they decided to not see Jackie...it was a big let down....

Darcie Taggart began seeing Jackie shortly after that. From my calendar, it looks like Jackie began seeing Darcie around August of 2023....Jackie's neuropsychiatric evaluation that I had done in 2022 in the middle of the year also came back showing Jackie as having Autism Spectrum Disorder Level 2 and ADHD. It was done by Dr. David Charles at Meridian Behavioral Health.

In late 2022....we had whole genome sequencing done with the results coming back in early 2023 showing that Jackie had one copy of a pathogenic gene, and I had 2 copies of it....the defective gene shows both of us have a primary immune deficiency disorder or inborn error of immunity. That pathogenicity can lead to some of the things Jackie was...and...is....experiencing health-wise.

I'd also applied for Jackie to receive SSI due to all of the mental and physical health issues that she was experiencing, and she was found disabled as of May 2023....now....however...she is listed through SSA as just falling under the umbrella of the disability benefit that I am receiving due to her being the child of a disabled worker...which means a small but slightly larger amount than if she were only collecting SSI. Jackie is on the waiting list, also, for the Michelle P. Waiver, but the list is several years long, so I don't know if she will even be able to access waiver services.

Jackie continues to see Darcie and Darcie has been really a good fit for Jackie.

Please let me know once you have officially closed the case, and please provide documentation to me once that has occurred. I think you said you would, but I want to make sure I ask for that for my records, please.

John R. Fouts

--

"Shining" in Service,

John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Monday, August 5, 2024 4:01 PM
To: Tayler Hibbs
Subject: Re: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you
Attachments: image.png

Thank you. I appreciate you giving me an update. Do you have any ETA on how long it will take to hear back? Trust me...I know insurance can be a very large bear on your back...

On Mon, Aug 5, 2024 at 2:53 PM Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com> wrote:

> Hello Mr. Fouts,
> I am currently in the process of getting this figured out for you. Once I hear back I will reach out and let you know what I am told. As for the EMDR we do have therapist's that offer this but EMDR is not covered by insurance and would be out of pocket. We do offer packages for this to help with the out of pocket costs. For more information on this you can call 502-444-5433 ext 300 and speak with Melissa Smith. Thank you.

Tayler H

Front Desk Manager

Tayler.Hibbs@lifeinmotionkentucky.com
www.LifeInMotionKentucky.com
www.Live.Life.Balanced.Today
502.444.Life (5433) (office) ext 100
502.535.2618 (Fax)

On Mon, Aug 5, 2024 at 2:05 PM John Fouts <fouts.john@gmail.com> wrote:

> Tayler,
>
> Please can you let me know where you stand with this? It is really important to us that Jackie be able to talk in therapy about certain things....I also wanted to ask you if you did EMDR therapy or EMDR2 therapy or ACT therapy or what modalities you all use at your location. Jackie has good talk individual therapy through Darcie Taggart, but I believe another approach simultaneously in addition to the family therapy, could be really beneficial.

Jackie meets with her therapist tonight, and I would really like to be able to at least tell her something....can you please give me a status update from your end?

John

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From: **John Fouts** <fouts.john@gmail.com>
Date: Tue, Jul 30, 2024 at 3:53 PM
Subject: Re: Life In Motion Follow-Up
To: Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com>

Okay no problem. Thanks for reaching out - yes I understand about the insurance and billing situation and that is yet another reason why I, too, was confused about whether service would be covered or not.

I have 'Traditional KY Medicaid' with no MCO....that is because I am on the Home and Community Based Services Medicaid Waiver program.

Here is Jackie's card (which says Jack because her legal name is not yet changed to Jaqquelyn - so on insurance documents still Jack A. Fouts....Jackie's chosen name is Jaqquelyn A. Fouts with the nickname Jackie. Jackie uses she/her pronouns).

Telehealth is what we would like to have set up - or after an initial visit or whatever your rule may be.

I, of course, do not have any knowledge of what my ex-wife's insurance is...

You can reach my ex-wife by calling her at (502) 475-6896, but she prefers email so lindsayfoutscpa@gmail.com.

Thank you Tayler.

On Tue, Jul 30, 2024 at 9:19 AM Tayler Hibbs <Tayler.Hibbs@lifeinmotionkentucky.com> wrote:

> Good Morning Mr. Fouts,
> I received your voicemail about starting therapy through Life In Motion. I am reaching out because I need more information on the insurance you mentioned in the voicemail.

Please send me a copy of the front and back of your insurance card and your child's if they are different. We will also need a copy of your ex-wife's insurance card. Before I can move forward with anything, I have to speak with the billing department about how this would be billed. You can respond to this email with that information and once I have spoken with the billing team I will reach back out to you with an update. Thank you.

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John R. Fouts, MBA

Fax. 502.996.8246

fouts.john@gmail.com

From: John Fouts <fouts.john@gmail.com>
Sent: Tuesday, August 20, 2024 9:40 PM
To: Tayler Hibbs; Darcie Taggart; Lindsay Fouts
Subject: Fwd: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you
Attachments: image.png

Tayler,

I have copied my ex-wife, Lindsay, and my child's therapist, Darcie Taggart, on this. Family therapy is an important piece that Jackie does not have. It is now August 20th....what seems to be the hold up? Are you all just disinterested by helping Jackie?

John

---------- Forwarded message ---------
From: **Tayler Hibbs** <Tayler.Hibbs@lifeinmotionkentucky.com>
Date: Tue, Aug 6, 2024 at 10:05 AM
Subject: Re: Life In Motion Follow-Up -- Jaqquelyn/Jackie Fouts -- Following Up Again -- It has been about a week -- haven't heard back from you
To: John Fouts <fouts.john@gmail.com>

I do not at this time. But as soon as I do I will update you.

Tayler H
Front Desk Manager

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MERIDIAN BEHAVIORAL HEALTH

Report of Psychoeducational Evaluation
(Confidential Information)

IDENTIFYING INFORMATION

Patient Name: Mr. Jack Fouts
Patient DOB: 04/26/2011
Dates of Service: 05/11/2022 (Initial Intake), 06/01/2022 (Testing), and 06/21/2022 (Feedback)
Age: 11 years, 0 months
Gender: Male
Pronouns: He/him/his and they/them/theirs
Provider(s): David Charles, PhD
Account No: 7145

ASSESSMENT PROCEDURES

Clinical Intake
Behavioral Observations
Wechsler Intelligence Scale for Children, 5th Edition (WISC-V)
Wechsler Individual Achievement Test, 3rd Edition (WIAT-III)
The Beery-Buktenica Developmental Test of Visual Motor Integration (VMI)
Delis-Kaplan Executive Functioning System (D-KEFS)
Wide Range Assessment of Memory and Learning, 3rd Edition (WRAML-3)
Conners' Continuous Performance Test, 3rd Edition (CPT-3)
Behavior Assessment System for Children, 3rd Edition, Self-Report (BASC-3 Self)
Behavior Assessment System for Children, 3rd Edition, Parent (BASC-3 Parent)
Gilliam Autism Rating Scale- Third Edition (GARS-3)
Adaptive Behavior Assessment System, Third Edition (ABAS-3)
Sentence Completion Test-Adolescent

REFERRAL QUESTION

Jack Fouts is an 11-year-old male who was referred for an evaluation given concerns for cognitive, attentional, and social functioning.

CHIEF COMPLAINT & CURRENT SYMPTOMS

Upon interview with Jack and his father, Mr. John Fouts, they reported a history of difficulties with complex medical problems, such as cyclical vomiting syndrome, small fiber polyneuropathy, gastroparesis, and difficulties with sensory integration, dysphagia, dysautonomia, migraines, and cluster headaches. They also reported a history of mental health challenges such as ADHD and ODD. Currently, Mr. Fouts reported Jack experiences intense rejection sensitivity, dysphoria,

anxiety, depression, suicidal ideation, and hypersensitivity to certain lights, sounds, and textures contrasted by periods of needing intense pressure and/or other forms of stimulation that can "flip on a dime." Mr. Fouts reported Jack has been significantly bullied throughout his educational history and is now being homeschooled. Mr. Fouts shared Jack is quite defiant, expresses frequent and intense suicidal ideation in response to any attempts to correct his behavior, and struggles with reciprocal conversations. He reported Jack regularly brings the conversation back to topics of his own interest (such as cats), does not demonstrate concern over others' wellbeing, prefers to play alone, and does not want to participate in group activities. Jack's father shared Jack struggles with participating in personal hygiene, such as taking baths and brushing his teeth, requires anticipatory guidance, struggles with changes to his routine, demonstrates fixated interests, and is significantly reluctant to try new things. Additionally, he reported Jack demonstrates issues with understanding abstract ideas, innuendos and more nuanced comedy, and struggles with understanding that others can have different opinions and/or perspectives.

PSYCHIATRIC HISTORY AND TREATMENT

Mr. Fouts denied a previous history of inpatient psychiatric care for Jack, although Jack has been treated via acute care for mental health issues and has a history of suicidal ideation. Jack did endorse a previous history of both visual and auditory hallucinations, particularly when taking higher doses of Adderall and when taking amitriptyline. A history of previous psychological testing was reported and significant for ADHD and a rule out of Level Autism Spectrum Disorder. Jack currently sees Ms. Lindsey Smith, LPCC, LPATA for individual therapy at Seven Counties Services and Ms. Theresa Adamchik, ATR-BC, LPAT, LPCC-S for art therapy at Louisville Expressive Therapies. According to Mr. Fouts, both have expressed concerns that Jack may be on the Autism Spectrum. He reported that therapy has been helpful thus far, especially art therapy.

ASSESSMENT OF SUBSTANCE USE

No substance use history was reported.

TRAUMA HISTORY

According to Mr. Fouts, Jack has experienced significant emotional and psychological trauma from the experience of his parents' divorce. Additionally, he shared that Jack has suffered an extensive history of bullying. Lastly, Mr. Fouts shared that living in intense and chronic pain likely has contributed to symptoms of traumatic stress.

CURRENT MEDICATIONS

Adderall 5 mg XR
Loratadine 10 mg
Multivitamin (2 gummies)
Famotidine 40 mg
Clonidine 0.1 mg XR
Clonidine 0.15 mg IR
Azelastine (nasal spray)
Fluticasone (nasal spray)

Albuterol inhaler PRN
Wixela inhaler PRN
Magnesium oxide 400 mg
ExLax 60 mg
Stool softener (2 gel tabs)

ALLERGIES

Mr. Fouts reported Jack experiences seasonal allergies and has a history of hallucinations at higher doses of Adderall and while taking amitriptyline. He is also reportedly allergic to many molds, pollens, grasses, and has experienced a severe adverse reaction to Prevacid (lansoprazole).

MEDICAL HISTORY

Mr. Fouts indicated Jack currently has Gastroesophageal Reflux Disease (GERD), gastroparesis (with delayed emptying at phases 2 and 4), cyclical vomiting syndrome, small fiber polyneuropathy, migraines, cluster headaches (concentrated around his right orbitofrontal region), ADHD, and Central Auditory Processing Disorder (CAPD). A history of head injury was denied. He has a history of one known seizure, which was febrile seizure when he was much younger. According to Mr. Fouts, Jack had an abnormal EEG in all 3 stages, but a 24-hour EEG was normal and thus no diagnosis was made. Jack also reportedly has a history of breaking a bone in his hand when he was younger. Currently, Mr. Fouts reported Jack experiences variable sleep patterns with periods of struggling with sleep onset, maintenance, and insomnia (which may be related to his neuropathy). Jack also typically struggles with anxiety and prefers to sleep with his father and mother when at their respective houses. Jack is currently on target with his height and weight, although his appetite is typically diminished and lower than expected for a child his age.

FAMILY MEDICAL AND PSYCHIATRIC HISTORY

Mr. Fouts reported dealing with extreme and chronic health difficulties. He shared that he has a history of small fiber polyneuropathy, erythromelalgia, fibromyalgia, Cramp Fasciculation Syndrome, migraines, possibly Multi-Systemic Sjogren's Syndrome, and a host of other chronic health conditions.

FAMILY HISTORY/LIVING SITUATION

Mr. Fouts stated Jack currently lives with his father part-time and his mother parttime in a joint custody "50/50" arrangement. Mr. Fouts indicated he and Jack's mother struggle greatly with co-parenting due to very different parenting philosophies. Mr. Fouts stated, "There are no consequences at his mother's house." Jack has reportedly met his mother's boyfriends and one of his father's girlfriends. Mr. Fouts reported his ex-girlfriend struggled with severe Borderline Personality Disorder and died by suicide in September 2020. Mr. Fouts stated this has been an emotionally difficult experience for Jack, as he was close with her and did witness his father's ex-girlfriend in crisis at times.

DEVELOPMENTAL HISTORY

Mr. Fouts denied experiencing any special situations or problems during Jack's mother's pregnancy with Jack. When he was delivered, the umbilical cord was wrapped around his neck and did require medical interventions. His APGAR scores were normal upon being released from the hospital. That said, Mr. Fouts indicated that Jack was either early for or met all major developmental milestones on time. When he was three years old, however, Mr. Fouts reported noticing Jack acted differently than his same aged peers. For instance, he reported Jack struggled with intense aggression, was "extremely colicky," and "said no to everything." He reportedly did not sleep through the night and often only required three hours of sleep. Mr. Fouts reported Jack has a history of lining his toys up, self-stimulating behaviors, and visual fascination. According to available records, Jack was evaluated as a young child and diagnosed with ADHD, Combined Type.

EDUCATIONAL/OCCUPATIONAL HISTORY

Mr. Fouts stated Jack recently graduated the 5th grade via homeschooling (with most of the schoolyear being completed at Bloom Elementary). He indicated Jack has been in homeschooling since February 22, 2022. He was reportedly pulled from Bloom Elementary School after two notices to the superintendent and several attempts to get the bullying from other students to cease (with little to no changes). For instance, Jack indicated students would kick him and tease him for wearing flipflops (which is in his 504 due to issues with neuropathy). Current academic concerns were endorsed in many subjects, although Mr. Fouts indicated he is uncertain to what degree Jack's difficulties are COVID19-related and/or issues with fixated interests.

SOCIAL HISTORY

Jack stated his main hobbies include playing video games, playing outside, playing mini golf, drawing, and playing with his cats. Mr. Fouts indicated Jack appears to struggle with making new friends and maintaining friendships. He indicated this has been an issue since early childhood for "as long as (he) can remember." Jack indicated he was uncertain as to what makes somebody a friend aside from people who play with him.

LEGAL ISSUES

No personal legal history was reported aside from experiencing his parents' divorce.

BEHAVIORAL OBSERVATIONS

Jack was assessed over the course of one half-day evaluation. He arrived for his appointment on time and was accompanied by his mother and father. Jack appeared well-groomed and was dressed appropriately for the weather. He was evaluated while on his current stimulant medication. He demonstrated adequate hearing and vision for the purposes of testing (although there were mild indications of troubles with hearing). Of note, Mr. Fouts indicated Jack was provided with hearing aids approximately a week and a half prior to the date of the feedback. Jack reported obtaining an adequate night's rest the night before and appeared rested. His speech was normal for rhythm, rate, and prosody, and the content was organized. Both his comprehension and processing speeds appeared to be within normal limits. Jack demonstrated adequate attention to the task at hand, although he refused to complete several assessments

such as particular subtests on the WIAT-III and any part of the WRAML-3. Jack's mood was mostly euthymic with congruent affect. Rapport was established with Jack as he was, at times, friendly and open with the examiner. Jack appeared to put forth good, consistent effort, and therefore, the current results are believed to be an accurate reflection of his functioning at this time.

RESULTS

In the following sections, performances were measured, and ratings obtained that were then converted into a "comparison score" or, in other words, a "standardized score." This score is intended to indicate where a performance or rating stands in comparison to other individuals in a similar age range. Standard Scores are sometimes used for interpretation, which have a mean (average) of 100 and standard deviation of 15. T-Scores are also used, which have a mean of 50 and a standard deviation of 10. Scaled scores are also used, which have a mean of 10 and a standard deviation of 3. The table below is provided to help understand each of these ranges and what they mean. Average scores reflect "healthy, normal functioning" when compared to the standardization sample, while scores falling outside of the Average range reflect areas of strength and weakness. Other measures simply yield a total score that connects to a descriptive category/range or that is interpreted based on whether a "cut-off" is reached (i.e., whether that score crosses a threshold criterion). Lastly, some measures are evaluated based on the content or characteristics of the individual's responses to ambiguous stimuli.

Scaled Score Range	*T-Score Range*	*Standard Score Range*	*Qualitative Description*
16-19+	70-80+	130-140+	Very Superior
14-15	64-69	120-129	Superior
13	57-63	110-119	High Average
8-12	43-56	90-109	Average
6-7	37-42	80-89	Low Average
4-5	30-36	70-79	Borderline
<1-3	<20-29	<60-69	Impaired

The Wechsler Intelligence Scale for Children, 5th Edition (WISC–V)

Scale / Subtest	*Standard Score / Scaled Score*	*Qualitative Description*
Full Scale IQ (FSIQ)	**103**	Average
Nonverbal Index (NVI)	**105**	Average
General Ability Index (GAI)	**97**	Average
Cognitive Proficiency Index (CPI)	**124**	Very High
Verbal Comprehension Index (VCI)	**98**	Average
Similarities	8	
Vocabulary	11	
Visual Spatial Index (VSI)	**100**	Average
Block Design	10	
Visual Puzzles	10	

Fluid Reasoning Index (FRI)	94	Average
Matrix Reasoning	9	
Figure Weights	9	(-)
Working Memory Index (WMI)	146	Extremely High
Digit Span	18	(+)
Picture Span	18	(+)
Processing Speed Index (PSI)	95	Average
Coding	8	
Symbol Search	10	

+ = relative strength (compared to subtest mean and critical value)
- = relative weakness (compared to subtest mean and critical value)

The Wechsler Intelligence Scale for Children, 5th Edition (WISC–V) is a comprehensive clinical instrument used for assessing overall intellectual functioning in children. The WISC-V was administered to Jack to help evaluate his intellectual ability as well as cognitive strengths and weaknesses. The WISC-V assesses intellectual functioning in five specified cognitive areas. These areas are presented as indices, which include the Verbal Comprehension Index (VCI), the Visual Spatial Index (VSI), the Fluid Reasoning Index (FRI), the Working Memory Index (WMI), and the Processing Speed Index (PSI). These indices are comprised of ten individual subtests (Similarities, Vocabulary, Block Design, Visual Puzzles, Matrix Reasoning, Figure Weights, Digit Span, Picture Span, Coding and Symbol Search). Lastly, seven subtests are combined to provide a composite score that represents one's overall intellectual ability, the Full Scale Intelligence Quotient (FSIQ). As there was a large difference between his highest (Digit Span-18) and lowest (Similarities, Coding-8) subtest scores, the FSIQ is not considered to be the most representative score of Jack's overall intelligence. Rather, Jack's individual index scores should be interpreted to better understand his cognitive strengths and weaknesses.

The Verbal Comprehension Index (VCI) measures verbal concept formation, verbal reasoning, and knowledge one has acquired from one's environment. Similarities and Vocabulary are the two subtests that comprise the VCI. Jack earned a standard score of 98, which falls within the Average range and is ranked at the 45th percentile. This indicates his verbal intellectual abilities are estimated to be equal to or higher than 45% of other children his age in the norming sample.

The Visual Spatial Index (VSI) measures a child's ability to evaluate visual spatial relationships to construct geometric designs from a model. Block Design and Visual Puzzles are the two subtests that comprise the VSI. Jack earned a standard score of 100, which falls within the Average range and is ranked at the 50th percentile. This indicates his visual spatial abilities are estimated to be equal to or higher than 50% of other children his age in the norming sample.

The Fluid Reasoning Index (FRI) measures one's ability to determine an underlying conceptual relationship among visual objects and use reasoning/logic to identify and apply rules. Identification and application of conceptual relationships in the FRI requires inductive and quantitative reasoning, broad visual intelligence, simultaneous processing, and abstract thinking.

The two subtests that make up the FRI are Matrix Reasoning and Figure Weights. On this index, Jack earned a standard score of 94, which falls within the Average range and is ranked at the 34th percentile. This indicates his verbal intellectual abilities are estimated to be equal to or higher than 34% of other children his age in the norming sample. Figure Weights was a personal weakness for Jack, indicating his quantitative reasoning skills are less well developed than other skills.

The Working Memory Index (WMI) provides a measure of the examinee's working memory abilities. Attention, concentration, mental control, and reasoning are all components involved in working memory. Tasks involving working memory require the ability to retain information in memory, perform some type of mental operation or manipulation, and then produce a result. Of note, modern research shows working memory is essential for higher order cognitive processes, such as planning, organization, and time-management (often referred to as "executive functions"). The core subtests for this section are Digit Span and Picture Span. On this index, Jack earned a WMI score of 146, which falls within the Extremely High range and is ranked at the 99.9 percentile. This indicates his working memory abilities are estimated to be equal to or higher than 99.9% of other children his age in the norming sample. Jack's WMI score indicates his ability to retain information and mental control is developing extraordinarily well.

Lastly, the Processing Speed Index (PSI) provides a measure of the examinee's ability to quickly and correctly scan, sequence, and discriminate simple visual information. The PSI also measures short-term visual memory, attention, and visual-motor coordination. The subtests that comprise the PSI include Coding and Symbol Search. On this measure, Jack earned a standard score of 95, which falls within the Average range and is ranked at the 37th percentile. This indicates his processing speed intellectual abilities are estimated to be equal to or higher than 37% of children his age in the norming sample.

The Wechsler Individual Achievement Test–Third Edition (WIAT–III) is an individually administered, diagnostic achievement test designed for students in grades Prekindergarten (PK) through 12, or ages 4 years, 0 months through 19 years, 11 months. The WIAT–III consists of 16 subtests used to evaluate listening, speaking, reading, writing, and mathematics skills. Jack was administered a subtest from the Oral Language Index as a measure of his receptive and expressive vocabulary abilities, as well as subtests from the Reading Index as a measure of basic skills such as reading fluency and reading comprehension.

The Listening Comprehension subtest contains two components: Receptive Vocabulary (which measures listening vocabulary) and Oral Discourse Comprehension (which measures the ability to make inferences about, and remember details from, oral sentences and discourse). On the Listening Comprehension subtest, Jack gave an Above Average performance with a standard score of 120. Jack's score is ranked at the 91st percentile, indicated his listening comprehension abilities are estimated to be equal to or higher than 91% of children his age in the norming sample.

On the Total Reading Index, Jack obtained a standard score of 116, which falls in the Above Average range and is ranked at the 86th percentile. This indicates Jack scored equal to or higher than 86% of individuals his age in the norming sample. The Total Reading index is comprised of the following subtests: Reading Comprehension, Word Reading, Pseudoword Decoding, and Oral Reading Fluency. On the Reading Comprehension subtest, Jack obtained a standard score of 104 which falls in the Average range and is ranked at the 61st percentile. On the Word Reading subtest, Jack obtained a standard score of 111 which falls in the Average range and is ranked at the 77th percentile. On the Pseudoword Decoding subtest, Jack obtained a standard score of 117 which falls in the Above Average range and is ranked at the 87th percentile. On the Oral Reading Fluency subtest, Jack obtained a standard score of 118 which falls in the Above Average range and is ranked at the 88th percentile. Jack's scores on the WIAT-III suggest his listening comprehension and reading skills are above expected for his age and grade-level. The examiner attempted to administer the writing and mathematics subtests, and Jack declined to complete those tasks.

The Beery-Buktenica Developmental Test of Visual-Motor Integration (Beery VMI) is a visual-motor test used to assess the ability to coordinate visual perception and fine motor (finger and hand) movements in children, adolescents, adults, and seniors, aged 2–100 years. The test is broken down into three sections. The first examines how efficiently the visual and motor systems are communicating with one another (the ability referred to as visual-motor integration), while the second and third isolate the visual perceptual and the motor control pieces of the puzzle. On the test of visual-motor integration, Jack performed in the Average range. On the Visual Perception test he scored in the Average range, and on the Motor Coordination test he scored in the Average range.

The Delis-Kaplan Executive Functioning System, Select Subtests (D-KEFS)

Scales	*Scaled Score*	*Classification*
Trail-Making Test		
Visual Scanning	13	High Average
Number Sequencing	13	High Average
Letter Sequencing	12	Average
Number-Letter Switching	11	Average
Motor Speed	12	Average
Verbal Fluency		
Letter Fluency	10	Average
Category Fluency	5	Borderline
Category Switching Total Correct	7	Low Average
Category Switching Accuracy	9	Average
Tower Test		
Total Achievement	12	Average
Mean First-Move Time	10	Average
Time-Per-Move Ratio	12	Average

Move Accuracy Ratio	9	Average

The Delis–Kaplan Executive Function System (D-KEFS) is a neuropsychological test used to measure a variety of verbal and nonverbal executive functions for both children and adults (ages 8–89 years). Select subtests were administered to Jack to measure attention and executive functioning abilities.

The Trail Making Test (from the D-KEFS) measures flexibility of thinking on a visual-motor sequencing task. On Condition 1: Visual Scanning, which measures basic visual scanning and visual attention, Jack performed in the High Average range. On Condition 2: Number Sequencing, which measures basic numerical processing and additional visual scanning/attentional abilities and motor functions, Jack performed in the High Average range. On Condition 3: Letter Sequencing, which assesses basic letter processing as well as visual scanning/attentional abilities and motor functions, Jack performed in the Average range. On Condition 4: Number-Letter Switching, which measures cognitive flexibility that is essential for higher-level skills such as multi-tasking, simultaneous processing, and divided attention, Jack performed in the Average range. Lastly, on Condition 5: Motor Speed, which measures basic motor functions in the dominant upper extremity, Jack performed in the Average range.

The Verbal Fluency Test (from the D-KEFS) measures letter fluency, category fluency, and category switching. On Condition 1: Letter Fluency, which measures phonemic language fluency (the ability to generate words that begin with a particular letter), Jack performed in the Average range. On Condition 2: Category Fluency, which measures semantic (categorical) fluency (the ability to generate words that belong to a particular category), Jack performed in the Borderline range. On Condition 3: Category Switching, which provides an additional measure of categorical fluency as well as cognitive flexibility, Jack performed in the Low Average range for Total Correct (the total number of accurate responses given) and in the Average range for Switching Accuracy (the total number of times he accurately switched between the different category sets).

The Tower Test (from the D-KEFS) measures spatial planning, rule learning, inhibition of impulsive and perseverative responding, and the ability to establish and maintain instructional set. On the Total Achievement index, which measures overall performance on this task, Jack performed in the Average range. On the Mean First-Move Time index, which measures the examinee's first-move times, Jack performed in the Average range. On the Time-Per-Move Ratio index, which measures the average time the examinee took to make each of their moves, Jack performed in the Average range. Lastly, on the Move Accuracy Ratio index, which measures the efficiency with which the examinee constructed the towers, Jack again performed in the Average range.

The Wide Range Assessment of Memory and Learning, Third Edition (WRAML-3) is an individually administered battery designed to assess various memory and working memory abilities in individuals ages 5-90. The examiner attempted to administer the WRAML-3 to Jack to obtain a detailed assessment of clinically relevant aspects of his memory functioning. However,

this assessment was unable to be administered due to behavioral limitations presented during testing.

The Conners Continuous Performance Test, 3rd Edition (CPT-3)

Variable Types	*Measure*	*T-Score*	*Qualitative Description*
Detectability	d'	66	**Difficulty** differentiating targets from non-targets
Error Type	Omissions	86	**Very high** rate of missed targets
	Commissions	58	**Slightly above average** rate of incorrect responses to non-targets
	Perseverations	90	**Very high** rate of random, repetitive, or anticipatory responses
Reaction Time Statistics	HRT	61	**Slow** mean response speed
	HRT SD	90	**Very high inconsistency** in reaction time
	Variability	90	**Very high** variability in reaction time consistency
	HRT Block Change	56	**Slight** reduction in response speed in later blocks
	HRT ISI Change	76	**Very substantial** reduction in response speed at longer ISIs

The Conners Continuous Performance Test, 3rd Edition (CPT-3) is a computerized measure that assesses lapses in attention and/or vigilance as well as impulsivity. On this measure, Jack produced a valid profile. His scores resulted in seven atypical T-scores, which is associated with a very high likelihood of having a disorder characterized by attention deficits. Relative to the normative sample, Jack was less able to differentiate targets from non-targets, made more commission errors, made more perseverative errors, responded more slowly, displayed less consistency in response speed, displayed more variability response speed, and displayed more of a reduction in response speed at longer ISIs. His scores indicate he may have issues related to inattentiveness, sustained attention, and vigilance.

The Behavior Assessment System for Children, 3rd Edition, Self-Report, Child (BASC-3 SRP-C)

Scales	*T-Scores*	*Classification*
Functional Impairment	61	At-Risk
School Problems	68	At-Risk
Attitude to School	60	At-Risk
Attitude to Teachers	72	Clinically Significant
Internalizing Problems	52	WNL
Atypicality	56	WNL
Locus of Control	54	WNL

Social Stress	50	WNL
Anxiety	51	WNL
Depression	49	WNL
Sense of Inadequacy	50	WNL
Inattention/Hyperactivity	64	At-Risk
Attention Problems	68	At-Risk
Hyperactivity	58	WNL
Emotional Symptoms Index	56	WNL
Personal Adjustment	34	At-Risk
Relations with Parents	39	At-Risk
Interpersonal Relations	38	At-Risk
Self-Esteem	34	At-Risk
Self-Reliance	37	At-Risk

**WNL = Within Normal Limits

The Behavior Assessment System for Children, 3rd Edition, Self-Report, Child (BASC-3 SRP-C) is a self-report questionnaire that assesses the mood and behavioral functioning of children ages 6-11. Jack endorsed BASC-3 items that resulted in one clinical elevation. A T-score of 72 on the Attitude to Teacher scale may indicate Jack viewed his teachers as unfair, uncaring, or overly demanding. Jack also scored in the at-risk range on several scales. His responses suggest he may dislike school, have trouble maintaining attention, and struggle with making and maintaining relationships with peers. Jack's scores also indicate he may view himself as "less than" other children his age, have difficulty getting along with his parents, and have low confidence in his ability to make decisions or solve problems. Following are Jack's responses to several critical items on the BASC-3 SRP-C: Sometimes I want to hurt myself (True), I feel safe at school (Never), I hear voices in my head that no one else can hear (Sometimes).

The Behavior Assessment System for Children, 3rd Edition, Parent Rating Scales, Child (BASC-3 PRS-C)

Rater	John Fouts (Father)		Lindsay Fouts (Mother)	
Scales	*T-Scores*	*Classification*	*T-Scores*	*Classification*
ADHD Probability	79	Clinically Elevated	81	Clinically Elevated
Autism Probability	91	Clinically Elevated	81	Clinically Elevated
EBD Probability	100	Clinically Elevated	80	Clinically Elevated
Functional Impairment	88	Clinically Elevated	80	Clinically Elevated
Externalizing Problems	91	Clinically Elevated	85	Clinically Elevated
Hyperactivity	90	Clinically Elevated	92	Clinically Elevated
Aggression	94	Clinically Elevated	80	Clinically Elevated
Conduct Problems	73	Clinically Elevated	70	Clinically Elevated
Internalizing Problems	92	Clinically Elevated	95	Clinically Elevated
Anxiety	72	Clinically Elevated	83	Clinically Elevated
Depression	103	Clinically Elevated	92	Clinically Elevated
Somatization	80	Clinically Elevated	88	Clinically Elevated

Behavioral Symptoms Index	105	Clinically Elevated	95	Clinically Elevated
Attention Problems	72	Clinically Elevated	70	Clinically Elevated
Atypicality	105	Clinically Elevated	93	Clinically Elevated
Withdrawal	81	Clinically Elevated	74	Clinically Elevated
Adaptive Skills	26	Clinically Elevated	34	At-Risk
Adaptability	23	Clinically Elevated	19	Clinically Elevated
Social Skills	31	At-Risk	46	WNL
Leadership	33	At-Risk	40	At-Risk
Functional Communication	31	At-Risk	42	WNL
Activities of Daily Living	30	At-Risk	32	At-Risk
Resiliency	36	At-Risk	35	At-Risk
Anger Control	90	Clinically Elevated	90	Clinically Elevated
Bullying	93	Clinically Elevated	73	Clinically Elevated
Developmental Social Disorders	87	Clinically Elevated	74	Clinically Elevated
Emotional Self-Control	95	Clinically Elevated	89	Clinically Elevated
Executive Functioning	76	Clinically Elevated	74	Clinically Elevated
Negative Emotionality	105	Clinically Elevated	79	Clinically Elevated
Overall Executive Functioning Index	Raw Score: 58	Extremely Elevated	Raw Score: 56	Extremely Elevated
Problem Solving Index	Raw Score: 15	Not Elevated	Raw Score: 15	Not Elevated
Attentional Control Index	Raw Score: 16	Extremely Elevated	Raw Score: 15	Elevated
Behavioral Control Index	Raw Score: 15	Extremely Elevated	Raw Score: 15	Extremely Elevated
Emotional Control Index	Raw Score: 12	Extremely Elevated	Raw Score: 11	Extremely Elevated

**WNL = Within Normal Limits

The Behavior Assessment System for Children, Third Edition, Parent Rating Scales, Child (BASC-3 PRS-C) is an assessment tool completed by a parent to describe a child's behavioral and social-emotional functioning between the ages of 6 and 11 years. Jack's father, Mr. Fouts, and his mother, Mrs. Fouts, each completed a form. Both of their reports scored Jack in the clinically elevated range on all the clinical scales. This suggests Mr. and Mrs. Fouts view Jack as struggling with a wide range of issues such as behavior problems, mood problems, attention, and socialization. Jack was also scored in the at-risk range for several of the adaptive scales, based on his mother's and father's reports. This suggests they may view Jack as having difficulty adapting to changes in his environment, struggling to communicate with others, and unable to complete simple daily tasks in a safe and efficient manner.

The Gilliam Autism Rating Scale-Third Edition (GARS-3) is a behavioral rating scale completed by caregivers. The six subscales composing the GARS-3 assess stereotyped behaviors (i.e., repetitive movements, eye contact, etc.), communication (i.e., repetitive language, delays in communication, etc.), and social interaction (i.e., a lack of social reciprocity, adherence to rituals and/or routines, etc.). Scores for each of these subscales are then combined to create the

Autism Index. Information was gathered from Jack's mother, Lindsay Fouts, and Jack's father, John Fouts.

Mrs. Fouts' ratings resulted in an Autism Index score of 122, indicating a Very Likely probability Jack meets diagnostic criteria for Autism Spectrum Disorder. Mrs. Fouts reported Jack makes vocalizations for self-stimulation, displays ritualistic behaviors, pays little attention to what peers are doing, and has difficulty understanding when peers are ridiculing him. Mrs. Fouts also reported Jack becomes upset when routines are changed, talks about a single subject excessively, and repeats words or phrases.

Mr. Fouts' ratings resulted in an Autism Index Score of 122, indicating a Very Likely probability Jack meets diagnostic criteria for Autism Spectrum Disorder. Mr. Fouts reported Jack makes vocalizations for self-stimulation, displays ritualistic behavior, pays little attention to what peers are doing, displays little reciprocal social communication, and has difficulty understanding jokes. Mr. Fouts also reported Jack does not understand why others dislike him, responds negatively when given requests, shows an intense interest in a specific subject, and becomes upset when routines are changed.

Adaptive Behavior Assessment System – Third Edition (ABAS-3)

Rater	John Fouts (Father)		Lindsay Fouts (Mother)	
Composite/Subtest	*Score*	*Descriptive Category*	*Score*	*Descriptive Category*
General Ability Composite (GAC)	66	Extremely Low	78	Low
Conceptual	72	Low	82	Below Average
Social	70	Low	83	Below Average
Practical	65	Extremely Low	76	Low

The Adaptive Behavior Assessment System – Third Edition, Parent Form (ABAS-3) is a rating scale used to get a measure of adaptive skills. The ABAS-3 provides an estimate of an individual's functioning across three areas of adaptive behavior (Conceptual, Social and Practical), which combine to give an overall estimate of adaptive skills (General Adaptive Composite). Jack's mother and father both filled out a report. Their responses indicate Jack struggles with all areas of adaptive functioning. He likely has difficulty with communication, self-direction, engaging in leisure activities, staying safe, and engaging in self-care.

The Incomplete Sentence Blank (ISB) is a projective assessment of adjustment and personality. Jack completed 17 out of the 40 items and refused to complete the remainder of the sentences. Following are some notable examples of Jack's responses: My teachers were not people I trusted, Fathers get upset extremely easily, and My biggest problem is being shy with other kids.

SUMMARY & INTERPRETATION

Jack is an 11-year-old male who was referred for a psychological evaluation given concerns for attentional, cognitive, and social functioning.

Regarding the current results, Jack demonstrated intellectual abilities within the Average range with an Extremely High score on the Working Memory Index. On a measure of cognitive flexibility and visual scanning, he scored in the Average range. On a computerized measure of sustained attention, Jack produced seven atypical T-scores; his scores suggest he may have difficulties with inattentiveness, sustained attention, and vigilance. On self-report measures, Jack reported clinical levels of difficulty with inattentiveness. His parents rated Jack in the elevated range for symptoms of inattentiveness and hyperactivity and reported a longstanding history of difficulties in these domains, which, taken together, suggest Jack does qualify for a diagnosis of an Attention-Deficit/Hyperactivity Disorder, Combined Type. Diagnostic features of ADHD identified by Jack's parents include acting without thinking, being overly active, interrupting others frequently, being unable to slow down, inability to wait for his turn, having a short attention span, and being easily distracted. Also, it is common in adolescents with ADHD to have difficulties regulating their emotions, including anger, a symptom Jack's parents identified as problematic for him.

Test data, parent-report, and assessor observation indicate Jack meets diagnostic criteria for Autism Spectrum Disorder, Level 2. Mrs. Fouts reported Jack makes vocalizations for self-stimulation, displays ritualistic behaviors, pays little attention to what peers are doing, has difficulty understanding when peers are ridiculing him, becomes upset when routines are changed, talks about a single subject excessively, and repeats words or phrases. Mr. Fouts reported Jack shows unusual interest in sensory aspects of materials, fails to imitate others, doesn't follow gestures, fails to predict probable consequences in social events, temper tantrums when frustrated, and displays superior knowledge in specific subjects. Jack's parents indicated Jack often avoids other children, almost always has trouble making new friends, and expresses emotions that do not fit the situation. In the clinical interview, Mr. Fouts stated Jack has a history of sensory integration problems, hypersensitivity to lights, sounds, and textures, periods of needing intense pressure or other forms of stimulation, struggles with reciprocal communication, does not show interest in the well-being of others, and has a history of lining his toys up, self-stimulating behavior, and visual fascination. During testing Jack was observed to be reticent about going with the examiner to the testing room without his parents. Once Jack became more comfortable, he was friendly and polite with the examiner until asked to do things he did not want to do. When responding to the examiner, Jack would look at the table, testing materials, or around the room rather than making eye contact. Jack was able to discuss bullying behavior by children in his class, but he was not able to describe why they do this. Jack asked the examiner, "Will you be my friend?" displaying a naïve and simplistic understanding of friendship. Jack appears to need "substantial support", indicating a Level 2 severity designation.

DIAGNOSTIC IMPRESSIONS

Attention-Deficit/Hyperactivity Disorder, Combined Presentation (F90.2)
Autism Spectrum Disorder, Level 2 (F84.0)

Disruption of Family by Separation or Divorce (Z63.5)
Academic or Educational Problem (Z55.9)

METHODS OF CURRENT TREATMENT

Ms. Lindsey Smith, LPCC, LPATA for individual therapy at Seven Counties Services and Ms. Theresa Adamchik, ATR-BC, LPAT, LPCC-S for art therapy at Louisville Expressive Therapies. He takes medication as prescribed.

RECOMMENDATIONS

The following recommendations are offered to aid in Jack's treatment:

ADHD

1.) It is recommended Jack continue to meet with a medication prescriber to ensure the medication is continuing to be helpful in managing his symptoms of ADHD and to optimize his behavioral functioning.

2.) Jack may benefit from attending a therapy group for adolescents with ADHD. An example of a local group can be found at http://www.dimensionsfamilytherapy.com/brochures/ADHD_Brochure.pdf.

3.) In addition, Jack should receive academic accommodations as part of a 504 plan or an Individualized Education Plan (IEP) for help with ADHD, Autism Spectrum Disorder, and Average Intellectual Functioning. Such accommodations should include, but not be limited to:

- Give Jack extended time on tests (e.g., time and a half). Jack struggles to demonstrate his knowledge as quickly as other individuals his age, and thus will need more time to do so. When appropriate, he should be allowed time and a half during tests.

- Work out a system for regular reports if he returns to a traditional classroom. It might be wise to monitor how things are going in the classroom, but that can leave parents walking a fine line between under- and over-involvement, particularly when Jack is older. Thus, try to work out a system in advance when possible. While it is not wise to be a 'helicopter parent' and completely monitor everything that's going on, setting up a routine, behavior management plans, and having regular parent-teacher communication can help keep kids on track at school.

- Help Jack get organized. Organizational skills are a problem for a lot of people, but they're an even bigger stumbling block for those with ADHD. Experiment at home to find out the best way to keep Jack organized and accountable. For example, try using checklists or charts, and collaborate with teachers to translate that system into the school setting.

- Focus on the physical environment. Where Jack sits in the classroom can be a make-or-break detail in the ADHD student's school experience. There are ways to

place children/adolescents in a classroom so their physical environment allows them to pay better attention. If Jack is struggling in a particular class, he may need to be at the front, or maybe some other arrangement where he is close to the teacher.

- **Avoid Average Intellectual Functioning/ADHD/Autism Spectrum Disorder stigmas.** As is the case with many psychiatric diagnoses, being classified as having ADHD and Autism Spectrum Disorder can have a stigmatizing effect. Try to keep Jack's diagnoses between the teacher and himself. Jack's teachers, for instance, might use a code word to help remind him to focus. It is also important for Jack's teachers to know he may require additional repetition of instructions and/or further explanation.

Autism Spectrum Disorder

4.) Jack's parents may find it helpful to learn more about the symptoms and treatments of Autism Spectrum Disorder. The following is a good resource for information: https://www.nimh.nih.gov/health/publications/autism-spectrum-disorder.

5.) Mr. and Mrs. Fouts may find it beneficial to reach out to BlueSprig in Georgetown, Kentucky. This practice offers ABA services and may be able to provide them with additional local resources to assist Jack. The website for this practice is: https://www.bluesprigautism.com/bluesprig-georgetown/?utm_source=google&utm_medium=local&utm_campaign=bs_georgetown.

Additional Recommendations

6.) Jack's hard work and determination, as well as his many strengths, should be acknowledged. This will be critical not only in facilitating academic progress, but also in maintaining his self-esteem.

7.) It is recommended Jack continue individual therapy and art therapy to develop skills to help him effectively manage symptoms of inattentiveness, hyperactivity, and impulsivity. Therapy will also aid Jack in managing his symptoms of social stress and anxiety as well as help him develop emotional and behavioral regulation skills.

8.) It is recommended Jack engage in regular self-care activities that bring him enjoyment. Regular physical activity/exercise is healthy for the brain as well as the body.

9.) It is recommended Jack ensure proper daily water intake, ensure proper sleep hygiene, and ensure proper daily nutrition to optimize his emotional functioning.

10.) Lastly, this evaluation may be used as a baseline in comparison to future evaluations.

Fouts, Jack

Thank you for allowing me to a part of Jack's care. If there are any concerns or questions, please do not hesitate to contact me at david@meridianbhservices.com or by phone at (502) 409-6993.

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Gastroparesis

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Disease Overview

Gastroparesis (abbreviated as GP) represents a clinical syndrome characterized by sluggish emptying of solid food (and more rarely, liquid nutrients) from the stomach, which causes persistent digestive symptoms especially nausea and primarily affects young to middle-aged women, but is also known to affect younger children and males. Diagnosis is made based upon a radiographic gastric emptying test. Diabetics and those acquiring gastroparesis for unknown (or, idiopathic) causes represent the two largest groups of gastroparetic patients; however, numerous etiologies (both rare and common) can lead to a gastroparesis syndrome.

Gastroparesis is also known as delayed gastric emptying and is an old term that does not adequately describe all the motor impairments that may occur within the gastroparetic stomach. Furthermore, there is no expert agreement on the use of the term, gastroparesis. Some specialists will reserve the term, gastroparesis, for grossly impaired emptying of the stomach while retaining the label of delayed gastric emptying, or functional dyspepsia (non-ulcer dyspepsia), for less pronounced evidence of impaired emptying. These terms are all very subjective. There is no scientific basis by which to separate functional dyspepsia from classical gastroparesis except by symptom intensity. In both conditions, there is significant overlap in treatment, symptomatology and underlying physiological disturbances of stomach function.

For the most part, the finding of delayed emptying (gastric stasis) provides a “marker” for a gastric motility problem. Regardless, the symptoms generated by the stomach dysmotility greatly impair quality of life for the vast majority of patients and disable about 1 in 10 patients with the conditi

While delayed emptying of the stomach is the clinical feature of gastroparesis, the relationship between the degree of delay in emptying and the intensity of digestive symptoms does not always match. For instance, some diabetics may exhibit pronounced gastric stasis yet suffer very little from the classical gastroparetic symptoms of: nausea, vomiting, reflux, abdominal pain, bloating, fullness, and loss of appetite. Rather, erratic blood-glucose control and life-threatening hypoglycemic episodes may be the only indication of diabetic gastroparesis. In another subset of patients (diabetic and non-diabetic) who suffer from disabling nausea that is to the degree that their ability to eat, sleep or carry out activities of daily living is disrupted gastric emptying may be normal, near normal, or intermittently delayed. In such cases, a gastric neuro-electrical dysfunction, or gastric dysrhythmia (commonly found associated with gastroparesis syndrome), may be at fault.

Therefore, these disorders of functional dyspepsia, gastric dysrhythms, and gastroparesis are all descriptive labels sharing similar symptoms and perhaps representing a similar entity of disordered gastric neuromuscular function. For this reason, a more encompassing term, gastropathy, can be used interchangeably with gastroparesis.

Synonyms

- delayed gastric emptying
- gastric atony
- gastric dysmotility
- gastric stasis
- gastrointestinal autonomic neuropathy
- gastroparesis diabeticorum
- gastropathy
- severe functional dyspepsia

Subdivisions

- diabetic gastroparesis
- idiopathic gastroparesis
- post-surgical gastroparesis

Signs & Symptoms

The digestive symptom profile of nausea, vomiting, abdominal pain, reflux, bloating, a feeling of fullness after a few bites of food (early satiety), and anorexia can vary in patients both in combination and severity. A small percentage of patients who live with poorly managed symptoms despite numerous treatment interventions, and an inability to meet their nutritional needs represent the extreme end of the gastroparesis spectrum of gastric failure. For most, the prevailing symptom experience is persistent nausea that often intensifies a few hours after eating. Nausea may become so intense as to trigger vomiting even after a few sips of water. Vomiting, also commonly reported, typically starts a couple of hours after eating so that the food is still recognizable and undigested. Chronic abdominal pain, which may also occur, is felt to result from visceral neuropathy. The pain, often diffuse, is described as burning, shearing or gnawing in character. The nature of pain may also be complex with some individuals experiencing acute pain, trigged by eating, layered on top of the chronic pain. This acute, sharp pain may be related to intestinal cramping and/or to spasms in the upper portion of the stomach caused by its failure to relax and "accommodate" the just-eaten food. As well, a gall bladder that is sluggish to empty (paresis) is commonly found in association with a poorly emptying stomach. This may all add to the pain experienced soon after eating. A poorly emptying stomach additionally predisposes patients to regurgitation of solid food, as well as gastric esophageal reflux disease (GERD). The reflux may range from mild through to severe. GERD complications can create esophageal spasm (also called non-cardiac chest pain) and can add to the burden of chronic pain. In severe cases, reflux aspiration pneumonitis compounds the clinical picture.

Other symptoms include belching and bloating-again, developing soon after meal ingestion and lasting for hours-along with visible abdominal distention. The distention and bloating may push up against the diaphragm making breathing uncomfortable. Loss of appetite (anorexia), a conscious avoidance of food in an attempt to moderate digestive symptoms, or food craving that are all frequently reported as well.

Vomiting, which can result in the life-threatening conditions of dehydration and electrolyte imbalances, represents the most troubling of all the digestive symptoms related to gastroparesis. Repeated vomiting usually necessitates a visit to the emergency room. Concomitant spiraling malnourishment accompanies frequent, chronic vomiting and precipitates repeated and prolonged hospital admissions. Approximately 5 to 10% of insulin-dependent diabetics may progress to severe symptomatic gastroparesis.

In the majority of insulin-dependent diabetics, gastroparesis is often overlooked and under-diagnosed, especially in its early stages. The characteristics of poor glucose control and acid reflux are often the only signatures of delayed gastric emptying. The typical picture seen in the diabetic gastroparetic stomach is low blood-glucose levels at bedtime with very high blood-glucose levels by the next morning. This situation is interspersed with days of good blood-sugar control. Some scientific studies have found diabetic gastroparesis to correlate with autonomic neuropathy (diabetic autonomic

neuropathy, or DAN and cardiac autonomic neuropathy, or CAN), but not with the duration of diabetes, metabolic control or other chronic complications. It is to be noted that acute hyperglycemia profoundly retards gastric emptying.

If DAN is present, then regaining control of blood glucose can be enormously challenging. For Type 2 diabetics (non-insulin dependent), absorption of oral hypoglycemic agents may be very unpredictable due to the delayed gastric emptying.

Gastroparetic symptoms in most patients show either a pattern of cycling with flare-ups, or daily occurrences persisting for years.

Causes

The etiologies (causes) for gastroparesis are extensive and varied. Reports from one tertiary referral center found that out of their 146 patients with gastroparesis: 36% were idiopathic (unknown causes), 29% were diabetic, 13% were post-surgical, 7.5% had Parkinson's disease and 4.8% had collagen diseases. Any disease of metabolic, neurological (psychiatric, brainstem, autonomic including sympathetic and parasympathetic or enteric), or connective tissue (autoimmune) origin has the potential to disrupt gastric neural circuitry. Regional areas of the stomach may show various degrees of dysfunction, such as: failure of fundic relaxation, weakened postprandial antral contractions, pylorospasm, and / or gastric hyperalgesia; yet, rarely is gastroparesis restricted exclusively to the stomach. If perturbation of stomach function occurs, this will indirectly impact function in many other regions along the GI tract due to the complex enteric reflexes and neuronal relays which exist throughout the gastrointestinal (GI) system. The ability of the GI track to "cross-talk" is essential for coordination of normal digestion. Gastroparesis then is a complex, multifactor, chronic, digestive disease state with possible genetic, physiological, immune, psychological, social and environmental interplays.

Gastroparesis has been documented to occur as a sequel to viral gastroenteritis, slowly resolving over one to two years. However, any upper-gut infection of bacterial, parasitic or viral origin has the potential to disrupt, for prolonged periods of time, gastric motility. In gastroparesis patients, and others with unexplained chronic nausea and vomiting, one recent study reported up to 80% of 121 patients were found to have structural abnormalities of enteric nerves on full-thickness tissue biopsies of the duodenum.

Examples of gastroparesis include insulin-dependent diabetes, post-vagotomy (surgical), anorexia nervosa and bulimia, chronic liver or renal failure, and chronic pancreatitis. Gastroparesis may also be induced by medications, or associated with total parenteral nutrition or related to bone marrow and other organ transplants. Additional causes include paraneoplastic syndrome, mitochondrial disorders, abnormal gastric pacemaker activity (gastric dysrhythmias), visceral neuropathies, (for example: Guillain-Barre syndrome) and visceral myopathies (for example: systemic scleroderma)

[For more information on any of the listed disorders, choose the specific name as your search term in the Rare Disease Database.]

A great deal of research into the enteric nervous system has begun to identify specific cellular and neuronal abnormalities associated in gastroparesis such as:

+ Loss of ICC (interstitial cells of Cajal)*

+ Loss of neuronal nitric oxide synthase (nNOS)

+ Enteric neuronal degeneration (visceral neuropathy)

+ Smooth muscle disease (myopathy), often related to collagen diseases

*Interstitial cells of Cajal (ICC) are critical components for GI motility. Various types of ICCs have been identified. They are involved in the generation and propagation of electrical rhythmic activity (hence, they are known as the "pacemaker" cells) and serve as well to bridge communication, and amplify the signals from neuronal inputs to mechanical smooth muscle action (transduction).

So far, there is no consensus on how to classify histopathological findings.

Other significant serological abnormalities have been documented in diabetic, post-surgical and idiopathic cases of gastroparesis. In one case study a high prevalence (89%) of acquired and congenital hypercoagulable defects was documented, which would predispose patients to arterial and venous clots. Coagulation evaluation would then be prudent in patients with severe gastroparesis, especially in high-risk thrombophilic situations such as hospitalization, prolonged intravenous access, and surgery.

Affected populations

Gastroparesis demonstrates a gender bias affecting more women than men. Approximately 80% of idiopathic cases are women. Idiopathic gastroparesis may be linked to an as yet-to-be-elucidated enteric autoimmune disease. The prevalence of delayed gastric emptying in Type 1 diabetics has been reported to be 50% and in type 2 diabetics, reports range from 30% to 50%. Post surgical gastroparesis is a recognized as inadvertent vagal nerve damage or entrapment following upper abdominal surgery, examples are: fundoplication for the treatment of GERD, bariatric surgery, peptic ulcer surgery, anterior approach for spinal surgery (scoliosis), heart, lung transplant, or pancreatic surgery.

Disorders with Similar Symptoms

A stomach motor disturbance known as "dumping syndrome" whereby food or liquids empty too quickly from the stomach can present with similar symptoms as are found in gastroparesis. Othe disorders that may clinically present as gastroparesis (gastritis, gastric ulcers, pyloric stenosis, ce.

disease, and GI obstructions) need to be ruled out.

Diagnosis

A diagnosis of gastroparesis is made based upon a thorough clinical evaluation, a detailed patient history, and a variety of specialized tests. Tests may first be performed to rule out other causes of delayed gastric emptying such as obstruction of the gastrointestinal tract. Additional tests are then performed to confirm a diagnosis of gastroparesis.

Tests to rule out other causes of delayed gastric emptying include routine blood tests, an upper gastrointestinal endoscopy, a barium gastrointestinal series with small-bowel-follow-through, and an abdominal ultrasound. During an upper GI endoscopy, a thin, flexible tube (endoscope) is run down the throat to the stomach and the small intestines. The tube has a tiny camera attached to it that allows a physician to search for abnormalities and obstructions within the gastrointestinal tract. During an ultrasound, reflected sound waves create an image of the abdomen.

An upper endosocpic procedure may lead to a serendipitous diagnosis of gastroparesis through the discovery of identifiable food within the stomach after the pre-procedure overnight fast.

The radionuclide (scintigraphy) solid-phase gastric emptying test (GET), the gold standard for diagnosing gastroparesis, can now be measured using only four images: baseline, 1-hour, 2-hour, and 4-hour. The GET, a non-invasive test, is widely available and accessible. The test involves eating food that contains a small amount of radioactive material (radioisotope). This tiny dose of radiation can be seen on a gamma camera (much like an X-ray machine), but is not dangerous. The scans allow a physician to determine the rate at which food leaves the stomach. Many other methods are now being employed to track gastric emptying times; for instance a gastric breath test (not in common use in North America) and a new encapsulated recording device, called SmartPill has the ability to measure gastric pH, GI luminal pressures, and determine gastric and intestinal transit time.

Other diagnostic tests for GP can include electrogastrography (EGG). This is often referred to as the EKG of the stomach. EGG can serve as a screening tool and is complementary to the gastric emptying test. The EGG is capable of detecting specific gastric electrical rhythm abnormalities and indirectly gives an indication of the integrity of the stomach's ICC network. This test is generally done using a non-invasive method with cutaneous (skin) leads. A less common method of administering an EGG is a direct, invasive means via mucosa (either during endoscopy or serosa recordings can be done at the time of gastric electrical stimulation placement for the treatment of nausea and vomiting).

Many patients with symptoms of gastroparesis often have related nutritional deficiencies and disorders. Nutritional laboratory measurements are important. Laboratory tests to include are albumin, pre-albumin, hemoglobin A1C (on all diabetic patients), ferritin, B-12, and 25-hydroxy vitamin D.

Standard Therapies

Treatment

Treating the underlying cause of gastroparesis (such as tightening up blood glucose control in diabetes) is usually the first step in treating individuals with gastroparesis. The specific therapeutic techniques used depend upon several factors, including the severity of the disorder. Therapies that are used to treat individuals with gastroparesis include non-pharmacological steps, dietary modification, medications that stimulate gastric emptying (prokinetics), medications that reduce vomiting (antiemetics), medications for controlling pain and intestinal spasms, and surgery.

Some researchers have proposed a classification system to help determine appropriate treatment options. Grade 1, or mild gastroparesis, is characterized by symptoms that come and go and can easily be controlled by dietary modification and by avoiding medications that slow gastric emptying. Grade 2, or compensated gastroparesis, is characterized by moderately severe symptoms. Individuals with Grade 2 gastroparesis are treated with medications that stimulate gastric emptying and medications that reduce vomiting; such individuals require hospitalization only infrequently. Grade 3, or gastric failure, is characterized by individuals who do not respond to medications used to treat gastroparesis. These individuals cannot maintain proper nutrition or hydration. Required therapies may include intravenous fluids and medications and nutrition, or surgery. Individuals with Grade 3 gastroparesis often require hospitalization.

Non-pharmacological interventions include: liquid vitamin supplements (including optimal levels of vitamin D), discontinuation of smoking and alcohol use, learning techniques of deep relaxation, the use of acupuncture or acupoint stimulation, and reviewing all medications and supplements with a pharmacist to insure current regimen is not contributing to delayed gastric emptying. Other non-pharmacological therapies for GP include autonomic retraining; often related to autogenic feedback training developed by NASA for space motion sickness, autonomic retraining has shown promise in selected patients.

Dietary changes include eating five to six small meals each day and avoiding high-insoluble fiber and high-fat foods, both of which can slow down stomach emptying. Lactose intolerance is common in gastroparesis, so avoidance of dairy is helpful, but fermented milk (yogurt) is fine. Some individuals do better with liquid or pureed foods while avoiding difficult-to-digest solid foods. Liquid nutritional supplements are also an excellent source of additional calories and proteins to make up for nutritional deficiencies resulting from a poor appetite.

Medications that stimulate gastric emptying are called prokinetics. They are the primary treatment for individuals with gastroparesis. First-line medical treatment begins with the dopamine blockers. Of the two drugs, metoclopromide (Reglan) and domperidone (Motilitum), domperidone has a much better safety profile. Metoclopromide has serious neurological side effects, including irreversible tardiv dyskinesia. Domperidone is now available in the United States through the FDA's Investigationa

Drug protocol. Next are the motilin agonists, such as erythromycin. Unfortunately, motilin agonists have a number of potential drug interactions and lose effectiveness over time. Cholinergic agonists, either direct-acting or via 5HT receptors, such as bethanecol (Urecholine) and cisapride (Propulsid), have been limited by the side-effect profile (especially, in the case of cisapride, for possible drug interactions) or are not used widely. Tegaserod is no longer available for the treatment of gastroparesis.

The most common symptom of gastroparesis is nausea and it can be enormously challenging to control. Often, medications used to reduce nausea and vomiting “antiemetics” are used in combinations and in conjunction with prokinetics. Common antiemetics used are prochlorperazine (Compazine), promethazine (Phenergan), and ondansetron (Zofran).

Abdominal pain is best managed by a pain specialty clinic where a selection of analgesics with the least impact on slowing the GI tract can be made.

Keeping a good bowel routine and avoiding constipation helps in the management of upper digestive symptoms of gastroparesis.

Other clinical management issues to consider are metabolic bone disease (all gastroparetic patients are at risk) and routine monitoring for small bowel bacterial overgrowth (SBBO). SBBO commonly occurs in gastroparesis and may greatly contribute to upper digestive symptoms, malnutrition and vitamin deficiencies. Antibiotics and perhaps probiotics help to keep SBBO in check.

Bezoars (congealed food residue left in the stomach) are a rare occurrence in gastroparesis but are found in more severe cases of gastric stasis. Whenever a patient’s usual pattern of nausea and vomiting rises to a new intensity, then suspicion of a bezoar should be investigated via endoscopy.

Individuals with severe gastroparesis, or those who do not respond to medications, may require enteral or parenteral feeding to compensate for nutritional deficiencies and to prevent dehydration. Enteral feeding refers to a feeding tube that transverses from the skin and comes to rest directly in either the stomach (G-tube) or small intestine (J-tube, for jejeunal) or a G-J tube (a tube that enters the stomach and transverses the pylorus to enter the small intestine). Feeding tubes are generally needed for long durations (> 3 months) and selection of a tube should be made with this in mind.

Parenteral feeding refers to the implantation of a small, thin tube (catheter) into a vein so that nutrients and fluids can be delivered directly into the bloodstream.

Enteral Tubes for GP Patients

Enteral tubes are often not successful for feeding (due to slow infusion rates related to stomach and small bowel dysmotilities) but may be helpful as a conduit for free water or medications. In fact, medications are more evenly absorbed when administered via enteral tubes. For diabetics, impro

blood glucose can be achieved when nutrients bypass the gastroparetic stomach and are then absorbed in a more predictable way for matching insulin needs.

Additionally, enteral tubes-either gastric or small intestinal may be useful as venting, particularly for patients with localized dilated segments of small bowel or stomach (watermelon stomach) commonly the result of visceral myopathies.

Finally, small bowel bacterial overgrowth may be treated more successfully if antibiotics can be given by tube, especially if the patient suffers from vomiting.

IV Access for Gastroparesis

Intravenous access may be a life-saving delivery of medication and nutrition for some severely affected patients. However, IV access may also be life-threatening due to infection and/or thrombosis. Recent work has revealed that many GP patients are hypercoagulable and in some centers, all GP patients who receive IV access also undergo a hypercoagulable evaluation. Those that are at highest risk for thrombosis are then usually started on anticoagulation. Gastroparesis, itself, may pose special problems for anticoagulation, as absorption of oral anticoagulants may be erratic. A good short-term plan is to use sub-cutaneous, low molecular-weight heparin, at least until nausea and vomiting can be controlled.

Surgical Interventions for Gastroparesis

Surgical interventions for palliation of symptoms of severe diabetic and idiopathic gastroparesis such as: pyloroplasty, or elimination of the stomach through near total gastrectomy (Billroth I, Antrectomy, Roux-En-Y); show little improvement in symptom management. A review of the literature by Reardon et al, showed that of 12 patients, only 3 had resolution of their symptoms, with the majority having no improvement or only temporary improvements, or a worsening of symptoms to include bilious vomiting.

Experts agree that the entire stomach is affected in severe gastroparesis; therefore, treatment by partial gastrectomy is unsatisfactory as a method to attempt to ameliorate symptoms. Treatment by total gastrectomy is used as a palliative measure; however, it is a major surgical procedure which carries risks. This procedure has significant morbidity, and a mortality rate of 3.5%. Also, once the stomach is removed, the option no longer exists to take advantage of any new pharmacological therapies that may come along; and dependency on enteral / parenteral nutrition is permanent. Also, nausea remains a very troubling symptom even after total gastrectomy.

Clinical Trials and Studies

Researchers have been studying the use of a procedure known as gastric electrical stimulation (GES) for the treatment of individuals with gastroparesis. In 2000, the U.S. Food and Drug Administrat (FDA) approved the use of Enterra Therapy System (GES) under the "humanitarian device exemption"

for the treatment of diabetic and idiopathic gastroparesis. This special regulatory category was created for devices that would benefit fewer than 3,000 individuals. The FDA restricts its use to medical centers with an Institutional Review Board (IRB). The Enterra Therapy System is manufactured by Medtronic (www.medtronic.com). To date, approximately 7,000 patients have been implanted with GES.

The use of GES in diabetics has a high rate of success for reducing symptoms of nausea and vomiting. However, success in the idiopathic patients is less predictable. Therefore, following the clinical practice for other neurostimulating devices (examples: spinal cord stimulation, sacral nerve stimulation, deep brain stimulation) whereby a short-term trial of stimulation is used to help identify "responders" to therapy prior to permanent surgical placement; it is possible to conduct a short-term trial of GES to help identify who will benefit from this procedure.

Temporary GES is carried out via the use of endoscopy. Under direct visualization, one wire lead in secured into the stomach, mucosal wall. The wire exits from one side of the nose (nostril) and is connected to the pulse generator (box) which is secured on the outside of the body. A minimum 3 day trail helps determine if the individual patient will benefit from GES.

In permanent GES a tiny pulse generator and two wire leads with small electrode ends are implanted in the stomach. Similar to a cardiac pacemaker, the generator delivers a series of electrical pulses. Initial studies have shown that GES causes a reduction in nausea and vomiting in individuals with gastroparesis. Additional positive effects of GES include improvement in GI symptoms, gastric emptying, and pancreatic function. Improved autonomic and enteric nervous system function and quality of life, as well as reduction in hospitalizations and medical care costs, and improvements in survival have also been shown. GES has been used for individuals with diabetic and idiopathic gastroparesis as well as for individuals who have not responded to other therapies.

The nutritional effects of GES are related primarily to decreased GI symptoms and are accompanied by increased weight and body mass index, increased albumin, an improvement in pancreatic function, and a decreased need for parenteral nutrition and enteral tubes. Decreased costs and improved quality of life, discussed above, are undoubtedly related to the improvements in GI and nutritional status. Finally, GES is a reversible procedure and carries no mortality risk.

Botulinum toxin is a protein that is toxic to nerves. It is best known as a cosmetic therapy that temporarily eliminates the wrinkles of aging. Some researchers have used botulinum toxin to treat individuals with gastroparesis. Through the use of a thin, flexible tube (endoscope), botulinum toxin is injected directly into the pyloric muscle, which controls how much food passes from the stomach into the small intestines. Botulinum toxin relaxes the pyloric muscle allowing a greater amount food to pass into the small intestines. The effects of botulinum toxin are temporary (generally three to nine months). Research studies have shown mixed results for providing improvement in symptoms for gastroparetic patients. More research is necessary to determine the long-term safety and effectiveness of this potential therapy for individuals with gastroparesis.

A new class of drugs, called ghrenlin receptor agonist, are currently proceeding through clinical trials in the treatment of diabetics with gastroparesis. These orally administered, promotility drugs are showing promise.

Information on current clinical trials is posted on the Internet at www.clinicaltrials.gov. All studies receiving U.S. Government funding, and some supported by private industry, are posted on this government web site.

For information about clinical trials being conducted at the NIH Clinical Center in Bethesda, MD, contact the NIH Patient Recruitment Office:

Tollfree: (800) 411-1222

TTY: (866) 411-1010

Email: prpl@cc.nih.gov

For information about clinical trials sponsored by private sources, contact:

www.centerwatch.com

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Programs & Resources

RareCare® Assistance Programs

NORD strives to open new assistance programs as funding allows. If we don't have a program for you now, please continue to check back with us.

Additional Assistance Programs

MedicAlert Assistance Program

NORD and MedicAlert Foundation have teamed up on a new program to provide protection to rare disease patients in emergency situations.
https://rarediseases.org/patient-assistance-programs/medicalert-assistance-program/

Rare Disease Educational Support Program

Ensuring that patients and caregivers are armed with the tools they need to live their best lives while managing their rare condition is a vital part of NORD's mission.
https://rarediseases.org/patient-assistance-programs/rare-disease-educational-support/

Rare Caregiver Respite Program

This first-of-its-kind assistance program is designed for caregivers of a child or adult diagnosed with a rare disorder.
https://rarediseases.org/patient-assistance-programs/caregiver-respite/

Patient Organizations

Association of Gastrointestinal Motility Disorders, Inc. (AGMD)

NORD Member

Email: info@agmdhope.org

https://rarediseases.org/organizations/association-of-gastrointestinal-motility-disorders-inc-agmd/

International Foundation for Gastrointestinal Disorders (IFFGD)

NORD Member

Email: iffgd@iffgd.org

https://rarediseases.org/organizations/international-foundation-for-gastrointestinal-disorders-iffgd/

American Diabetes Association

Phone: 703-549-1500 Email: askADA@diabetes.org Fax: 703-549-6995

https://rarediseases.org/non-member-patient/american-diabetes-association/

Digestive Disease National Coalition

Phone: 202-544-7497 Email: ddnc@hmcw.org Fax: 202-546-7105

https://rarediseases.org/non-member-patient/digestive-disease-national-coalition/

Gastroparesis Patient Association for Cures and Treatments, Inc.

https://rarediseases.org/non-member-patient/gastroparesis-patient-association-for-cures-and-treatments-inc/

NIH/National Institute of Diabetes, Digestive & Kidney Diseases

Phone: 301-496-3583 Email: NDDIC@info.niddk.nih.gov

https://rarediseases.org/non-member-patient/nih-national-institute-of-diabetes-digestive-kidney-diseases/

Student ID. No: 998398837

Jefferson County Public Schools

Section 504 Plan

Student Name: Jacqquelyn Fouts | Date of Birth: 04/26/2011

School Name: The Phoenix School Of Discovery | Grade: 06

Date of Plan: 09/05/2023 | Re-evaluation Date: 09/04/2026

Based on an evaluation, the student qualifies as a student with a disability under Section 504 of the Rehabilitation Act of 1973. There is a demonstrated need for accommodations to address the substantial limitations of a major life activity.

School/Classroom

List accommodations (along with assessment accommodations to be implemented in the classroom):

access to restroom per student request (using non-verbal system)
access to water
Allow access to parent provided drinks
Jackie can keep a drink bottle with her at all time
access to health room, (continued A1)

State/District Assessments

List accommodations (including setting, presentation, and response format)

Extended time (time and a half)
Stop the clock

Medical/Health Plan

List accommodations:

Allow student to take asthma inhaler 15 minutes before physical activity including recess and P.E. if P.E. is involving physical exertion.
Physical Education Teacher will remind Jackie to use inhaler 15 minutes before physical activity.
Access to medication per student health authorization plan
Allow student to rest in dark room up to 30 minutes after onset of migraine. Call parent if (continued A2)

Related service consultation (e.g. OT, PT, Hearing, Audiology)

NA

Fouts, Jaqquelyn A
Section 504 Plan
Appendix A, Page 1 of 1

Appendix A1

...

Permitted to wear flip flops or open toe shoes

access to change of clothing (parent provided)

self-limited physical activity (i.e. PE/outside activity),

access to alternate location if temperature becomes too hot or cold due to Jackie's temperature dysregulation, redirection,

extra time to complete assignments (time and a half)

Use of positive reinforcement

Opportunity for movement in classroom

Preferrential seating near instruction

Jackie is allowed to use her bathroom of choice

Teachers will use preferred pronouns she/her for Jackie

Stop the clock

Advance warning of assessments

Appendix A2

...

student needs more rest before returning to class in case parent wants to pick up. If student needs more time and/or health room is not accessible- Jackie can go to middle school offices.

Health services to be provided per health condition form

Access to nurse office when not feeling well and contact dad and mom right away.

Student ID. No: 99839883

Jefferson County Public Schools

Section 504 Adaptation Plan (cont.)

I have received notice of my rights under Section 504. I understand that if I disagree with the content of this plan, I have the right to ask for a Section 504 review meeting by filing a written request with the school principal. If I am still in disagreement with the contents of this plan after meeting with the principal, I have the right to ask for a subsequent review by filing a written request with the district Section 504 Coordinator.

	09/05/2023
(Parent/Legal Guardian Signature)	(Date)
(Student Signature)	(Date)

Section 504 Team Members

	09/05/2023
(Section 504 Chairperson)	(Date)
	09/05/2023
(Signature/Title)	(Date)
	09/05/2023
(Signature/Title)	(Date)
(Signature/Title)	(Date)
(Signature/Title)	(Date)
(Signature/Title)	(Date)
(Signature/Title)	(Date)
(Signature/Title)	(Date)

138 Evergreen Rd Suite 106
Louisville, KY 40243
(Phone) 502.276.5755
(Fax) 888.274.0045
www.BeyondTheEarLouisville.com

REPORT OF AUDITORY EVALUATION:
Central Auditory Processing Assessment

Patient Name: Jack Fouts
Date of Birth: April 26, 2011
Age: 10 years, 8 months
Dates of Evaluation: February 8, 2022

Jack is a 10-year-old male seen at Beyond The Ear on the above date for a comprehensive audiological assessment, including an auditory processing evaluation. Today's central test battery that was administered included Competing Sentences, Low Pass Filtered Words (LPFW), Dichotic Digits (DD), Staggered Spondaic Words (SSW), Frequency Patterns Test (FPT), Speech in Noise (W-22 words), Phonemic Synthesis Test (PST) and the Gaps in Noise Test (GIN). Additionally, the CELF-4 Language Screening, the auditory memory portion of the Test of Auditory Processing Skills (TAPS-3), and the Test of Word Reading Efficiency (TOWRE) were given. Jack was cooperative and well-mannered throughout the testing; he was conscientious, and he put forth good effort. He was noted to need more time to respond than typical. The major diagnostic objective today was the assessment of auditory processing abilities.

HISTORY
According to parental report, Jack was the product of a normal pregnancy and delivery. No neonatal risk factors for hearing loss were reported. His early developmental milestones were all obtained within normal limits, except for his speech-language acquisition, which was described as *late*. Tinnitus (ringing in the ears) and dizziness were reported as happening occasionally; hyperacusis (sensitivity to loud sounds) along with sensitivity to other sensory inputs, such as textures and light, were reported. Jack has a history of middle ear disorder requiring the placement of pressure equalization tubes; he also had adenoidectomy around the age of 4. Jack has been diagnosed with sensory integration disorder, Oppositional Defiant Disorder, ADHD, Cluster headaches, and gastroparesis. Father reported that Jack has been experiencing increased anxiety lately, particularly as it relates to school.

As mentioned, Jack's speech-language skills were delayed. Jack received speech therapy and occupational therapy through First Steps. He then transitioned to private therapy once he turned 3. He has not had any speech or occupational therapies recently.

Father has concerns regarding Jack's communication and listening skills. He has trouble following directions; he does not listen well. He has a hard time telling a story or expressing what happened in a story that was just read to him. Father is unsure if he is not processing well or if he is not paying attention. He often will give inappropriate responses to questions.

Jack has had several behavioral/psychoeducational evaluations. Father reported that Jack was evaluated twice by the Weisskopf Center around the ages of 4 and 6. He was also evaluated by Strong Minds when he was aged 3. Jack has above average intelligence but difficulty with attention, executive functioning, emotional lability, and possible processing weaknesses. Father indicated that Jack has many tendencies that are similar to someone with Autism Spectrum Disorder, but this diagnosis has not been rendered.

Jack is in the 5th grade at Bloom Elementary School. He was described by his father as being a very bright youth who struggles in school due to what father perceives as some sort of processing issue. He gets mostly good grades, but he often misses things and/or feels overwhelmed. He has difficulty following oral directions. Jack likes school generally, but his anxiety is increasing regarding going to school. He does not have friends there, and father reported that Jack has experienced some bullying. Jack has a 504 plan in place but indicated that it is not always being followed; father is

considering homeschooling. Father was asked to rate Jack in various academic subjects. He rated Jack's oral reading, reading comprehension, written language, handwriting, performance on spelling tests, and performance on math calculations as *good*, and his performance on math word problems and ability to follow oral directions as *fair*.

On a list of characteristics of language processing disorders, several traits were reported as characterizing Jack. Father indicated that Jack has difficulty retrieving common words (or difficulty with naming), makes up words when he can't think of the right word, frequent "mazing" or circumlocution when speaking, has response latency (or uses fillers like "uh", "well, etc.) when asked questions at times, difficulty organizing his thoughts, misuse of similar sounding words, and makes language errors when speaking. Father said he has to be careful when correcting Jack because Jack is very sensitive.

On a list of behaviors that can be characteristic of children with auditory processing disorders, parental report indicated that Jack says "what" or "huh" often, misunderstands similarly sounding words, has difficulty listening in background noise, frequently asks for repetition, has difficulty locating sounds, has difficulty following oral directions, has difficulty paying attention, is restless, impulsive, forgetful, easily distracted, disorganized, has difficulty taking notes in class, and can become easily frustrated.

TEST RESULTS

Pure tone audiometry revealed hearing sensitivity to be within normal limits bilaterally. Tympanometry showed results consistent with normal middle ear function bilaterally. Speech recognition thresholds (SRTs) were within normal limits (10 dBHL for the right ear and 15 dBHL for the left ear) bilaterally. Word recognition scores using W-22 words, presented in quiet at a comfortable level, were 92% for both ears.

The central test battery was administered at 50 dBSL re: SRT, unless otherwise noted, via insert earphones. The results are as follows:

Competing Sentences (administered at +50/+35 dBSL)

This dichotic test evaluates the ability to listen to one message and ignore another. It assesses development of the central auditory process of *Binaural Separation*. Different sentences are presented to each ear at the same time. The target sentence is presented at 15dB less (softer) than the competing sentence in the opposite ear. The child is asked to ignore one sentence and repeat the other. A score of 90% or better in the right ear and 88% or better in the left ear is within normal limits for Jack's age. ***Jack's scores were within normal limits bilaterally.***

Right Ear	Left Ear
100%	**90%**

LPFW

This test evaluates how well a listener can understand distorted speech, assessing the development of *auditory closure*. Jack was asked to repeat words that have been digitally filtered at 500 Hz, making them sound muffled. Scores within normal limits are *66% or better* for a 10-year-old. ***Jack's scores were <u>below normal limits</u> for both ears.***

Right Ear	Left Ear
60%	**44%**

DD

The Dichotic Digits test evaluates how well the listener processes auditory information when it is presented in competition between the two ears (*binaural integration*). Numbers are presented simultaneously to both ears in pairs of two digits (i.e., 4 & 1, 6 & 8). He was asked to repeat the digits after each double pair was presented. Performance for a 10-year-old is 85% or better for the right ear and 78% or better for the left ear. ***Jack's scores were within normal limits bilaterally.***

Right Ear	Left Ear	Difference
98%	**93%**	**5%**

SSW
This task required Jack to repeat two compound words, which were presented with the second syllable of the first word and the first syllable of the second word coinciding. This task is like the dichotic digits task. Error scores are calculated for four conditions: right non-competing (RNC), right competing (RC), left competing (LC), and left non-competing (LNC). ***Jack's error scores were within normal limits for all conditions.***

FPT
The Frequency Pattern Test, which is a test of *auditory temporal sequencing*, required that Jack correctly identify a series of three tones that varied in pitch (either high or low pitch). Jack was asked to reply both verbally and non-verbally. Performance for his age group is *70% or better*. ***Jack's performance was within normal limits for both conditions.***

Verbal Response: 87%
Non-verbal (hum): 100%

Speech in Noise (W-22 words with speech noise +5 dB SNR)
This test measures the auditory processing skill of *Auditory Figure-Ground*, which is the ability to understand words in an adverse listening environment. Jack was required to listen to words presented in the presence of background noise. The words were 5 dB louder than the noise, and each ear was tested separately. A percent correct score is obtained and then a difference score (performance in quiet vs. noise) is calculated. For Jack's age group, a difference score of 20% or less is normal. ***Jack's performance showed a moderate difficulty listening in background noise in the right ear and normal performance in the left ear with difference scores of 32% and 20% for the right and left ears, respectively.***

PST
This test required Jack to repeat words that were presented as a string of individual sounds (i.e., each: /ee/ -- /ch/). It is a measure of phonological awareness, specifically *phonemic blending with no visual cues.* Normal performance for Jack's age is ≥21 correct out of 25. ***Jack's score was below normal limits at 20 correct.*** *The below normal performance is more likely due to the memory load of this task than a true phonological awareness issue.*

GIN
This test is a measure of temporal processing, specifically *temporal resolution*. The listener is asked to press a button every time he/she hears a "gap" or pause in the noise. On the screening version, which was given to Jack, there are 12 bursts of noise with 1, 2, or 3 gaps of varying duration from 4 and 8 milliseconds (ms) long. Average gap detection is around 5.5 ms. ***Jack's performance was within normal limits at 5 ms for both ears.***

TAPS-3
Portions of this test were given to evaluate Jack's higher order auditory memory skills with visual cues. The child is asked to recall simple sequences of auditory information. These tasks were completed face-to-face outside of the sound booth. Three subtests were given: Number Memory Forward, Word Memory and Sentence Memory. Jack's performance declined as the materials became more linguistically loaded. The scores are as follows:

SUBTEST	Percentile	Interpretation
Number Memory Forward:	**95th**	**Superior**
Word Memory:	**63rd**	**Average**
Sentence Memory:	**25th**	**Low Average**

CELF-4
This test is utilized as a screening of receptive and expressive language skills to determine if further in-depth evaluation would be useful. A passing score for Jack's age is *18 or more*. ***Jack passed the screening with a score of 24.***

TOWRE
This test evaluates the ability to read sight words and nonsense words aloud in a specified time frame (45 seconds). This test was given face-to-face outside the sound booth. Jack was given 2 lists of words and instructed to read the words as

fast as he could. The first list was familiar words, and the second list was comprised of nonsense words. The purpose of this test is to first evaluate reading efficiency and then evaluate the ability to "attack" unfamiliar words by using phonemic decoding/phonics rules. Standard Scores, percentiles, and grade level were calculated.

	Standard Score	Percentile	Grade Equivalent
Sight Word Efficiency	**121**	**92nd**	**9.4**
Phonemic Decoding Efficiency	**125**	**95th**	**10.0**

IMPRESSIONS

Peripheral assessment:

Jack's hearing and middle ear function were within normal limits today.

Central Assessment:

Jack was very cooperative for today's assessment, and the results are judged to be a good estimation of his true abilities. Jack performed well on the CST, DDT, FPT, and GIN showing relative strengths in the skill areas of binaural separation (listening to a message in one ear while ignoring a message in the other ear), binaural integration (listening to and processing different messages simultaneously), temporal resolution (detecting quick changes in a signal), and auditory pattern recognition. However, he struggled in other areas of auditory processing. He showed difficulty with auditory closure (listening to unclear speech) and listening in background noise. ***Thus, today's results meet criteria for the diagnosis of an auditory processing disorder (APD) (ICD-10 H93.25).*** The most salient findings will be highlighted below:

1. Jack is showing a **weakness in auditory closure**. Auditory closure is the brain's ability to make closure on an unclear signal. In other words, when a speech signal is missing some of its acoustic cues (due to distance, poor articulation by the speaker, fast talking, etc.) Jack has more difficulty than his peers discriminating and figuring out the message. This difficulty, along with his **difficulty listening in background noise** has important implications for the classroom. Many classrooms are noisy, and Jack is going to struggle to learn well with a significant amount of noise (or other factors) present that reduce the clarity of the signal. Children with this type of pattern also often have difficultly hearing on the telephone, particularly a cell phone, hearing in a restaurant or other noisy social setting, and may have difficulty following rapid conversations.

2. Jack's scores on the auditory memory portion of the TAPS-3 were superior for digits, solidly average for words, but low average for sentence recall indicating a **relative weakness in his short-term auditory memory for linguistic (verbal) information**. As the information became more linguistically loaded, Jack's performance worsened. Difficulty in this area has negative implications for following directions as verbal information is often not retained long enough to complete the task. This is not a specific auditory processing skill, but a higher order related skill.

3. **Suspected language processing weaknesses.** Auditory processing and language processing are very closely related, but they are not comprised of the same skills. These skills are happening on a continuum, with some overlap. An auditory processing disorder, in its purest form, is considered an input disorder, with much complex processing occurring as the signal leaves the eighth cranial nerve and travels through the brainstem and up into the cortex. At some point, meaning must be attached to the incoming signal. The process of word retrieval, attaching meaning to what has been heard, and formulating a response is considered language processing. Jack has signs of this difficulty. Although he passed the language screening, his processing of language appears weak; he often needed more time to respond and organize his thoughts. Helping Jack improve his understanding and use of language would benefit him. Further evaluation by a speech language pathologist is warranted.

RECOMMENDATIONS

Classroom Environmental Modifications

- **Preferential seating.** While preferential seating has no acoustic advantage, it does allow the teacher good visual access of the student and the student good visual access to the teacher. Seat Jack near the front and with a clear view of the speaker during classroom instruction. Do not seat Jack near ***auditory or visual distractions***.

- **Low gain hearing aids are recommended.** Given Jack's difficulty processing degraded speech, he would likely benefit from the use of a mild gain amplification to "boost" the auditory signal and enhance the signal to noise ratio. The benefit of hearing aids is that they can be utilized in all environments, not just a classroom. If a hearing aid trial is not successful, however, a personal FM system should be utilized to help reduce the effects of distance and noise on the speech signal.

Classroom Accommodations

- **Allow for extended test time or untimed tests.** Often youth with auditory and language processing difficulties cannot work up to their full potential during timed tests.

- Allow Jack to take tests in a **separate, quiet room** as needed.

- **Pre-teach** new vocabulary and concepts; Jack should be given access to new topics before they are introduced in class to become familiar with some of the content ahead of time. This added familiarity will lessen his potential mishearing and increase comprehension if he has already had time to read/review the material. For example, if a review packet is sent home on Tuesday for a test on Friday, Jack should get the packet 3 or 4 days early.

- Allow Jack **access to class notes** by pairing him with another student or providing teacher notes and/or outlines.

- **Repeat questions from other children before answering**. Children who have difficulty listening in adverse conditions often miss what other children are asking, so they do not benefit from the teacher's answers. Research shows that at least 70% of what is learned is *just overheard*.

- **Encourage Jack to ask questions.** Encouraging him to ask clarification questions will help ensure his *comprehension and understanding of directions.*

- Provide **face-to-face communication** as often as possible.

- **Teachers should discretely check on Jack after instructions for seat work have been given.** Jack may not fully process or hear the directions; however, youth are often scared to speak up and advocate for their needs. **The teacher should stop by Jack's desk to make sure he understands what is expected of him.**

- **Repeat missed information**-more clearly, possibly a bit louder, better visual cues, etc., which allows more processing time and allows for *auditory rehearsal to enhance memory.*

- **Rephrase** and repeat instructions as needed when Jack does not seem to understand directions. Keeping directions short and simple will help with comprehension.

- Check understanding of classroom instruction by asking for **paraphrasing or summarizing** (rather than mere verbatim response, which does not demonstrate understanding).

- Use **visual aids and other visual supports**. Jack will benefit from hands on instruction and projects. Jack is likely to miss some information when it is only presented orally. Jack will benefit from handouts, and other visual cues that reinforce what he is expected to do.

- **Gain attention** using either auditory or visual alerting prior to giving verbal instructions.

- **Redirect attention** to task at hand as appropriate.

- Readily use **signposts and topic transition** cues such as *first, second, last, then, now, next, and finally.*

- Make a point to **inform** that there will be a classroom subject or topic changes.

- Emphasize the **specific task parameters** before beginning including *What* will be done, *How* it will be done, *How long* it will take, and *What* will be the *outcome*. This will improve external organization.

Direct Intervention

- Use **HearBuilder Auditory Memory software program.** This program uses a systematic approach to teach key strategies for remembering numbers, words, sentences, and stories. The program should be conducted with Jack listening to the auditory signals in a quiet setting under quality earphones, rather than computer speakers. Jack should use the software 15-20 minutes at least 4 to 5 times a week.

- Use **HearBuilder Following Directions Software Program.** This program helps develop essential listening skills as it teaches 40 basic concepts. Children learn to follow 5 types of directions: basic, sequential, quantitative, and spatial, temporal, and conditional. The program should be conducted with Jack listening to the auditory signals in a quiet setting under quality earphones, rather than computer speakers. Jack should use the software 15-20 minutes at least 3 to 4 times a week.

- **Language Consultation**. Due to Jack's auditory processing disorder, an evaluation of his present language skills should be completed. Language tests such as the Test of Language Competence- Expanded Edition and the Test of Auditory Comprehension of Language (TALC-3) are recommended to evaluate his language skills. An evaluation that particularly focuses on language processing will be helpful. Jack may benefit from language therapy that uses techniques related to though organization and expressive language. Contact a speech-language pathologist for this type of an evaluation.

- **Occupational therapy**. Jack has had OT in the past, but father was encouraged to pursue this therapy again since Jack still has many sensory integration issues and can become easily overwhelmed. Additional therapy to address sensory processing, motor planning, and executive functioning will likely be helpful.

Home Activities

- **Practice effective communication skills.** *Reduce or eliminate noise* when having a conversation or important dialogue. At home, this means turn off the TV, radio, or other distractions before communicating.

- **Practice listening in noise** at home:
    - Read a story aloud or play an audiobook through speakers, and then add noise in the background from another source (i.e., music, TV, etc.).

    - Intentionally introduce background noise during a conversation. Practice with and without visual cues and increase difficulty by increasing distance or making the noise louder.

- Develop ability to use **visual, linguistic, and/or thinking abilities**: Games: *Charades, Read My Lips, Pictionary, Hangman, Twenty Questions, crossword puzzles, Password, Taboo, Catch-Phrase, Tribond.*

- **Use visual reminders regularly**. Use calendars, lists, and other visual reminders to ensure follow through and alleviate some of the listening demands.

- **Consider compression clothing and/or a weighted blanket** to help with Jack's sensory regulation needs. Consultation with an occupational therapist would provide more recommendations.

- Use of a **visual display timer** to challenge Jack to complete assignments within the time allotted. Visual display timers are available from Tangible Time Management at www.timetimer.com or www.amazon.com. This can be used at home for homework and chores, or it could also be used at school.

- Stimulate the **understanding and sequencing of specific directions**. Examples:
  - Simon game
  - Cooking to a recipe
  - Board games are also useful for understanding and remembering simple directions and rules.

- **Critical thinking software** is available online at www.criticalthinking.com to develop reading comprehension, spatial reasoning, organization, writing, sequencing, deductive reasoning, vocabulary, and information processing skills.

- Provide/encourage **multisensory learning activities** such as music lessons, dance lessons, aerobics, and martial arts.

Specific Skill Areas and Materials (not typically available in stores)
Auditory Memory

- **The Source for Learning and Memory Strategies**

Provides solutions for improving memory and learning from www.linguisystems.com

- **Listen, Think and Remember** (Ages 4-12 years)

Collection of activities to improve auditory comprehension and memory skills from *Academic Communication Associates* www.acadcom.com

- **Auditory Memory for Quick Stories** (Grades K-5)

Workbook and Interactive CD from *Super Duper Publications* www.superduperinc.com

Follow up

- Return for follow up testing in 12-18 months to monitor Jack's auditory processing skills and academic progress.

Thank you for allowing me the opportunity to participate in Jack's hearing healthcare. If you have any questions or concerns regarding this evaluation, please do not hesitate to contact me 502.276.5755.

Julie Manche, Au.D.

Julie Manche, Au.D., CCC-A, FAAA
Clinical Audiologist
Specialist in Auditory Processing Disorders

CC: John Fouts

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/2023 esday	Late Excused Check in: 8:56 AM 8:56, TRAFFIC AND TREE BEING CUT DOWN	TARDY EXCUSED
/2023 ay	Late Excused Check in: 8:57 AM traffic	TARDY EXCUSED
/2023	Parent Note Excused WHOLE DAY Whole Day Absence 4 OF 10 - SICK	ABSENT EXCUSED
/2023 day	Parent Note Excused WHOLE DAY Whole Day Absence 3 OF 10 - SICK	ABSENT EXCUSED
/2023 sday	Doctor Note Excused WHOLE DAY Whole Day Absence	ABSENT EXCUSED
/2023 ay	Doctor Note Excused WHOLE DAY Whole Day Absence	ABSENT EXCUSED
/2023 ay	Doctor Note Excused WHOLE DAY Whole Day Absence	ABSENT EXCUSED
/2023 day	Late Excused Check in: 8:41 AM 8:41, TRAFFIC	TARDY EXCUSED
/2023	Parent Note Excused WHOLE DAY Whole Day Absence 2 OF 10 - SICK	ABSENT EXCUSED
/2023 day	Late Excused Check in: 8:47 AM 8:47, TRAFFIC	TARDY EXCUSED
/2023	Parent Note Excused WHOLE DAY Whole Day Absence 1 OF 10 - SICK	ABSENT EXCUSED
/2023 ay	Late Excused Check in: 8:47 AM 8:47, MY MOM SNOOZED MY ALARM	TARDY EXCUSED

Early Dismissal Excused
Check out: 3:10 PM
3:10, orthodontist appt, Parent Signature
TARDY EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
8 OF 10 - SICK
ABSENT EXCUSED

Returned Excused
Check out: 10:50 AM
Check in: 1:05 PM
10:50, DR VISIT, Parent Signature
TARDY EXCUSED

Late Excused
Check in: 8:40 AM
8:49, COUGHING AND SNEEZING A LOT
TARDY EXCUSED

Late Excused
Check in: 9:00 AM
9:00, doctor
TARDY EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
7 OF 10 - SICK
ABSENT EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
6 OF 10 - SICK
ABSENT EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
5 OF 10 - SICK
ABSENT EXCUSED

Late Excused
Check in: 8:55 AM
8:55, TRAFFIC
TARDY EXCUSED

Late Excused
Check in: 8:56 AM
8:56, TRAFFIC AND TREE BEING CUT DOWN
TARDY EXCUSED

Late Excused
Check in: 8:57 AM
traffic
TARDY EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
ABSENT EXCUSED

Absent Unexcused WHOLE DAY
Whole Day Absence
ABSENT UNEXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
PARENT NOTES EXHAUSTED
ABSENT UNEXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
PARENT NOTES EXHAUSTED
ABSENT UNEXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
Parent Notes Exhausted
ABSENT UNEXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
Parent Notes Exhausted
ABSENT UNEXCUSED

Returned Excused
Check out: 11:10 AM
Check in: 11:15 AM
11:10, DERMATOTLOGY APPT, Parent Signature
TARDY EXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
ABSENT UNEXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
PARENT NOTES EXHAUSTED
ABSENT UNEXCUSED

Parent Note Unexcused WHOLE DAY
Whole Day Absence
PARENT NOTES EXHAUSTED
ABSENT UNEXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
10 OF 10 - SICK
ABSENT EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
9 OF 10 - SICK
ABSENT EXCUSED

ance

/2023 esday	Late Excused Check in: 8:56 AM 8:56, TRAFFIC AND TREE BEING CUT DOWN	TARDY EXCUSED
/2023 ay	Late Excused Check in: 8:57 AM traffic	TARDY EXCUSED
/2023	Parent Note Excused WHOLE DAY Whole Day Absence 4 OF 10 - SICK	ABSENT EXCUSED
/2023 day	Parent Note Excused WHOLE DAY Whole Day Absence 3 OF 10 - SICK	ABSENT EXCUSED
/2023 sday	Doctor Note Excused WHOLE DAY Whole Day Absence	ABSENT EXCUSED
/2023 ay	Doctor Note Excused WHOLE DAY Whole Day Absence	ABSENT EXCUSED
/2023 ay	Doctor Note Excused WHOLE DAY Whole Day Absence	ABSENT EXCUSED
/2023 day	Late Excused Check in: 8:41 AM 8:41, TRAFFIC	TARDY EXCUSED
/2023	Parent Note Excused WHOLE DAY Whole Day Absence 2 OF 10 - SICK	ABSENT EXCUSED
/2023 day	Late Excused Check in: 8:47 AM 8:47, TRAFFIC	TARDY EXCUSED
/2023	Parent Note Excused WHOLE DAY Whole Day Absence 1 OF 10 - SICK	ABSENT EXCUSED
/2023 ay	Late Excused Check in: 8:47 AM 8:47, MY MOM SNOOZED MY ALARM	TARDY EXCUSED

Absent Unexcused WHOLE DAY Whole Day Absence	ABSENT UNEXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence PARENT NOTES EXHAUSTED	ABSENT UNEXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence PARENT NOTES EXHAUSTED	ABSENT UNEXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence Parent Notes Exhausted	ABSENT UNEXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence Parent Notes Exhausted	ABSENT UNEXCUSED
Returned Excused Check out: 11:10 AM Check in: 11:15 AM 11:10, DERMATOTLOGY APPT, Parent Signature	TARDY EXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence	ABSENT UNEXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence PARENT NOTES EXHAUSTED	ABSENT UNEXCUSED
Parent Note Unexcused WHOLE DAY Whole Day Absence PARENT NOTES EXHAUSTED	ABSENT UNEXCUSED
Parent Note Excused WHOLE DAY Whole Day Absence 10 OF 10 - SICK	ABSENT EXCUSED
Parent Note Excused WHOLE DAY Whole Day Absence 9 OF 10 - SICK	ABSENT EXCUSED

Early Dismissal Excused
Check out: 3:10 PM
3:10, orthodontist appt, Parent Signature
TARDY EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
8 OF 10 - SICK
ABSENT EXCUSED

Returned Excused
Check out: 10:50 AM
Check in: 1:05 PM
10:50, DR VISIT, Parent Signature
TARDY EXCUSED

Late Excused
Check in: 8:40 AM
8:49, COUGHING AND SNEEZING A LOT
TARDY EXCUSED

Late Excused
Check in: 9:00 AM
9:00, doctor
TARDY EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
7 OF 10 - SICK
ABSENT EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
6 OF 10 - SICK
ABSENT EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
5 OF 10 - SICK
ABSENT EXCUSED

Late Excused
Check in: 8:55 AM
8:55, TRAFFIC
TARDY EXCUSED

Late Excused
Check in: 8:56 AM
8:56, TRAFFIC AND TREE BEING CUT DOWN
TARDY EXCUSED

Late Excused
Check in: 8:57 AM
traffic
TARDY EXCUSED

Parent Note Excused WHOLE DAY
Whole Day Absence
ABSENT EXCUSED

Medical History as of 9/6/2023

Past Medical History

Diagnosis	Date	Comments	Source
Abnormal EEG [R94.01]	09/30/2016	—	Provider
ADHD (attention deficit hyperactivity disorder) [F90.9]	—	—	Provider
Allergy history unknown [Z78.9]	—	—	Provider
Anxiety [F41.9]	—	—	Patient
Asthma [J45.909]	—	—	Provider
Auditory processing disorder [H93.25]	—	—	Patient
Autism spectrum disorder associated with known medical or genetic condition or environmental factor, requiring substantial support (level 2) [F84.0]	—	—	Patient
Autonomic dysfunction [G90.9]	—	—	Patient
Bipolar affective disorder [F31.9]	—	—	Patient
COVID [U07.1]	—	—	Patient
Depression [F32.A]	—	—	Patient
Gastroparesis [K31.84]	—	—	Provider
Hallucinations [R44.3]	—	—	Patient
Headache [R51.9]	—	cluster headaches and migrane headaches	Patient
Radius and ulna distal fracture [S52.509A, S52.609A]	08/02/2016	—	Provider
Reflux [IMO0001]	—	not controlled	Provider
Sleep disturbance [G47.9]	—	—	Patient
Vomiting [R11.10]	—	cyclical vomiting disorder	Patient

Medical History Audit Trail through 9/6/2023

Auditory processing disorder [H93.25]

Medical History	Date	Comments	Action	Updated	User	Source
Auditory processing disorder [H93.25]	—	—	Created	10/25/2022 11:19 AM	Eiden, Jacquelyn, RN	Patient

Autonomic dysfunction [G90.9]

Medical History	Date	Comments	Action	Updated	User	Source
Autonomic dysfunction [G90.9]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

Bipolar affective disorder [F31.9]

Medical History	Date	Comments	Action	Updated	User	Source

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Medical History	Date	Comments	Action	Updated	User	Source
Bipolar affective disorder [F31.9]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

Hallucinations [R44.3]

Medical History	Date	Comments	Action	Updated	User	Source
Hallucinations [R44.3]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

Depression [F32.A]

Medical History	Date	Comments	Action	Updated	User	Source
Depression [F32.A]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

Anxiety [F41.9]

Medical History	Date	Comments	Action	Updated	User	Source
Anxiety [F41.9]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

Asthma [J45.909]

Medical History	Date	Comments	Action	Updated	User	Source
Asthma [J45.909]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Provider

Vomiting [R11.10]

Medical History	Date	Comments	Action	Updated	User	Source
Vomiting [R11.10]	—	cyclical vomiting disorder	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

COVID [U07.1]

Medical History	Date	Comments	Action	Updated	User	Source
COVID [U07.1]	—	—	Created	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient

Hearing loss [H91.90]

Medical History	Date	Comments	Action	Updated	User	Source
Hearing loss [H91.90]	—	—	Deleted	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Provider
Hearing loss [H91.90]	—	—	Created	10/3/2022 9:10 PM	Kemper, Shannon R, RN	Provider

Headache [R51.9]

Medical History	Date	Comments	Action	Updated	User	Source

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Medical History	Date	Comments	Action	Updated	User	Source
Headache [R51.9]	—	cluster headaches and migrane headaches	Edited	10/25/2022 10:37 AM	Eiden, Jacquelyn, RN	Patient
Headache [R51.9]	—	—	Created	2/16/2022 3:42 PM	Messina, Madison	Provider

Sleep disturbance [G47.9]

Medical History	Date	Comments	Action	Updated	User	Source
Sleep disturbance [G47.9]	—	—	Created	10/3/2022 8:24 PM	Kemper, Shannon R, RN	Patient

Autism spectrum disorder associated with known medical or genetic condition or environmental factor, requiring substantial support (level 2) [F84.0]

Medical History	Date	Comments	Action	Updated	User	Source
Autism spectrum disorder associated with known medical or genetic condition or environmental factor, requiring substantial support (level 2) [F84.0]	—	—	Created	10/3/2022 8:24 PM	Kemper, Shannon R, RN	Patient

Abnormal EEG [R94.01]

Medical History	Date	Comments	Action	Updated	User	Source
Abnormal EEG [R94.01]	09/30/2016	—	Edited	10/3/2022 8:24 PM	Kemper, Shannon R, RN	Provider
Abnormal EEG [R94.01]	9/30/2016	—	Created	5/12/2021 4:43 PM	Rogers, Amanda B, MD	Provider

Radius and ulna distal fracture [S52.509A, S52.609A]

Medical History	Date	Comments	Action	Updated	User	Source
Radius and ulna distal fracture [S52.509A, S52.609A]	08/02/2016	—	Edited	10/3/2022 8:24 PM	Kemper, Shannon R, RN	Provider
Radius and ulna distal fracture [S52.509A, S52.609A]	8/2/2016	—	Created	4/20/2020 1:16 PM	Langford, Sheridan R, MD	Provider

Developmental delay [R62.50]

Medical History	Date	Comments	Action	Updated	User	Source
Developmental delay [R62.50]	—	—	Deleted	6/9/2019 4:53 PM	Hays, Shelley, RN	Provider

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Medical History	Date	Comments	Action	Updated	User	Source
Developmental delay [R62.50]	—	—	Edited	10/3/2017 2:21 PM	Doyle, Elizabeth M, MD	Provider
Developmental delay [783.40 (ICD-9-CM)]	—	—	Created	8/1/2014 9:37 AM	Skees, Sandra, RN	Provider

Aggressive behavior [R46.89]

Medical History	Date	Comments	Action	Updated	User	Source
Aggressive behavior [R46.89]	—	—	Deleted	6/9/2019 4:53 PM	Hays, Shelley, RN	Provider
Aggressive behavior [R45.89]	—	—	Edited	10/3/2017 2:21 PM	Doyle, Elizabeth M, MD	Provider
Aggressive behavior [301.3 (ICD-9-CM)]	—	—	Created	8/1/2014 10:10 AM	Mott, Heather, APRN	Provider

Vision abnormalities [H53.9]

Medical History	Date	Comments	Action	Updated	User	Source
Vision abnormalities [H53.9]	—	wears glasses	Deleted	6/9/2019 4:53 PM	Hays, Shelley, RN	Provider
Vision abnormalities [H53.9]	—	wears glasses	Created	7/29/2016 8:11 AM	Skees, Sandra, RN	Provider

Color blind [H53.50]

Medical History	Date	Comments	Action	Updated	User	Source
Color blind [H53.50]	—	—	Deleted	6/9/2019 4:53 PM	Hays, Shelley, RN	Provider
Color blind [H53.50]	—	—	Edited	10/3/2017 2:21 PM	Doyle, Elizabeth M, MD	Provider
Color blind [H53.50]	—	—	Created	9/29/2016 2:13 PM	Sorrell, Jessica, RN	Provider

Acute sinus infection [J01.90]

Medical History	Date	Comments	Action	Updated	User	Source
Acute sinus infection [J01.90]	—	abx x 3 days	Deleted	10/3/2017 2:21 PM	Doyle, Elizabeth M, MD	Provider
Acute sinus infection [461.9 (ICD-9-CM)]	—	abx x 3 days	Created	8/1/2014 10:10 AM	Mott, Heather, APRN	Provider

Gastroparesis [K31.84]

Medical History	Date	Comments	Action	Updated	User	Source

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Medical History	Date	Comments	Action	Updated	User	Source
Gastroparesis [K31.84]	—	—	Edited	10/3/2017 2:21 PM	Doyle, Elizabeth M, MD	Provider
Gastroparesis [K31.84]	—	—	Created	9/29/2016 2:13 PM	Sorrell, Jessica, RN	Provider

ADHD (attention deficit hyperactivity disorder) [F90.9]

Medical History	Date	Comments	Action	Updated	User	Source
ADHD (attention deficit hyperactivity disorder) [F90.9]	—	—	Edited	10/3/2017 2:21 PM	Doyle, Elizabeth M, MD	Provider
ADHD (attention deficit hyperactivity disorder) [314.01 (ICD-9-CM)]	—	—	Created	8/1/2014 9:37 AM	Skees, Sandra, RN	Provider

Reflux [530.81 (ICD-9-CM)]

Medical History	Date	Comments	Action	Updated	User	Source
Reflux [530.81 (ICD-9-CM)]	—	not controlled	Edited	8/1/2014 10:08 AM	Mott, Heather, APRN	Provider
Reflux [530.81 (ICD-9-CM)]	—	—	Created	8/1/2014 9:37 AM	Skees, Sandra, RN	Provider

Allergy history unknown [V49.89 (ICD-9-CM)]

Medical History	Date	Comments	Action	Updated	User	Source
Allergy history unknown [V49.89 (ICD-9-CM)]	—	—	Created	8/1/2014 9:37 AM	Skees, Sandra, RN	Provider

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Medications (Jack)

Norton Healthcare

Disclaimer: For privacy reasons, this may not be a complete list of medications on file. This disclaimer will appear even if this is the full list.

Current Medications

Please review your medications and verify that the list is up to date. **Call 911 if you have an emergency.**

ADVAIR DISKUS 100-50 MCG/ACT Aepb inhaler

Generic name: fluticasone-Salmeterol

INHALE 1 PUFF INTO THE LUNGS TWICE DAILY

1 refill before September 10, 2024

Prescription Details

Prescribed September 11, 2023

Approved by Vasudha Mahajan

Refill Details

Quantity 60 each

Day supply 30

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

ketoconazole 2 % shampoo

Commonly known as: NIZORAL

Apply topically twice a week to affected area(s) of scalp. Let sit for 5 minutes before rinsing..

3 refills before August 31, 2024

Prescription Details

Prescribed September 1, 2023

Approved by Patricia S Todd

Refill Details

Quantity 120 mLs

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

cloNIDine 0.2 MG tablet

Commonly known as: CATAPRES

TAKE 1 TABLET BY MOUTH EVERY DAY AT NIGHT

No refills remaining. Refill requests will be sent to your provider for approval.

Prescription Details

Prescribed August 31, 2023

Approved by Vasudha Mahajan

Refill Details

Quantity 30 tablets

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

CloNIDine HCl 0.1 MG TAB SR12

TAKE 1 TABLET BY MOUTH EVERY DAY

1 refill before August 24, 2024

Prescription Details

Prescribed August 25, 2023

Approved by Vasudha Mahajan

Refill Details

Quantity 30 tablets

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

magnesium oxide 400 MG tablet

Commonly known as: MAG-OX

TAKE 1 TABLET BY MOUTH EVERY DAY

1 refill before August 14, 2024

Prescription Details

Prescribed August 15, 2023

Approved by Amanda B Rogers

Refill Details

Quantity 30 tablets

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

albuterol HFA 108 (90 Base) MCG/ACT inhaler

Commonly known as: VENTOLIN HFA

Inhale 2 puffs into the lungs every 6 (six) hours as needed for Wheezing.

1 refill before August 9, 2024

Prescription Details

Prescribed August 10, 2023

Approved by Erin R Frazier

Refill Details

Quantity 18 each

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

FLUoxetine 10 MG capsule

Commonly known as: PROzac

TAKE 1 CAPSULE BY MOUTH DAILY

1 refill before August 8, 2024

Prescription Details

Prescribed August 9, 2023

Approved by Becky S Carothers

Refill Details

Quantity 30 capsules

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

amphetamine-dextroamphetamine 5 MG 24 hr capsule

Commonly known as: ADDERALL XR

Take 1 capsule by mouth every morning. Max Daily Amount: 5 mg

This prescription isn't available for refill through MyChart at this time.

Prescription expired on September 3, 2023 and can no longer be refilled

Prescription Details

Prescribed July 5, 2023

Approved by Vasudha Mahajan

Refill Details

Quantity 90 capsules

Day supply 90

Pharmacy Details

CVS/pharmacy #10812 - Shepherdsville, KY - 157 S Buckman St

157 S Buckman St, Shepherdsville KY 40165

502-921-0094

famotidine 40 MG tablet

Commonly known as: PEPCID

Take 40 mg by mouth 2 (two) times daily.

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Started taking March 23, 2023

Documented by Marthaleen T

loratadine 10 MG tablet

Commonly known as: CLARITIN

Take 10 mg by mouth daily.

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Started taking March 27, 2023

Documented by Marthaleen T

lidocaine 5 %

Commonly known as: LIDODERM

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Started taking February 17, 2023

Documented by Sarah T

rizatriptan 10 MG tablet

Commonly known as: MAXALT

TAKE 1 TABLET BY MOUTH ONCE AS NEEDED FOR MIGRAINE **ONLY 1 TAB IN A 24 HOUR PERIOD**

1 refill before November 18, 2023

Prescription Details

Prescribed November 18, 2022

Approved by Becky S Carothers

Refill Details

Quantity 30 tablets

Pharmacy Details

CVS/pharmacy #6208 - LOUISVILLE, KY - 2222 BARDSTOWN RD. AT IN THE HIGHLANDS

2222 BARDSTOWN RD., LOUISVILLE KY 40205

502-459-6563

ibuprofen 100 MG chewable tablet

Commonly known as: MOTRIN

Chew 400 mg by mouth as needed Do not use more than 2x in one week.

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Documented by Angela P

Pediatric Multivit-Minerals-C (GUMMI BEAR MULTIVITAMIN/MIN) CHEW

2 tablets 2 (two) times daily.

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Documented by Jacquelyn E

Sennosides 15 MG CHEW

4 tablets.

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Started taking January 1, 2017

Documented by Darlene P

Pharmacy Details

KROGER PHARMACY 02400339 - LOUISVILLE, KY - 2440 BARDSTOWN RD AT SEC BARDSTOWN RD & (WROCKLAGE)

2440 BARDSTOWN RD, LOUISVILLE KY 40205

502-459-3248

azelastine 0.1 % nasal spray

Commonly known as: ASTELIN

USE 1 2 SPRAYS EACH NOSTRIL TWICE A DAY

This prescription cannot be refilled through MyChart at this time.

Prescription Details

Started taking December 10, 2020

Documented by Sheridan R Langford

Pharmacy Details

CVS/pharmacy #6208 - LOUISVILLE, KY - 2222 BARDSTOWN RD. AT IN THE HIGHLANDS

2222 BARDSTOWN RD., LOUISVILLE KY 40205

502-459-6563

fluticasone 50 MCG/ACT nasal spray
Commonly known as: FLONASE

USE 1 SPRAY IN EACH NOSTRIL ONCE DAILY FOR NEXT 4-6 WEEKS

Prescription expired on October 1, 2021. Refill requests will be sent to your provider for approval.

Prescription Details

Prescribed October 1, 2020

Approved by Heather Felton

Refill Details

Quantity 16 mLs

Pharmacy Details

CVS/pharmacy #6208 - LOUISVILLE, KY - 2222 BARDSTOWN RD. AT IN THE HIGHLANDS

2222 BARDSTOWN RD., LOUISVILLE KY 40205

502-459-6563

Personal Notes About My Medications

Notes entered here will not be viewable by your doctor.

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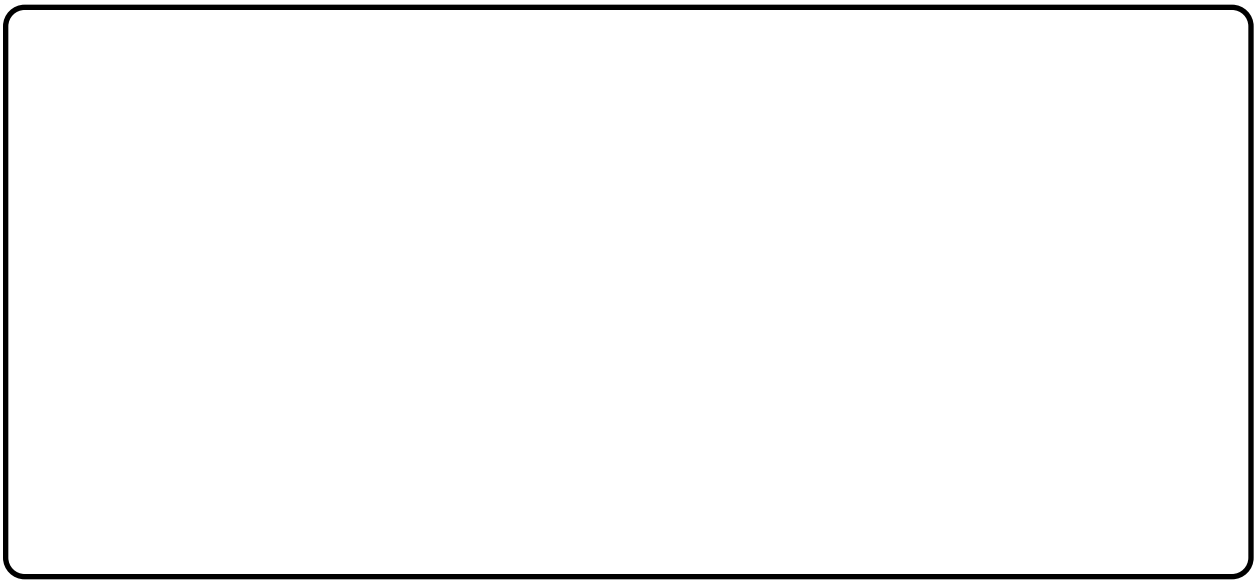
Anger Stop Signs

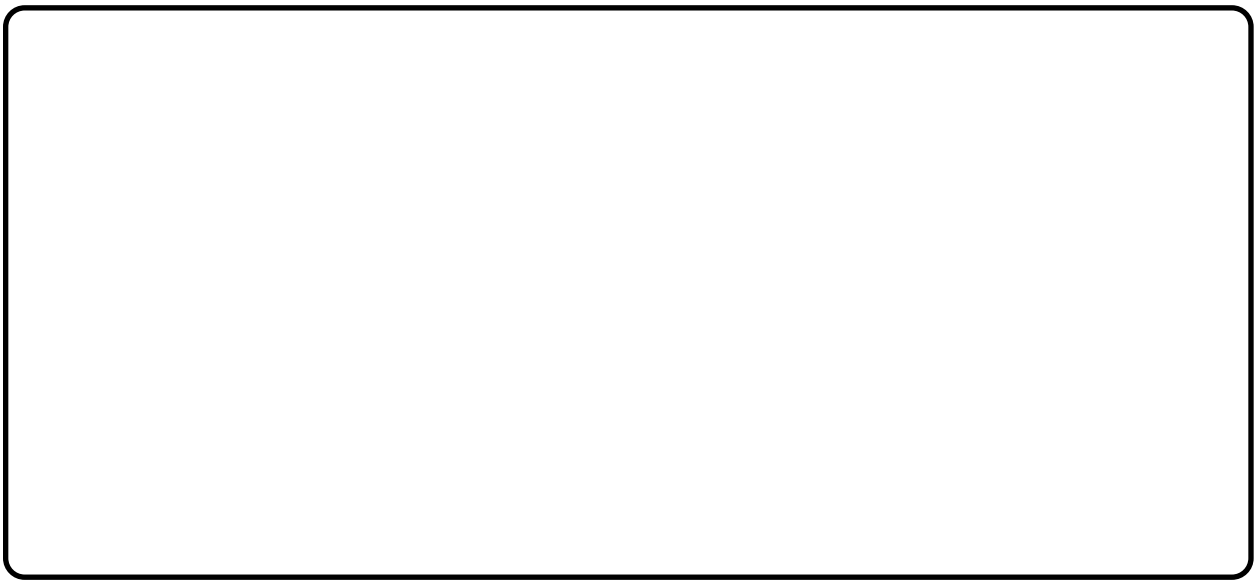
Anger starts out small, and slowly grows. When your anger is small, you might not even notice it. This is when you are just starting to feel upset about something, but it still doesn't seem like a big deal. Someone at this point might say they are "annoyed".

Draw what you look like when your anger is *small*. This is when you're just a little bit angry.



If your anger has the chance to grow too big, it becomes hard to control. It's like a car without brakes, crashing through everything in its path. It's very hard to stop. Someone who's this angry might yell, hit, cry, or try to break things.

Draw what you look like when your anger is *big*. This is when you're *very* angry.



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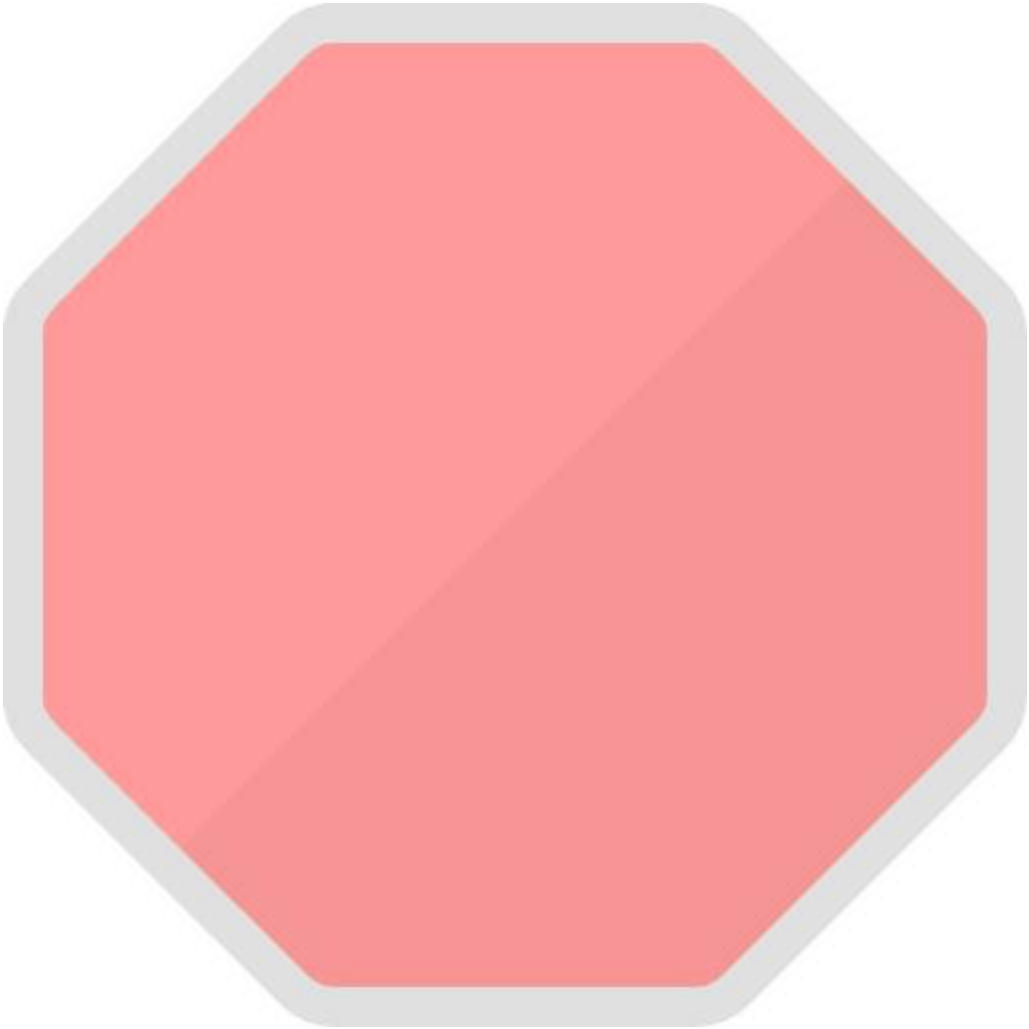
Anger Stop Signs

Anger stop signs are clues that your body uses to let you know your anger is growing. These clues start to appear while your anger is still small. If you notice them in time, you can hit the brakes, and take control of your anger before it grows too big.

Everyone has their own anger stop signs. It's important to learn what yours are, so you can spot them in the future. Write your anger stop signs in the space below.



Common Anger Stop Signs

My face feels hot.	I start to shake.	I raise my voice.
I go quiet.	My eyes get watery.	I try to bother people.
I can't think straight.	I feel annoyed.	I want to hit something.

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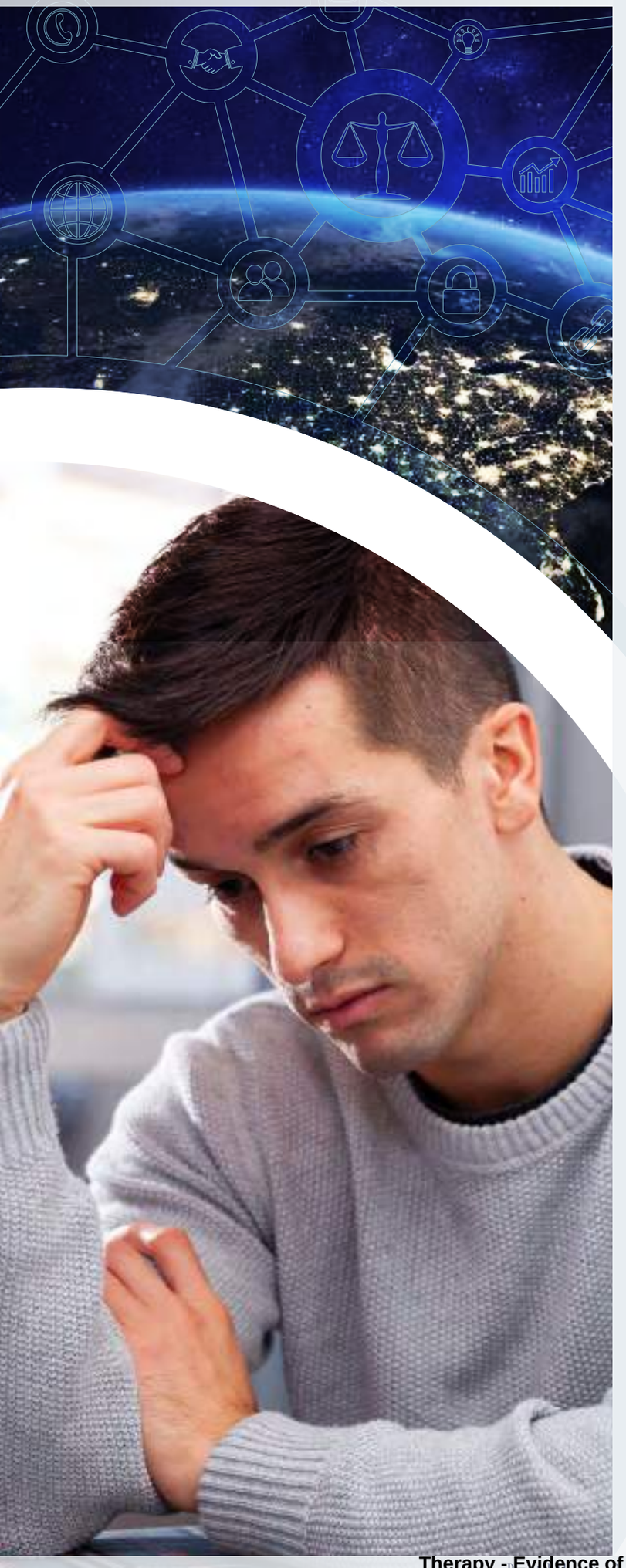
NCSC TRENDS IN STATE COURTS



Parental Alienation Can Be Emotional Child Abuse

Ken Lewis
Director, Child Custody Evaluation Services of Philadelphia, Inc.

What is and is not parental alienation? Here are some of its descriptors, possible effects on children, and tips for custody evaluators and family court judges.

When marital discord evolves into hatred, many couples are quick to see divorce as their best option. Divorce may be an easy way out for the couple, but it often wreaks havoc on the children. When parents seek help from state courts, family court judges can appoint mental health professionals as custody evaluators to guide them in determining the future best interests of the children. While these professionals are historically skilled at identifying physical child abuse, they are beginning to identify a more insidious form of emotional child abuse called parental alienation. When this form of abuse is correctly and timely identified, custody evaluators can recommend specific strategies for success.

Parental Alienation vs. Parental Alienation Syndrome

Parental alienation is frequently confused with the parental alienation syndrome (PAS). Dr. Richard Gardner, an American psychiatrist who died in 2003, coined the phrase "parental alienation syndrome" in 1985 and wrote extensively about it. He defined the syndrome as:

> *a childhood disorder that arises almost exclusively in the context of child-custody disputes. It is a disorder in which children, programmed by the allegedly "loved" parent, embark upon a campaign of denigration of the allegedly "hated" parent. The children exhibit little if any ambivalence over their hatred, which often spreads to the extended family of the allegedly despised parent ("Recommendations for Dealing with Parents Who Induce a Parental Alienation Syndrome in Their Children," Journal of Divorce and Remarriage 28, nos. 3-4 [1998]).*

Gardner used the term "syndrome" because of his medical background. A syndrome is a cluster of related symptoms. Syndromes are generally discouraged as evidence in court because they refer to symptoms from a collection of individuals, while the court is only concerned with those individuals who have standing for the matter before the court.

For Gardner, the syndrome describes the child's campaign of denigration against one of their parents—a campaign that is encouraged by the other parent. It should be noted that there is no PAS when abuse or neglect is present. PAS can only be applicable when the "hated" parent has not abused or neglected the child or exhibited any behavior that would justify the child's animosity toward that parent.

While PAS identifies a problem in the child ("a childhood disorder"), parental alienation identifies a collection of one parent's behaviors aimed at causing the child to become alienated from the other parent. Children can become alienated from a parent for a variety of reasons, such as sexual abuse, physical abuse, emotional abuse, parental abandonment, adult alcoholism, narcissism, and other reasons. Sometimes, a child may become alienated from the parent who initiated the divorce, blaming that parent for breaking up the family. But while these reasons may explain why the child is alienated from the parent, none would qualify as descriptors for parental alienation. Parental alienation is a strategy whereby one parent intentionally displays to the child unjustified negativity aimed at the other parent. The purpose of this strategy is to damage the child's relationship with the other parent and to turn the child's emotions against that other parent. This strategy has been called a "head-trip game" (see Ken Lewis, *Child Custody Evaluations by Social Workers: Understanding the Five Stages of Custody* [Washington, DC: NASW Press, 2009], p. 44).

Parental alienation is a particular family dynamic that can emerge during divorce in which the child becomes excessively hostile and rejecting of one parent. This hostility can involve transgenerational dynamics about which evaluators and family court judges should be aware.

The remainder of this article presents:

- a list of the various descriptors that identify parental alienation;
- the possible effects on the children;
- parental alienation as a form of emotional child abuse;
- the ways that courts have responded to parental alienation; and
- 10 tips for family court judges.

Parental Alienation Syndrome can only be applicable when the "hated" parent has not abused or neglected the child or exhibited any behavior that would justify the child's animosity toward that parent.

Descriptors of Parental Alienation

When investigating whether parental alienation is present, a custody evaluator looks for a variety of descriptors concerning the targeted parent and the alienating parent. Ten such descriptors are:

1. The child expresses a relentless hatred for the targeted parent.
2. The child's language parrots the language of the alienating parent.
3. The child vehemently rejects visiting the targeted parent.
4. Many of the child's beliefs are enmeshed with the alienating parent.
5. Many of the child's beliefs are delusional and frequently irrational.
6. The child's reasons are not from direct experiences but from what has been told to him or her by others.
7. The child has no ambivalence in his or her feelings; they are all hatred with no ability to see the good.
8. The child has no capacity to feel guilty about his or her behavior toward the targeted parent.
9. The child and the alienating parent are in lockstep to denigrate the targeted parent.
10. The child can appear like a normal healthy child. But when asked about the targeted parent, it triggers his or her hatred.

Parental alienation is a strategy whereby one parent intentionally displays to the child unjustified negativity aimed at the other parent. The purpose of this strategy is to damage the child's relationship with the other parent and to turn the child's emotions against that other parent.

Effects of Parental Alienation on the Children

Parental alienation is a form of emotional child abuse. The potential impact of this abuse on a child's life can be devastating. Some of the frequently listed effects of parental alienation have been reported in the child welfare literature, including:

- an impaired ability to establish and maintain future relationships;
- a lowering of the child's self-image;
- a loss of self-respect;
- the evolution of guilt, anxiety, and depression over their role in destroying their relationship with a previously loved parent;
- lack of impulse control (aggression can turn into delinquent behavior); and
- educational problems, disruptions in school.

Family therapists who have treated alienated children have classified the problem as a "parent-child relational problem," as outlined by the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* (4th ed.).

Parental Alienation and Emotional Child Abuse in State Statutes

Children who suffer from emotional abuse often elude the legal assistance of the child protection system. For example, this emotional abuse is usually invisible to teachers and social workers and even the family court judge. The alienated child will talk with the judge in language and syntax similar if not identical to the way the alienating parent talks. While the targeted parent often appears anxious, depressed, or angry, the alienating parent appears relaxed, composed, and, therefore, credible.

The normative framework of the child protection system does not always include the emotional abuse of children. For the majority of states, the physical health and safety of children are focal points in determining whether abuse or neglect has occurred. Nonetheless, 48 states include emotional abuse or maltreatment in their abuse definitions. (Emotional maltreatment is not included in statutory definitions in Georgia and Washington, but it can be found elsewhere in their statutes.)

Samples of Statutory Definitions in the United States and Canada

California

"A child who is suffering serious emotional damage, or is at substantial risk of suffering serious emotional damage, evidenced by severe anxiety, depression, withdrawal, or untoward aggressive behavior toward self or others, as a result of the conduct of the parent or guardian."
W.I.C. §300 subd. (c) 2000 [Welfare and Institutions Code].

Michigan

"'Serious mental harm' means an injury to a child's mental condition … that is not necessarily permanent but results in visibly demonstrable manifestations of a substantial disorder of thought or mood which significantly impairs judgment, behavior, capacity to recognize reality." MCL 750.136b (1)(g).

Punishment for serious mental harm is prescribed: "A person is guilty of child abuse in the *first degree* if the person knowingly or intentionally causes serious physical or serious mental harm to a child. Child abuse in the first degree is a felony punishable by imprisonment for not more than 15 years." MCL 750.136b (2).

Minnesota

"Persons guilty of neglect or endangerment (include) a parent … who endangers the child's … health by: … permitting a child to be placed in a situation likely to substantially harm the child's … emotional health."
Minn. Stat. § 609.378, Subdivision 1 (a)(2)(b)(1) (2005).

Nevada

"'Substantial mental harm' means an injury to the … emotional condition of a child as evidenced by an observable and substantial impairment of the ability of the child to function within his normal range of performance or behavior."
Nev. Rev. Stat. Ann. § 200.508, 4 (e) (2006).

North Dakota

"A parent … who willfully inflicts … upon the child mental injury … is guilty of a class C felony except if the victim … is under the age of six years in which case the offense is a class B felony."
N.D Cent. Code, § 14-09-22.1 (2013).

Wyoming

"'Mental injury'" means an injury to the … emotional stability of a child as evidenced by an observable … impairment in his ability to function within a normal range of performance."
Wyo. Stat. § 14-3-202 (A) (2006).

Manitoba

"The best interests of the child shall be the paramount consideration of the … court in all proceedings … . [R]elevant matters shall [include] … the child's opportunity to have a parent-child relationship as a wanted and needed member within a family structure … [and] the … emotional … needs of the child and the appropriate care … to meet such needs."
The Child and Family Services Act, 1985, C.C.S.M. c. C80 2(1)(a) & (b) [Continuing Consolidation of the Statutes of Manitoba].

Ontario

"No person having charge of a child shall permit the child to suffer from a mental, emotional or developmental condition that, if not remedied, could seriously impair the child's development."
Ontario Child and Family Services Act, R.S.O. 1990, Chapter C.11 sec. 79 (2)(b)(ii).

Whether "mental harm," "mental injury," "emotional instability," "emotional endangerment," "emotional damage," or some other phrase, it is clear that emotional child abuse is a statutory crime. When one parent intentionally encourages the child to turn against the other parent, he or she is employing parental alienation as a strategy.

When this strategy is used by one parent in hopes of alienating the child against the other parent, it is tantamount to teaching the child how to hate. Canadian Judge John H. Gomery put it eloquently this way: "Hatred is not an emotion that comes naturally to a child. It has to be taught.... Defendant has deliberately poisoned the minds of his children against the mother that they formerly loved and needed" (*Stuart-Mills, P. v. Cher, A.J.*, Sup. Ct. Quebec, District of Montreal [1991]).

Parental alienation can be administered in mild or extreme amounts, or anything in between. In its extreme form, it can be defined as criminal behavior, consistent with the various state definitions presented above.

When the strategy [of parental alienation] is successful, the emotional consequences to the child can be damaging and may rise to the level of criminal behavior.

How the Courts Have Responded to Parental Alienation

Courts in different states have responded to parental alienation in different ways. Basically, there have been four categories of these responses.

Criminal Response. Some states make interference with custody a criminal offense. For example, New Jersey makes interference a crime of the third degree that may lead to imprisonment for three to five years or a fine of $7,500 or both. All states make emotional child abuse or maltreatment of a child a criminal offense. Some extreme cases of parental alienation may warrant this response.

Civil Remedies. All courts can impose civil sanctions by way of contempt-of-court orders. When a parent's strategy of parental alienation endangers the child's relationship with the other parent, some of the possible civil remedies may be economic sanctions against the alienating parent or short incarceration time for contempt of court.

Custody Responses. All courts that have initial custody jurisdiction have the authority to modify previous custody orders. Responses to parental alienation have been to deny initial custody (order a parental alienation evaluation, deny custody to the alienating parent); to modify visitation (extend visits between the child and the alienated parent, establish supervised visitations); and to modify previous custody (temporary modification of custody for specific time periods, permanent modification of custody, reverse custody).

Therapeutic Responses. Family law's innovations and reforms have become the showcase for therapeutic jurisprudence. Parental alienation cases provide opportunity to demonstrate how the strategy of replacing the "punishment" role of the courts with the therapeutic "fix-the-problem" approach can advantage children. Evaluation and therapy are earmarks of the therapeutic response to parental alienation.

The court could order an evaluation of the child to determine whether parental alienation is operative in a case and, if so, at what level is it operative.

- The court could order individual therapy for the alienator.
- The court could order family therapy in mild cases.
- Parental alienation therapy by a specialist could be ordered by the court in extreme cases.

Ten Tips for Custody Evaluators and Family Court Judges

Tip #1	There is no parental alienation when there is reasonable justification for the child to express negativity against one parent.
Tip #2	Parental alienation can be a strategy used by the custodial parent, the noncustodial parent, or both parents.
Tip #3	Parental alienation is nearly impossible when the child is an infant.
Tip #4	The beginning stage of parental alienation is difficult to begin in the child's late teen years.
Tip #5	Parental alienation can be operative on one sibling, while not operative on the other siblings.
Tip #6	If parental alienation is suspected or alleged, it should be assessed by a custody evaluator experienced in the matter.
Tip #7	Extreme parental alienation should be considered emotional child abuse and referred criminally.
Tip #8	Often parental alienation can be reduced or eradicated by ordering more time between the child and the targeted parent. When a child spends frequent positive time (primary experience) with one parent, it is less likely that the other parent's parental alienation strategy will be successful.
Tip #9	Parental alienation case law is growing; family court judges should become familiar with cases in their jurisdictions.
Tip #10	Identify mental health professionals in family court jurisdictions who have expertise in parental alienation.

Parental Alienation Bench Card

Parental Alienation Descriptors

- ☐ 1. The child expresses a relentless hatred for the targeted parent.
- ☐ 2. The child's language parrots the language of the alienating parent.
- ☐ 3. The child vehemently rejects visiting the targeted parent.
- ☐ 4. Many of the child's beliefs are enmeshed with the alienating parent.
- ☐ 5. Many of the child's beliefs are delusional and frequently irrational.
- ☐ 6. The child's reasons derive from what has been told to the child by others.
- ☐ 7. The child has no ambivalence about his or her negative feelings; they are all hatred.
- ☐ 8. The child feels no guilt about his or her negativity toward the targeted parent.
- ☐ 9. The child and the alienating parent are in lockstep to denigrate the targeted parent.
- ☐ 10. The child can appear like a normal healthy child, but, when asked about the targeted parent, it triggers his or her hatred.

Effects of Parental Alienation on the Alienated Child

- ☐ 1. An impaired ability to establish and maintain future relationships.
- ☐ 2. A low self-image.
- ☐ 3. A loss of self-respect.
- ☐ 4. Over time: guilt and depression for destroying the relationship with a previously loved parent.
- ☐ 5. Lack of impulse control. Aggression can turn into delinquent behavior.

Court's Possible Responses During Child Custody Litigation

- ☐ 1. Enter order to determine whether parental alienation is operative and, if so, at what level.
- ☐ 2. Order individual therapy for the alienator.
- ☐ 3. Order family therapy in mild cases.
- ☐ 4. In more severe cases, order parental alienation therapy by a specialist.

Caution: If possible, parental alienation should be addressed in its early stages. It is significantly more difficult to treat if it progresses over time and grows more intense.

TABLE 18: EFFECTS AND EXPECTED TIME COURSE OF FEMINIZING HORMONES *

Effect	Expected onset*	Expected maximum effect*
Body fat redistribution	3–6 months	2–5 years
Decreased muscle mass/ strength	3–6 months	1–2 years*
Softening of skin/decreased oiliness	3–6 months	Unknown
Decreased libido	1–3 months	1–2 years
Decreased spontaneous erections	1–3 months	3–6 months
Male sexual dysfunction	Variable	Variable
Breast growth	3–6 months	2–3 years
Decreased testicular volume	3–6 months	2–3 years
Decreased sperm production	Variable	Variable
Thinning and slowed growth of body and facial hair	6–12 months	> 3 years*
Male pattern baldness	No regrowth, loss stops 1–3 months	1–2 years

* Adapted with permission from Hembree et al. (2009). Copyright 2009, The Endocrine Society.

TABLE 2: RISKS ASSOCIATED WITH HORMONE THERAPY. BOLDED ITEMS ARE CLINICALLY SIGNIFICANT

Risk Level	Feminizing hormones
Likely increased risk	Venous thromboembolic disease[7] Gallstones Elevated liver enzymes Weight gain **Hypertriglyceridemia**
Likely increased risk with presence of additional risk factors[8]	Cardiovascular disease
Possible increased risk	**Hypertension** Hyperprolactinemia or prolactinoma
Possible increased risk with presence of additional risk factors[8]	**Type 2 diabetes**[9]
No increased risk or inconclusive	**Breast cancer**

Read this medicine information sheet carefully each time you get this medicine filled. You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information.
This medicine information sheet has been written specifically for male patients.

Leuprolide Injection (CPP)

Pronunciation: (loo PROE lide)
Brand Name: Lupron Depot-Ped
Product Dispensed: Lupron Depot-Ped (3-Month)

What is this drug used for?

- It is used to delay puberty in children who are maturing too early.

What do I need to tell my doctor BEFORE I take this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.

If your child is pregnant:

- Do not give this drug to your child during pregnancy.

This drug may interact with other drugs or health problems.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- This drug may affect certain lab tests. Tell all of your child's health care providers and lab workers that your child takes this drug.
- This drug may raise some hormone levels in your child's body during the first few weeks of taking it. Puberty signs like vaginal bleeding or spotting may happen or get worse before getting better. Tell the doctor if your child has any new signs or if your child still has puberty signs after 2 months of care.
- This drug may affect growth in children and teens in some cases. They may need regular growth checks. Talk with the doctor.
- If your child is of childbearing age, a pregnancy test will need to be done before starting this drug to make sure your child is not pregnant.
- This drug may affect fertility during treatment. Fertility problems may lead to not being able to have a child. This effect goes back to normal when the drug is stopped. If you have questions, talk with the doctor.

If your child is or may be sexually active:

- If your child is using birth control, be sure your child uses a non-hormone type of birth control like condoms to prevent pregnancy while taking this drug.

If your child is pregnant or breast-feeding a baby:

- This drug may cause harm to the unborn baby if your child takes it during pregnancy. If your child is pregnant or gets pregnant while taking this drug, call the doctor right away.
- Tell the doctor if your child is breast-feeding a baby. You will need to talk about any risks to the baby.

How is this drug best taken?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

- It is given as a shot.

What do I do if I miss a dose?

- Call your child's doctor to find out what to do.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- A fast heartbeat.
- Fever.
- Seizures.
- Swelling or numbness in the arms or legs.
- Very bad bone pain.
- Chest pain.
- A very bad pituitary gland problem (pituitary apoplexy) has rarely happened with this drug. Most of the time, this has happened within 2 weeks after the first dose. Call the doctor right away if your child has a sudden headache, throwing up, passing out, mood changes, eye weakness, not able to move eyes, or change in eyesight.
- Behavior and mood changes have happened with the use of drugs like this one in children. This includes acting aggressive, crying, depression, emotional ups and downs, restlessness, feeling angry and irritable, and suicidal thoughts or actions. Call your child's doctor right away if your child has any new or worse behavior or mood changes.
- Raised pressure in the brain has happened in children using drugs like this one. Call the doctor right away if your child has a headache; eyesight problems like blurred eyesight, seeing double, or loss of eyesight; pain behind the eye; pain when moving the eye; ringing in the ears; dizziness; or very upset stomach.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Irritation where the shot is given.
- Headache.
- Hot flashes.
- Sweating a lot.
- Pimples (acne).
- Weight gain.
- Upset stomach or throwing up.
- Signs of a common cold.
- Nose or throat irritation.
- Cough.
- Stomach pain.
- Constipation.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

If OVERDOSE is suspected:

If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

How do I store and/or throw out this drug?

- If you need to store this drug at home, talk with your child's doctor, nurse, or pharmacist about how to store it.

Consumer Information Use and Disclaimer

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-

Therapy - Evidence of Efforts to Support JAF's Emotional and Mental Health Needs

back programs in your area.
- This drug comes with an extra patient fact sheet called a Medication Guide. Read it with care. Read it again each time this drug is refilled. If you have any questions about this drug, please talk with the doctor, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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Pediatric Endocrinology Fact Sheet

Pubertal Suppression for Youth with Gender Dysphoria/Gender Incongruence

What are puberty blockers?

The technical name for puberty blockers is gonadotropin releasing hormone analogues (GnRHa). These medications were initially developed to treat patients with extremely early pubertal development. When used continuously, these medications suppress the secretion of puberty hormones by the pituitary gland.

When are puberty blockers used?

These medications can prevent or stop development of the body changes associated with puberty. For those assigned female at birth, these medications prevent breast development and menstrual cycles. For those assigned male at birth, these medications prevent enlargement of the testes and the penis, voice deepening, facial hair growth, masculine facial features and bone structures. These medications are generally started following the initial physical signs of puberty and are continued as long as suppression is required: until gonadal suppression is achieved with gender affirming hormones or with gender affirming surgery. Sometimes, these medications are used in adolescents who have already started puberty. These medications are effective to stop menstrual cycles.

What are the specific types of these medications and how are they administered?

Leuprolide acetate depot (trade name: Lupron Depot) and Triptorelin (trade name: Triptodur) are administered by intramuscular injections. These are time-released medication that can be administered every 1, 3 or 6 months depending on the specific formulation. Histrelin acetate (trade names: Supprelin LA and Vantas) is another time-released medication that is formulated as a subcutaneous implant that can be placed underneath the skin of the upper arm. The duration of action of histrelin acetate is one year or longer.

What are the benefits of puberty blockers?

Once pubertal changes have developed, it might be difficult to align the body with the individual's affirmed gender. The medical procedures used to alter these secondary sexual characteristics such as electrolysis and "top surgery" are painful and expensive. One major benefit of initiating this therapy at the onset of puberty is the prevention of the development of the secondary sexual features associated with puberty. These medications are reversible and allow adolescents to explore their gender identity without the distress and dysphoria provoked by ongoing pubertal development. Adolescents with gender dysphoria who undergo pubertal suppression have decreased depressive symptoms. Puberty suppression is recommended by the Pediatric Endocrine Society for adolescents with gender dysphoria who meet specific criteria (Endocrine Society Guidelines 2017).

Will my child's insurance cover the cost of puberty blockers?

Puberty blockers are expensive. Financial coverage or payment by insurance companies can be difficult to obtain. Nevertheless, more insurance companies are covering the costs. It is important to review with your insurance carrier benefits coverage for this service.

What are the potential negative outcomes with puberty blockers?

Treatment of transgender adolescents with puberty blockers is fairly recent. As a result, little information is available regarding long term outcome measures, including unknown long term mental health consequences. However, for approximately the past 30 years, these medications have been successfully used to treat precocious puberty with few side effects identified. Nevertheless, given the importance of pubertal hormones for bone development, concerns exist regarding the long-term use of GnRHa alone on bone health. Another concern is limited future fertility options when GnRHa are used early on followed by gender affirming hormones. It is important to discuss with an experienced provider different treatment options and all aspects of treatment risks and benefits.

Pediatric Endocrine Society

PES Pediatric Endocrine Society

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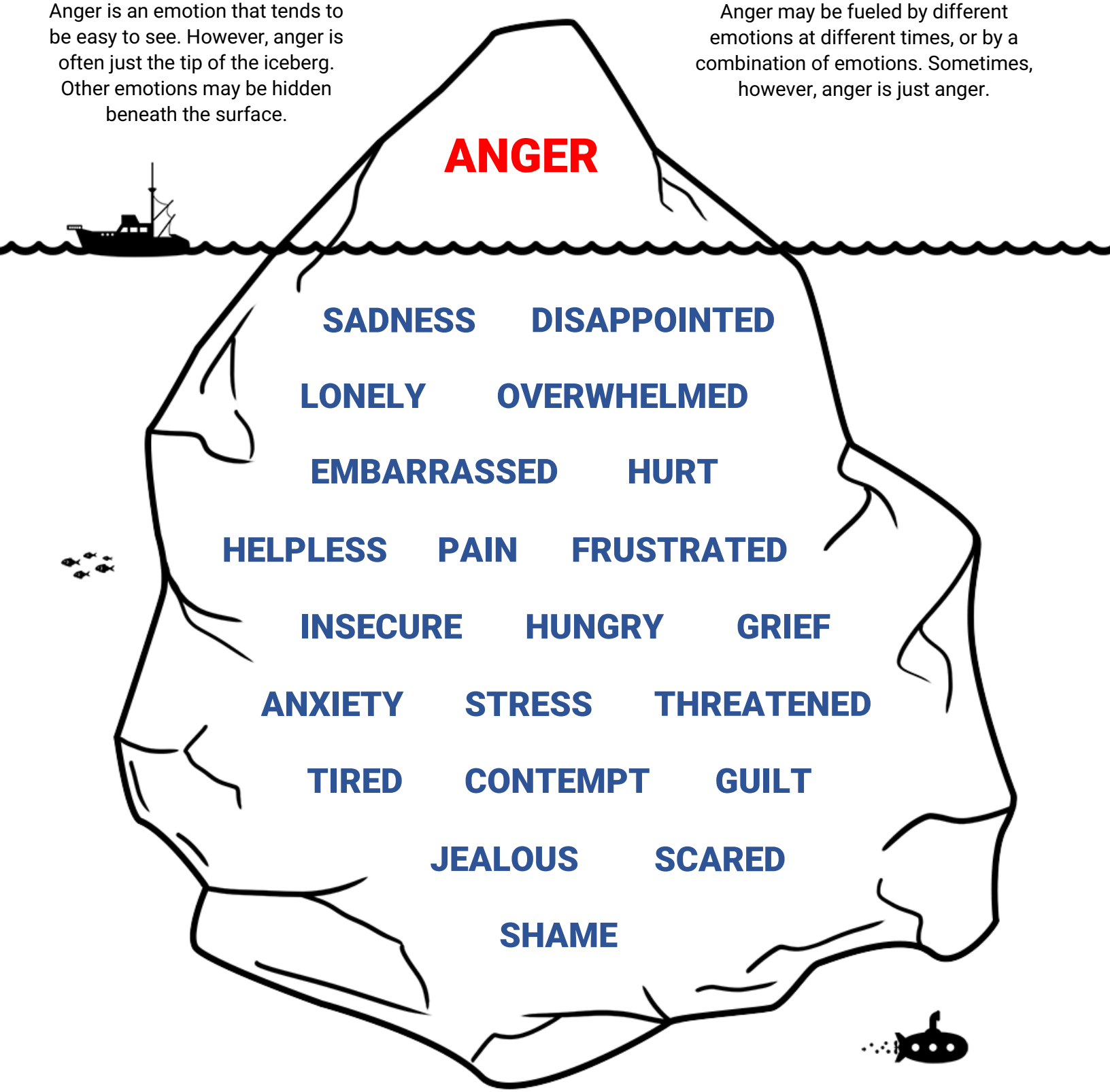
Anger Iceberg

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.

Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

Anger may be fueled by different emotions at different times, or by a combination of emotions. Sometimes, however, anger is just anger.



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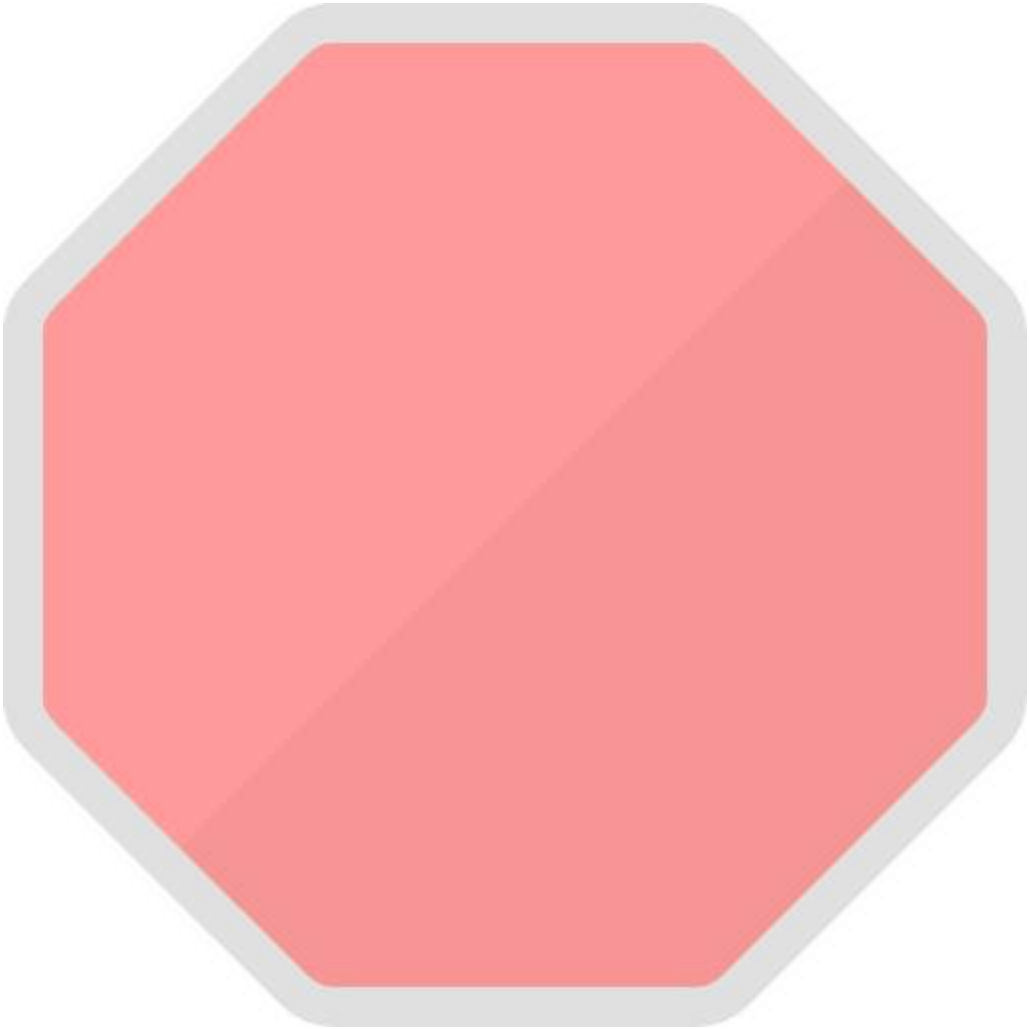
Anger Stop Signs

Anger stop signs are clues that your body uses to let you know your anger is growing. These clues start to appear while your anger is still small. If you notice them in time, you can hit the brakes, and take control of your anger before it grows too big.

Everyone has their own anger stop signs. It's important to learn what yours are, so you can spot them in the future. Write your anger stop signs in the space below.



Common Anger Stop Signs

My face feels hot.	I start to shake.	I raise my voice.
I go quiet.	My eyes get watery.	I try to bother people.
I can't think straight.	I feel annoyed.	I want to hit something.

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Anger Warning Signs

Sometimes anger can affect what you say or do before you even recognize how you're feeling. You may become so used to the feeling of anger that you don't notice it, sort of like how you can hear the sound of an air condition, or the humming of a refrigerator, but block it from your mind.

Even if you aren't aware of your anger, it influences how you behave. The first step to managing anger is learning to recognize your personal warning signs that will tip you off about how you're feeling.

How do you react when you feel angry? Some of these warning signs might start when you are only a little irritated, and others might start when you are very angry. *Circle the warning signs that apply to you.*

Mind goes blank	**Insult the other person**	**Face turns red**
Body or hands shake	**Start sweating**	**Throw things**
Heavy or fast breathing	**Stare at the other person aggressively**	**Scowl or make an angry face**
Scream, raise voice, or yell	**Clench fists**	**Feel sick to the stomach**
Punch walls	**Feel hot**	**Become aggressive**
Become argumentative	**Go quiet and "shut down"**	**Crying**
Pace around the room	**Headaches**	**Can't stop thinking about the problem**

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What are four things you can do while taking a break from an angry situation?

Draw or write about them here.

pet a cat

Draw on a piece of paper.

Playing ball with daddy.

Playing hide & seek with mommy.

Anger is like that, too. You have to make a decision to step aside. That doesn't mean you're giving in. It just means you're taking a break. There are lots of ways to take a break.

You can go to your room.

You can shoot some baskets.

You can read a book.

You can let your pet lizard crawl up your arm.

You can even take a break at school by going to get a drink of water or drawing a picture of your favorite cartoon character on a spare piece of paper.

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Page 3554 of 3588

https://www.ilbs.in/bmicalculator.html

MI CALCULATOR

ur Weight: 46.7 kg / 103 lbs

ur Height: 165 cm / 5 ft 5 in

Submit

ur BMI is 17.1 which means you are
derweight

Coping Skills

Anger

Be Aware of Triggers

Anger triggers are the things that set you off. Knowing your triggers, and being cautious around them, will reduce the likelihood of your anger getting out of control.

How to use triggers to your advantage:

- Create a list of your triggers and review them daily. Reviewing your triggers will keep them fresh in your mind, increasing the likelihood you notice them before they become a problem.
- Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
- Because it isn't always possible to avoid triggers, have a plan when you must face them. For example, avoid touchy conversations when you are tired, hungry, or upset.

Practice Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

Keep an Anger Log

Following an episode of anger, take a few moments to record your experience. This practice will help you identify patterns, warning signs, and triggers, while also helping you organize thoughts and work through problems.

- What was happening *before* the anger episode? Describe how you were feeling, and what was on your mind. Were you hungry, tired, or stressed?
- Describe the facts of what happened. What events triggered your anger? How did you react, and did your reaction change as the event continued to unfold?
- What were your thoughts and feelings *during* the anger episode? Looking back, do you see anything differently than when you were in the heat of the moment?

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Coping Skills

Anger

Use Diversions

The goal of diversions is to buy yourself time. If you can distract yourself for just 30 minutes, you'll have a better chance of dealing with your anger in a healthy way. Remember, you can always return to the source of your anger later—you're just setting the problem aside for now.

go for a walk	read a book	play a sport	listen to music
watch a movie	practice a hobby	go for a run	clean or organize
do yard work	draw or paint	do a craft	cook or bake
play a game	go for a bicycle ride	write or journal	take a long bath
play an instrument	call a friend	lift weights	go swimming
go hiking in nature	take photographs	play with a pet	rearrange a room

Take a Time-out

Time-outs are a powerful tool for relationships where anger-fueled disagreements are causing problems. When someone calls a time-out, both individuals agree to walk away from the problem, and return once you have both had an opportunity to cool down.

How to use time-outs effectively:

- With your partner, plan exactly how time-outs will work. Everyone should understand the rationale behind time-outs (an opportunity to cool down—not to avoid a problem).
- What will you both do during time-outs? Plan activities that are in different rooms or different places. The list of diversions from above is a good place to begin.
- Plan to return to the problem in 30 minutes to an hour. Important problems shouldn't be ignored forever, but nothing good will come from an explosive argument.

Know Your Warning Signs

Anger warning signs are the clues your body gives you that your anger is starting to grow. When you learn to spot your warning signs, you can begin to address your anger while it's still weak.

sweating	can't get past problem	feel hot / turn red	clenched fists
headaches	becoming argumentative	raised voice	using verbal insults
pacing	aggressive body language	feel sick to stomach	go quiet / "shut down"

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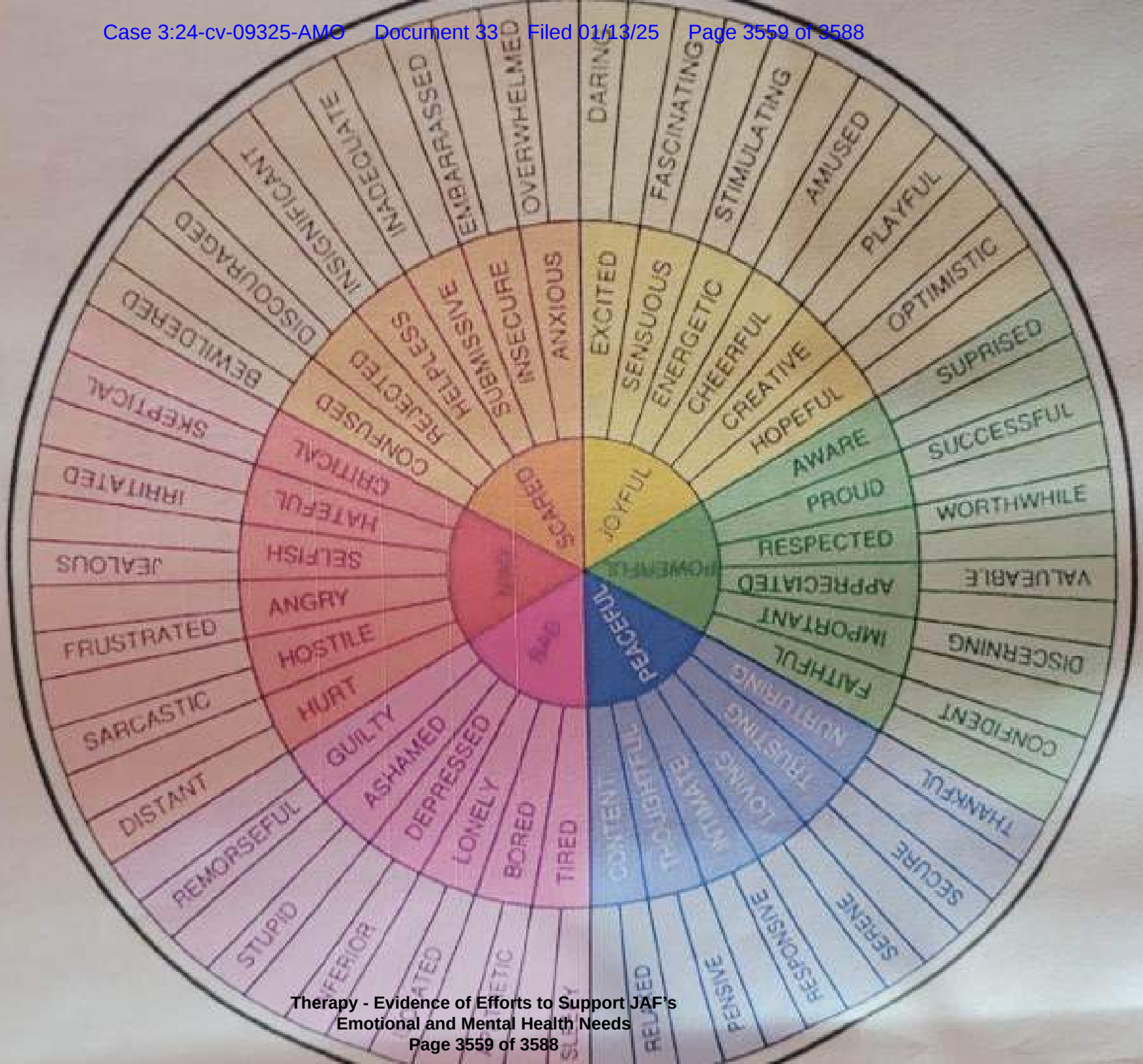
WORRIED
SURPRISED
SCARED
CALM
EMBARRASSED
HAPPY
SAD
CONFUSED
BORED
ANGRY
If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

Feelings Wheel



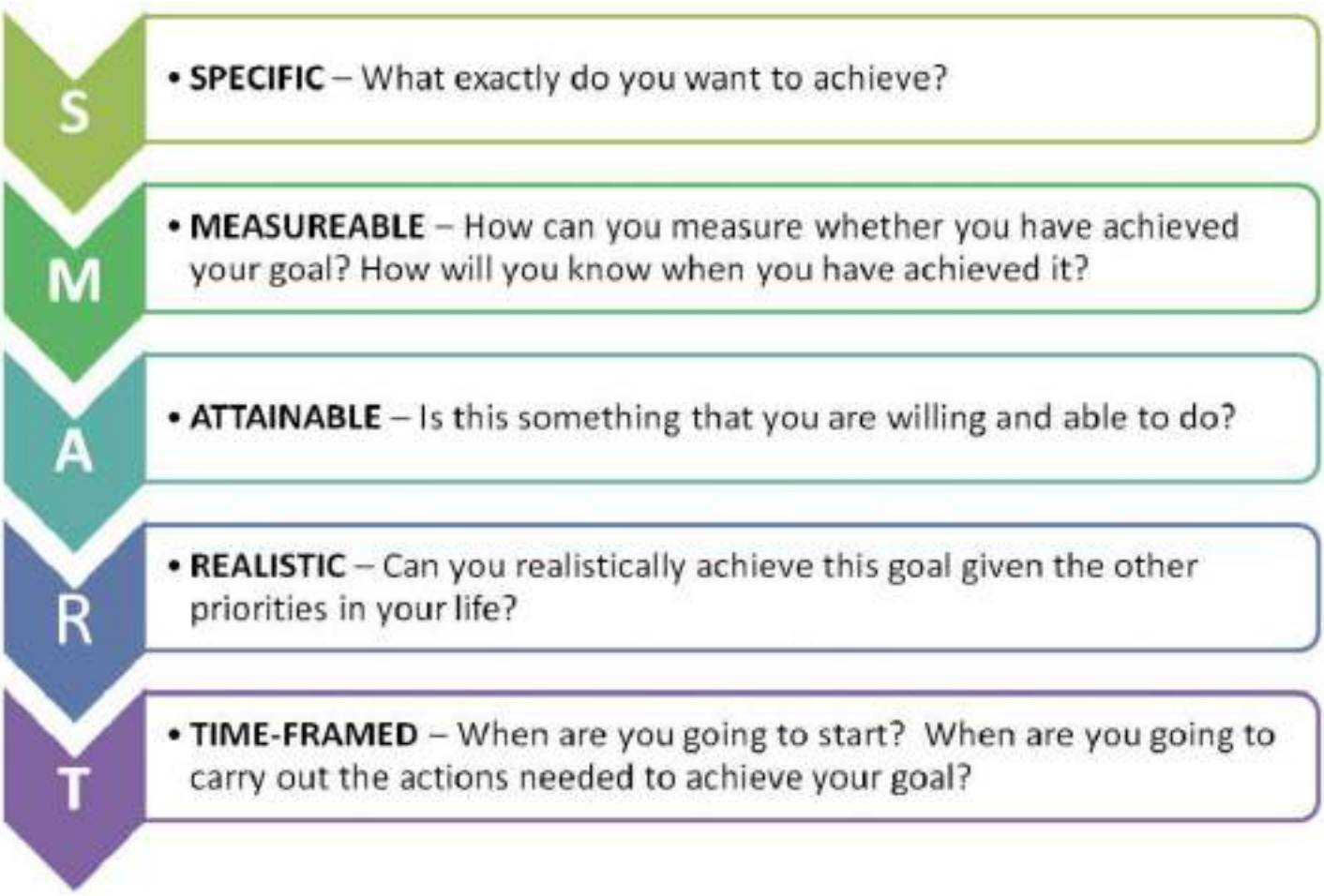
Gmail

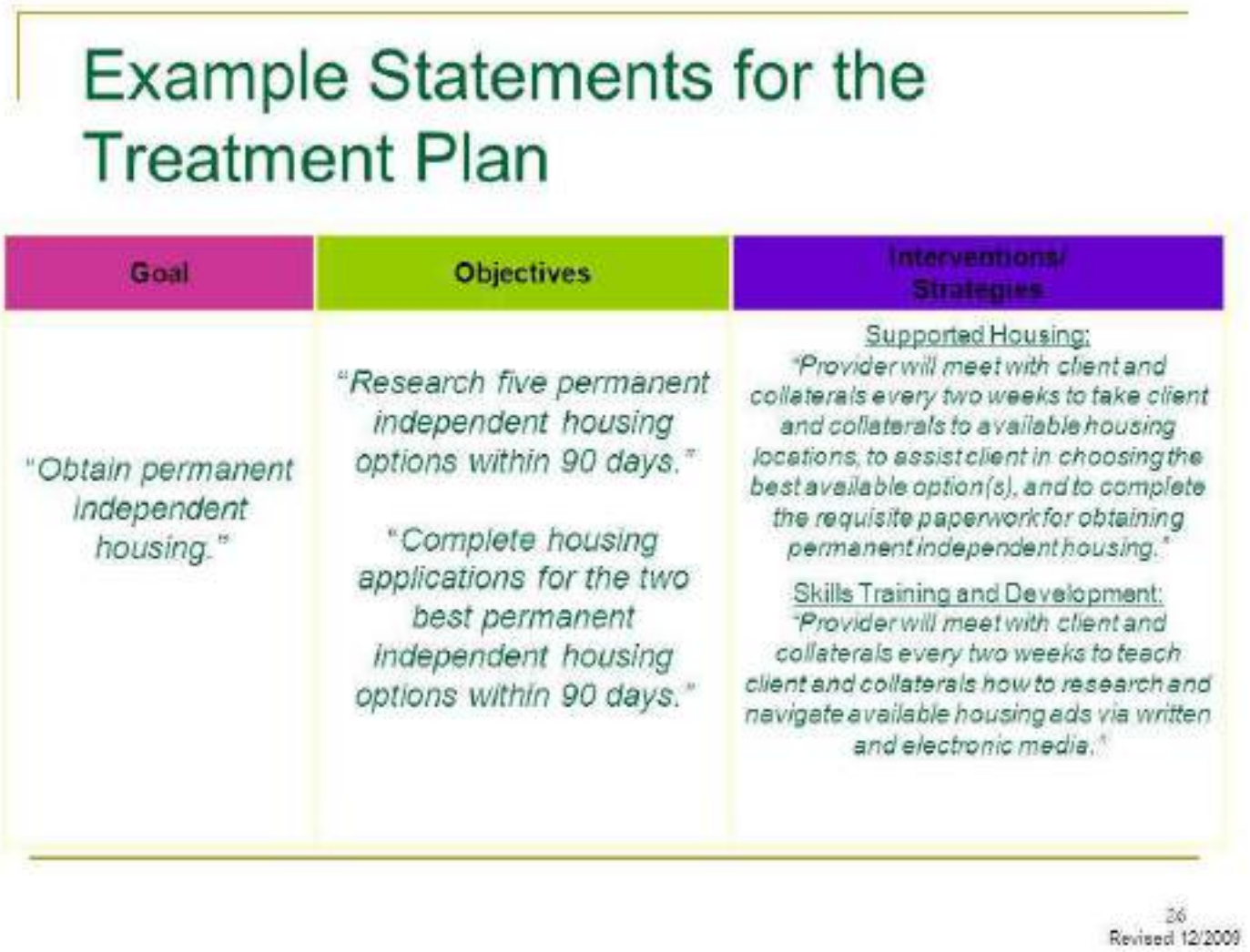
John Fouts <fouts.john@gmail.com>

Goals/ Anger/ Protective Factors info sheets

1 message

Akhilah Cherry <akhilah@louisvilleexpressivetherapies.com> Thu, Dec 22, 2022 at 5:47 PM
To: John Fouts <fouts.john@gmail.com>





Example Statements for the Treatment Plan

Goal	Objectives	Interventions/ Strategies
"Obtain permanent independent housing."	"Research five permanent independent housing options within 90 days." "Complete housing applications for the two best permanent independent housing options within 90 days."	Supported Housing: "Provider will meet with client and collaterals every two weeks to take client and collaterals to available housing locations, to assist client in choosing the best available option(s), and to complete the requisite paperwork for obtaining permanent independent housing." Skills Training and Development: "Provider will meet with client and collaterals every two weeks to teach client and collaterals how to research and navigate available housing ads via written and electronic media."

26
Revised 12/2009

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Akhilah Cherry, MA, LPCA (she/her/hers)
Therapist
e:akhilah@LouisvilleExpressiveTherapies.com
m: 502 - 512 - 8522
Louisville Expressive Therapies | 1512 Portland Ave, Louisville KY 40203 (view video) | 2518 Frankfort Avenue, Louisville KY 40206

****If you are experiencing a crisis, please contact the *Suicide and Crisis Lifeline at 9-8-8 or CLICK HERE* for additional resources/support**

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." - ***Tupac Amuru Shakur***

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6 attachments

protective-factors.pdf
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stress-exploration.pdf
60K

coping-skills-anger.pdf
46K

Therapy - Evidence of Efforts to Support JAF's Emotional and Mental Health Needs

goal-breakdown.pdf
35K

anger-warning-signs.pdf
27K

relaxation-techniques.pdf
72K

Therapy - Evidence of Efforts to Support JAF's Emotional and Mental Health Needs

Goal Breakdown

Imagine you want to find a new job. This is a big goal with many time-consuming steps. Such a major goal can be very stressful, or even overwhelming. This is the type of goal that you will always start “tomorrow” or “next week”, but those times never seem to come.

Learning to break your goals into small tasks will help you overcome the stress and procrastination they create. For example, finding a new job can be broken down like this:

	Goal Task	Time Required	Schedule
☐	Research job interests and write a list of careers that interest me.	1 hour	Sunday afternoon
☐	Revise resume by adding recent job experiences.	1 hour	Monday, after dinner
☐	Spend 45 minutes looking at job openings.	45 minutes	Wednesday, after dinner

Tips for Breaking Goals into Tasks

Avoid creating tasks that require longer than one hour, unless absolutely necessary.
If you find a task is difficult to start, it might be too big. See if it can be broken down further. For example, “practice playing guitar” can be broken down to “practice the beginning of a song”.
Long tasks that cannot be broken down further should be set to a time limit (e.g. “Spend 45 minutes looking at job openings”).
The tasks you create are not set in stone. If a task is more difficult than expected, break it down further or spread it out over more time. If a task is easier than expected, combine it with other tasks.
Protect the time that you schedule for tasks. Turn off your phone, go somewhere with few distractions, and set a timer to keep track of how long you’ve been working.

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Goal Breakdown

Goal:

Goal Task	Time Required	Schedule
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		

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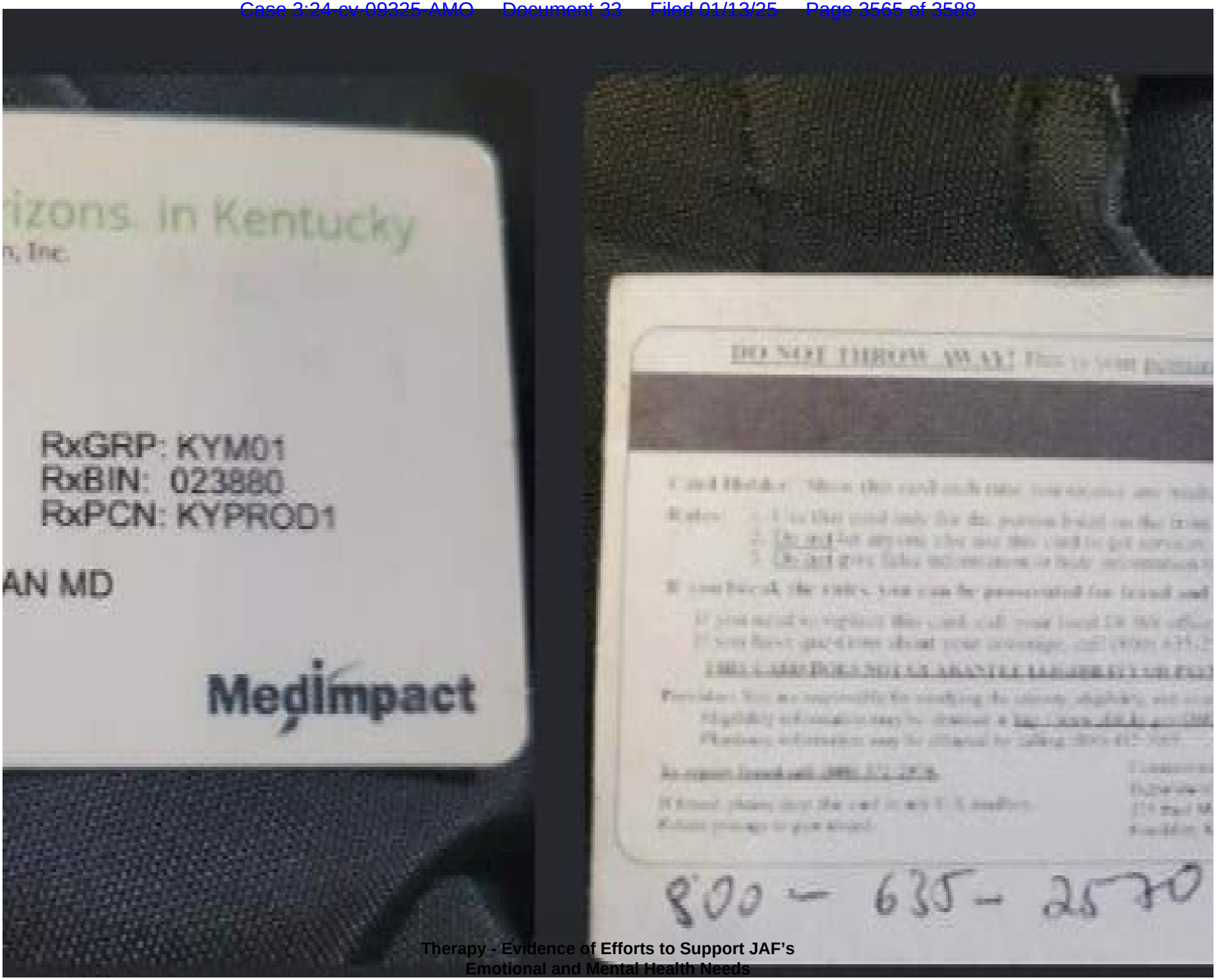
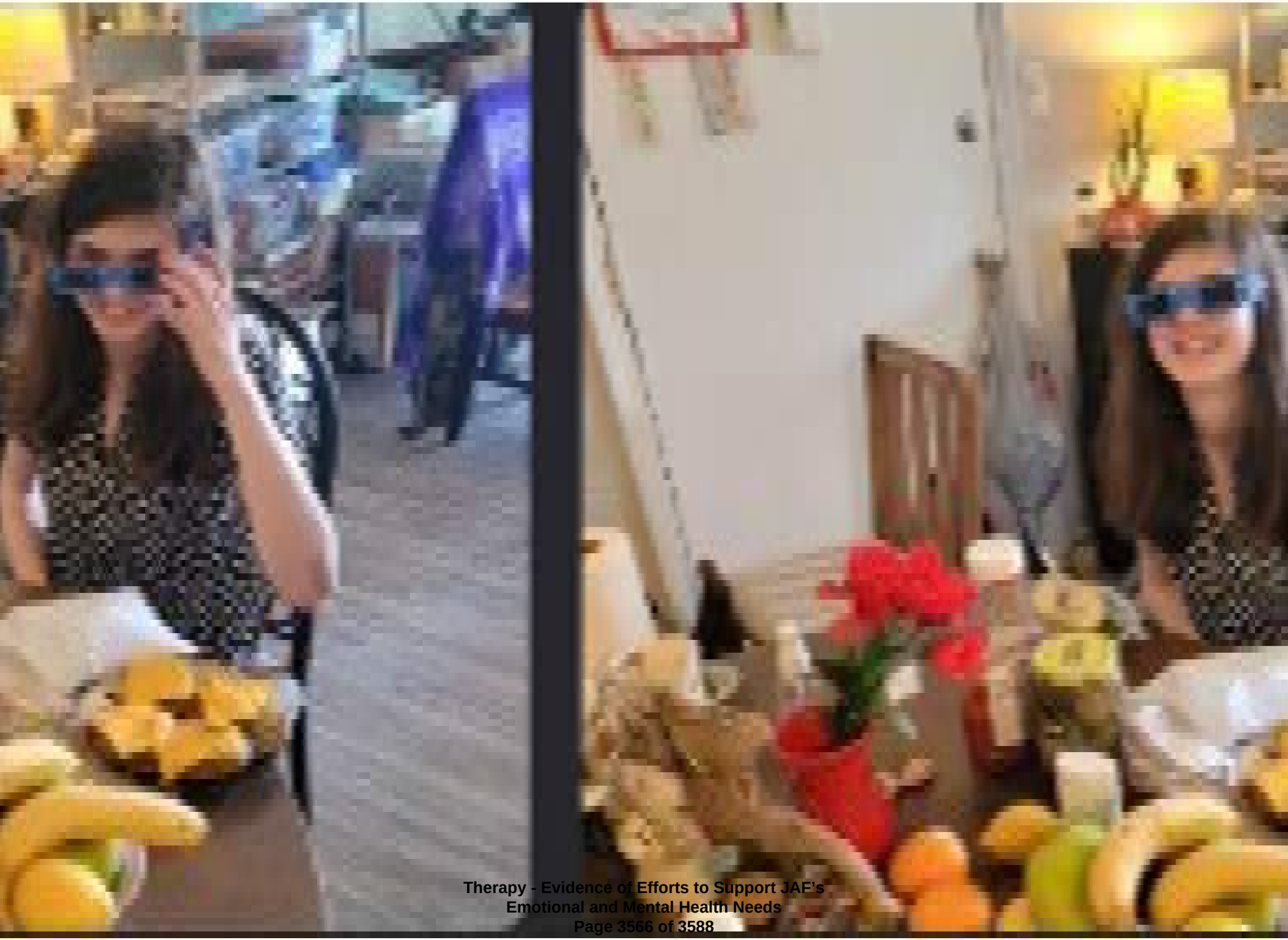

izons. In Kentucky
n, Inc.
RxGRP: KYM01
RxBIN: 023880
RxPCN: KYPROD1
AN MD
MedImpact
DO NOT THROW AWAY
800 - 635 - 2570



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Additional Support:

- Anxiety and Stress Crisis Helpline: (800) 950-6264
- "WarmLine" Non-Crisis Line for Emotional Support: (877) 840-5167
- Louisville Crisis & Information Line: (502) 589-4313 **800-273-8255**
- 24-Hour Crisis Text-Line: Text HOME to 741741
- Trans Lifeline: (877) 565-8860; translifeline.org
- The Trevor Project: (866) 488-7386; Text "START" to 678-678
- Domestic Abuse Hotline: (800) 799-7233: Test "START" to 88788
- Veteran Crisis Line: (925) 267-4371; Text 838255
- **Click Here for More Community Resources**

Mental Health Support Resources

IF YOU, OR SOMEONE YOU KNOW, ARE EXPERIENCING A CRISIS, CALL 9-1-1

This brief list is a guide to general mental health services available in Metro Louisville. This list does not capture all available Mental Health Services or services for specific individuals. For a more detailed guide of services and phone numbers, please see our Mental Health Catalogue handout below.

Seven Counties Services 708 Magazine Street, Suite 100 Louisville KY, 40203 Phone: 502-589-4313 or 1-800-221-0446 **sevencounties.org**	**Cardinal Success Program Counseling Services @ The NIA Center** 2900 W. Broadway, Suite 320 Louisville, KY 40211 Phone: 502-852-8388 **https://louisville.edu/education/cardinal-success/**
Hosparus Health Grief Counseling Center 3526 Ephaim McDowell Drive Louisville, KY 40205 Phone: 502-456-5451 **www.hosparushealth.org**	**Spalding University: Center for Behavioral Health** 851 S. Fourth Street | Louisville, KY 40203 Phone: 502-792-7011 **www.behavioralhealth.spalding.edu**
Haven Family Services 4229 Bardstown Rd | Louisville, KY 40218 Suite 207 Phone: 502-451-4701 https://www.boysandgirlshaven.org/program-overview/haven-family-services/	

LouieConnect

A Service of Metro United Way 2-1-1 Service Connector

LouieConnect is a mobile-optimized website that pulls together services in our community that provide support for people in a difficult time. Only those services that are free are included and provides information regarding what is offered, locations, hours, and any requirements to receive help.

How: Select the demographic information that applies to you or someone you know and get connected to services.

https://www.louieconnect.com/#/dial-who-select

Metro United Way 2-1-1

A comprehensive list of resources in and around Metro Louisville. Resources are broken down by major catagories with location, hours, and contact information provided. These resources are for those not in immediate crisis.

https://metrounitedway.org/get-help-now/

Mental Health Catalogue

mental_health_catalogue.pdf

Address Lookup
Find sanitation dates, council district info and more!

Report Issues
Report issues to 311 online or download our 311 app.

Find Services
Find city services by keyword or department.

Find Forms
Search our forms by keyword or department.

City Maps
Find maps such as crime, council district and more.

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Find City Services by Address
Find a Job/Career
Sign up for crime alerts
E-News, Email & Text Reminders
Sign up for Emergency Alerts
Do Business with Us
Transparency / Open Data
Latest MetroTV Videos
See our Mobile Apps
Contact Us

JCPS

peace in the chaos

a self-care adventure for the whole family

Stress and anxiety won't have the last word! Bring the whole family and learn new ways to create inner peace as you try out several self-care practices together. Go home with books, self-care materials and resources to keep up the good work!

Come at any time and stay as long as you want-- this is a choose-your-own self-care adventure!

Self-Care Stations:

Taking Care of My Emotions
Journaling
Mindful Art & Coloring
Breath Work &
Positive Self-Talk
Ideas for Family Time

food trucks ~ community organizations ~ gift bags ~ free immunizations

Tuesday, April 23, 2024
6:00 - 8:00 p.m.
Republic Bank Foundation YMCA
1720 W Broadway, Louisville, KY 40203

Sign up to attend:
http://tinyurl.com/peaceinthechaos
(Sign up required for interpretation)

Thanks to our partners!

the Y

VOA RJ
RESTORATIVE JUSTICE

THE D'ANGELO RUSSELL FOUNDATION

COMPASSIONATE SCHOOLS PROJECT

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Protective Factors

Protective factors are things that contribute to mental health, and allow a person to be resilient in the face of challenges. Someone with a lot of protective factors—such as strong relationships and healthy coping skills—will be better equipped to overcome life's obstacles.

Many protective factors are out of your control. For example, genetics, the neighborhood where you grew up, and family cannot be changed. However, plenty of factors *can* be controlled. You choose the people in your life, how to cope with problems, and how you'll spend each day.

By focusing on what you can control, and building upon those protective factors, you will improve your ability to cope with many of life's challenges.

My Protective Factors

Instructions: Review each of the following protective factors, and mark the scales to indicate how well you are performing in each area.

Social Support

- ability to talk about problems
- people to ask for practical help (e.g. a ride if car breaks down)
- feelings of love, intimacy, or friendship

Weak Moderate Strong

Coping Skills

- ability to manage uncomfortable emotions in a healthy way
- awareness of one's own emotions, and recognition of how they influence behavior

Weak Moderate Strong

Physical Health

- adequate exercise or physical activity
- a balanced and healthy diet
- medical compliance (e.g. taking medications as prescribed)

Weak Moderate Strong

Sense of Purpose

- meaningful involvement in work, education, or other roles (e.g. parenting)
- understanding of personal values, and living in accordance with those values

Weak Moderate Strong

Self-Esteem

- belief that one's self has value
- acceptance of personal flaws, weaknesses, and mistakes
- belief in ability to overcome challenges

Weak Moderate Strong

Healthy Thinking

- does *not* ruminate on mistakes, personal flaws, or problems
- ability to consider personal strengths and weaknesses rationally

Weak Moderate Strong

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Protective Factors

Instructions: Refer to the protective factors on the previous page to answer the following questions.

Which protective factor has been the most valuable to you during difficult times?

Specifically, how have you used this protective factor to your advantage in the past?

What are two protective factors that you would like to improve?

1	**2**

Describe how things might be different if you were able to improve these protective factors.

1
2

List *specific steps or actions* that might help to make these goals a reality.

1
2

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Relaxation Techniques

When a person is confronted with anxiety, their body undergoes several changes and enters a special state called the *fight-or-flight response*. The body prepares to either fight or flee the perceived danger.

During the fight-or-flight response it's common to experience a "blank" mind, increased heart rate, sweating, tense muscles, and more. Unfortunately, these bodily responses do little good when it comes to protecting us from modern sources of anxiety.

Using a variety of skills, you can end the fight-or-flight response before the symptoms become too extreme. These skills *will* require practice to work effectively, so don't wait until the last minute to try them out!

Deep Breathing

It's natural to take long, deep breaths, when relaxed. However, during the fight-or-flight response, breathing becomes rapid and shallow. Deep breathing reverses that, and sends messages to the brain to begin calming the body. Practice will make your body respond more efficiently to deep breathing in the future.

Breathe in slowly. Count in your head and make sure the inward breath lasts at least 5 seconds. Pay attention to the feeling of the air filling your lungs.
Hold your breath for 5 to 10 seconds (again, keep count). You don't want to feel uncomfortable, but it should last quite a bit longer than an ordinary breath.
Breathe out very slowly for 5 to 10 seconds (count!). Pretend like you're breathing through a straw to slow yourself down. Try using a real straw to practice.
Repeat the breathing process until you feel calm.

Imagery

Think about some of your favorite and least favorite places. If you think about the place hard enough—if you really try to think about what it's like—you may begin to have feelings you associate with that location. Our brain has the ability to create emotional reactions based entirely off of our thoughts. The imagery technique uses this to its advantage.

Make sure you're somewhere quiet without too much noise or distraction. You'll need a few minutes to just spend quietly, in your mind.
Think of a place that's calming for you. Some examples are the beach, hiking on a mountain, relaxing at home with a friend, or playing with a pet.

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Relaxation Techniques

Paint a picture of the calming place in your mind. Don't just think of the place briefly—imagine every little detail. Go through each of your senses and imagine what you would experience in your relaxing place. Here's an example using a beach:

a. Sight: The sun is high in the sky and you're surrounded by white sand. There's no one else around. The water is a greenish-blue and waves are calmly rolling in from the ocean.

b. Sound: You can hear the deep pounding and splashing of the waves. There are seagulls somewhere in the background.

c. Touch: The sun is warm on your back, but a breeze cools you down just enough. You can feel sand moving between your toes.

d. Taste: You have a glass of lemonade that's sweet, tart, and refreshing.

e. Smell: You can smell the fresh ocean air, full of salt and calming aromas.

Progressive Muscle Relaxation

During the fight-or-flight response, the tension in our muscles increases. This can lead to a feeling of stiffness, or even back and neck pain. Progressive muscle relaxation teaches us to become more aware of this tension so we can better identify and address stress.

Find a private and quiet location. You should sit or lie down somewhere comfortable.

The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your feet.

a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

b. Release the tension from your toes. Let them relax. Notice how your toes feel differently after you release the tension.

c. Tense the muscles all throughout your calf. Hold it for 5 seconds. Notice how the feeling of tension in your leg feels.

d. Release the tension from your calf, and notice how the feeling of relaxation differs.

Follow this pattern of tensing and releasing tension all throughout your body. After you finish with your feet and legs, move up through your torso, arms, hands, neck, and head.

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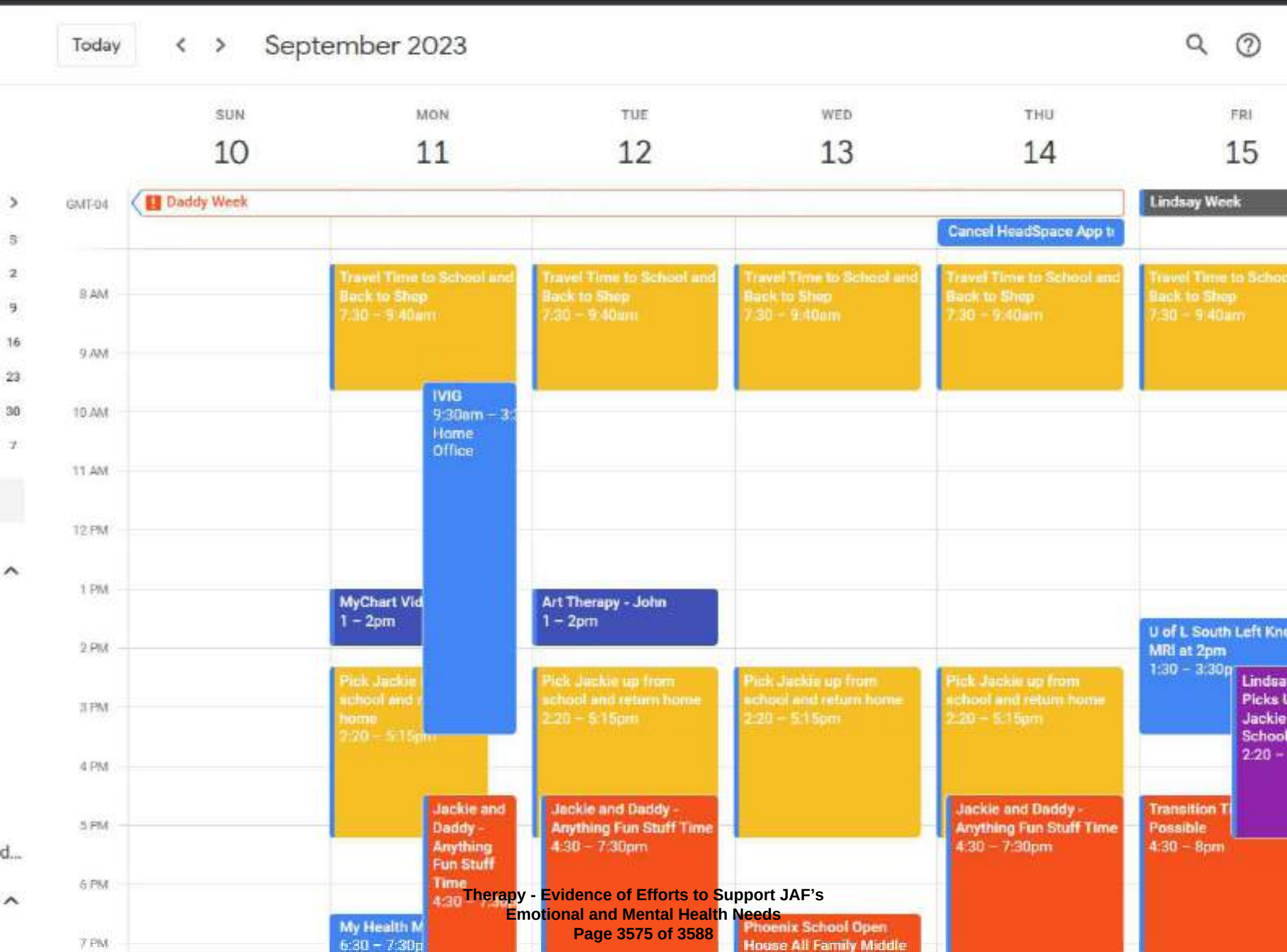
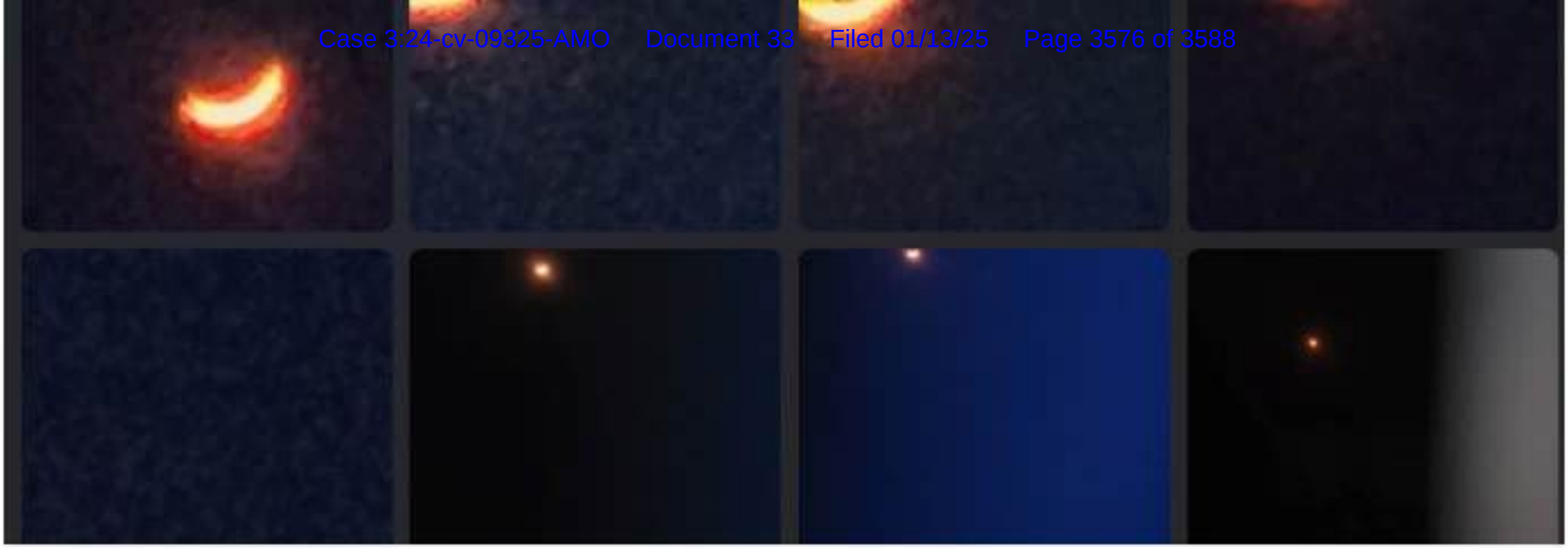
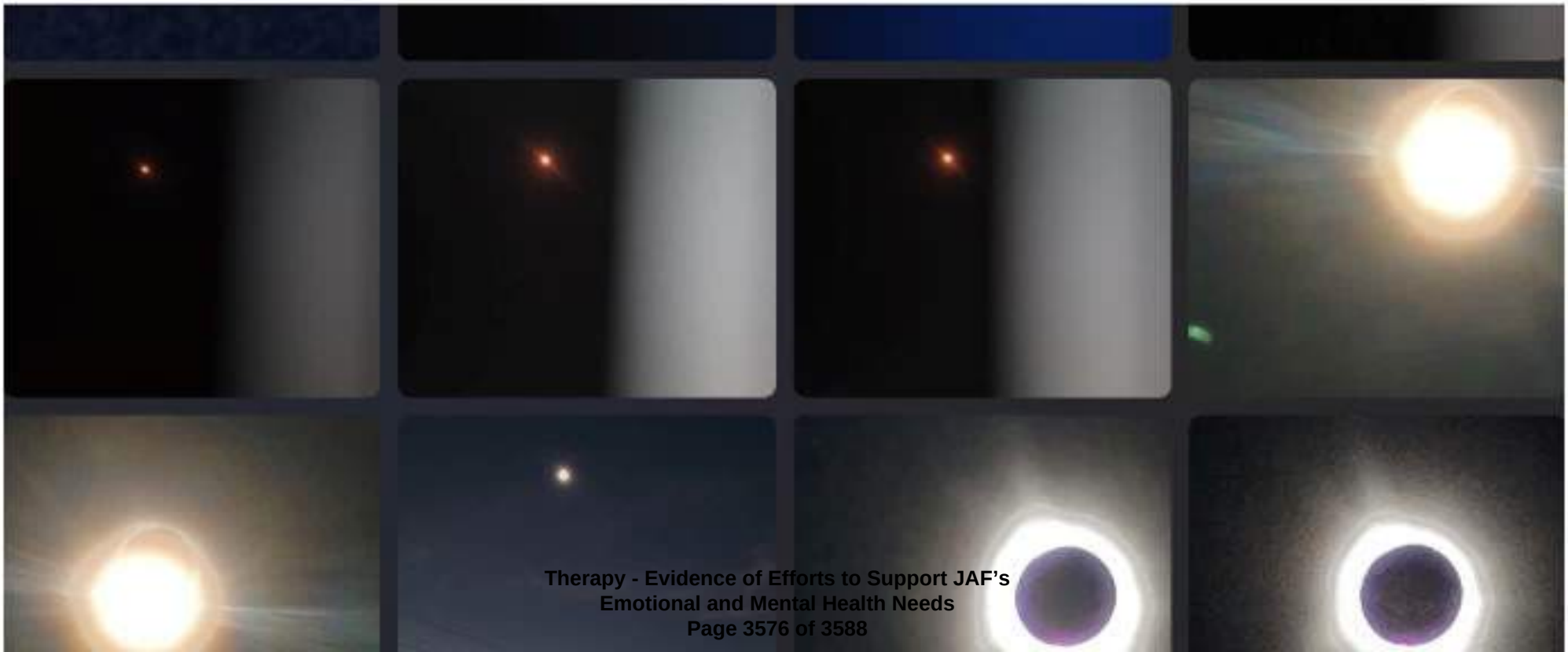
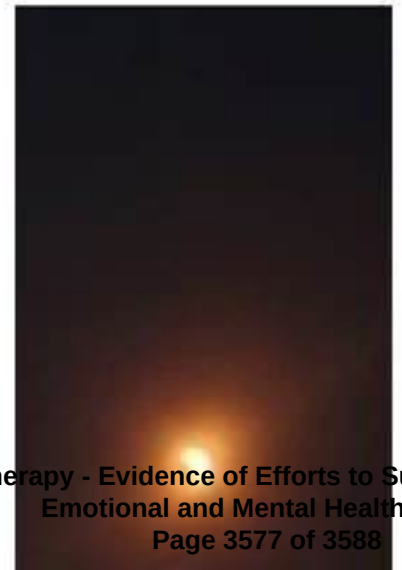
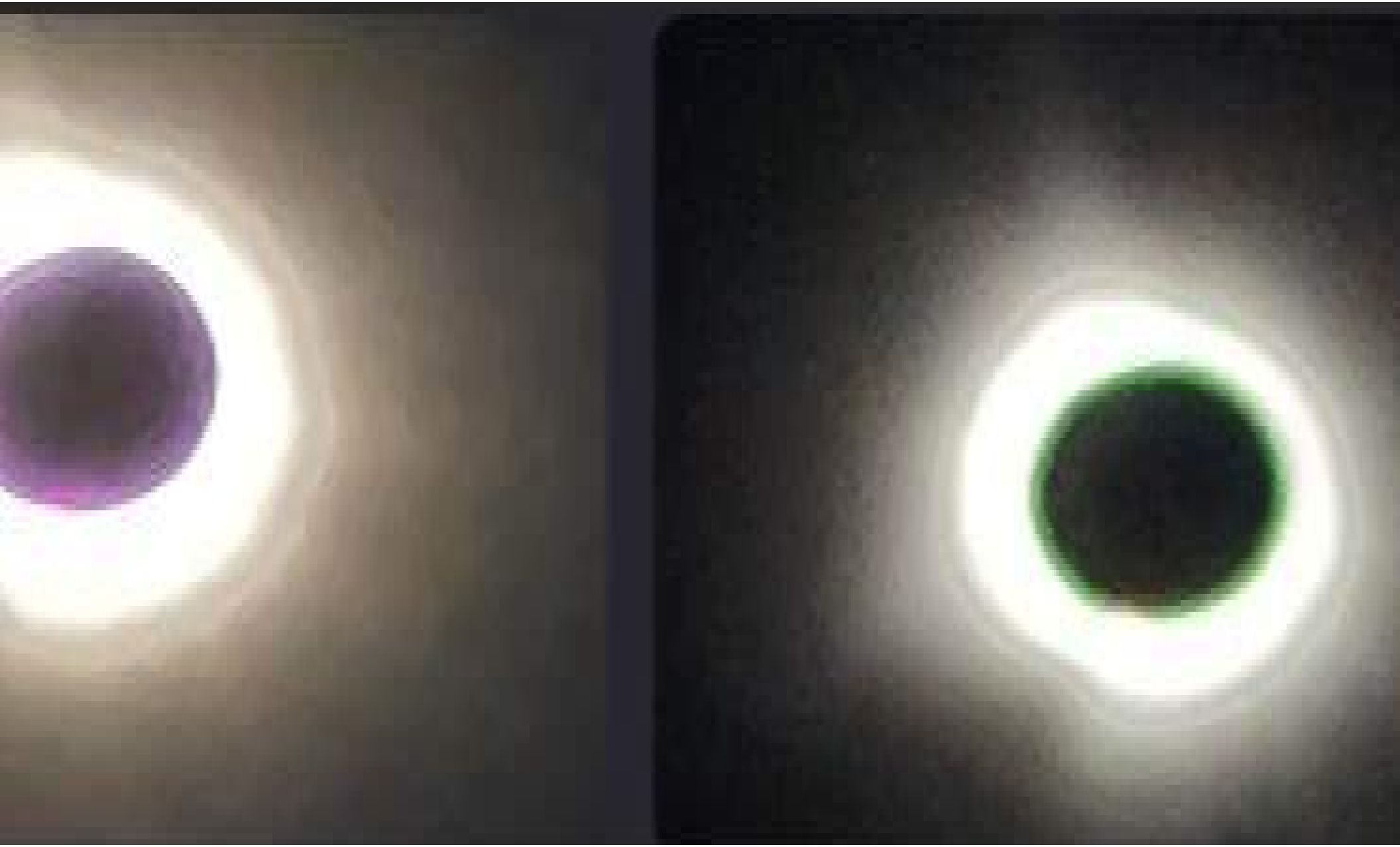

Today
September 2023
SUN 10
MON 11
TUE 12
WED 13
THU 14
FRI 15
GMT-04
Daddy Week
Lindsay Week
Cancel HeadSpace App t
Travel Time to School and Back to Shop 7:30 – 9:40am
IVIG 9:30am – 3
Home Office
MyChart Vid 1 – 2pm
Art Therapy - John 1 – 2pm
Pick Jackie school and home 2:20 – 5:15pm
Pick Jackie up from school and return home 2:20 – 5:15pm
Jackie and Daddy - Anything Fun Stuff Time 4:30 – 7:30pm
U of L South Left Kn MRI at 2pm 1:30 – 3:30p
Transition T Possible 4:30 – 8pm
My Health M 6:30 – 7:30p
Phoenix School Open House All Family Middle









Stress Exploration

Factors that Contribute to Stress

Describe your biggest stressors in each of the following categories and rate them on a scale of 1-10, where 1 is “a little stressful” and 10 is “extremely stressful.”

Daily Hassles

Common annoyances or strains of daily life.

Examples: *traffic, chores, work problems, lack of sleep, homework, limited free time, argument with partner*

	rating
1	
2	
3	
4	

Major Life Changes

Important events, both positive and negative, that require significant adjustment.

Examples: *birth of a child, separation or divorce, new job, death of a loved one, moving, major illness / injury*

	rating
1	
2	
3	
4	

Life Circumstances

Permanent or long-term circumstances that make life more difficult.

Examples: *poverty or financial problems, disability, chronic illness, conflictual relationships, values that conflict with culture, discrimination, job dissatification, living somewhere unsafe*

	rating
1	
2	
3	
4	

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Stress Exploration

Factors that Protect Against Stress

Describe the things in your life that counteract stress.

Daily Uplifts

Positive experiences that make you happy.

***Examples**: eating a good meal, spending time with friends, leisure activities, spending time in nature*

1
2
3
4

Healthy Coping Strategies

Positive actions that help to reduce or manage stress and other uncomfortable emotions.

***Examples:** exercise, talking about problems, self-care, journaling, relaxation techniques*

1
2
3
4

Protective Factors

Individual characteristics or life circumstances that protect you from stress.

***Examples:** financial stability, good physical health, supportive family, motivation to succeed, education*

1
2
3
4

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Individual Education Plan

Student Name: _____ Grade: _____

IEP Team Members: _____

_____

_____

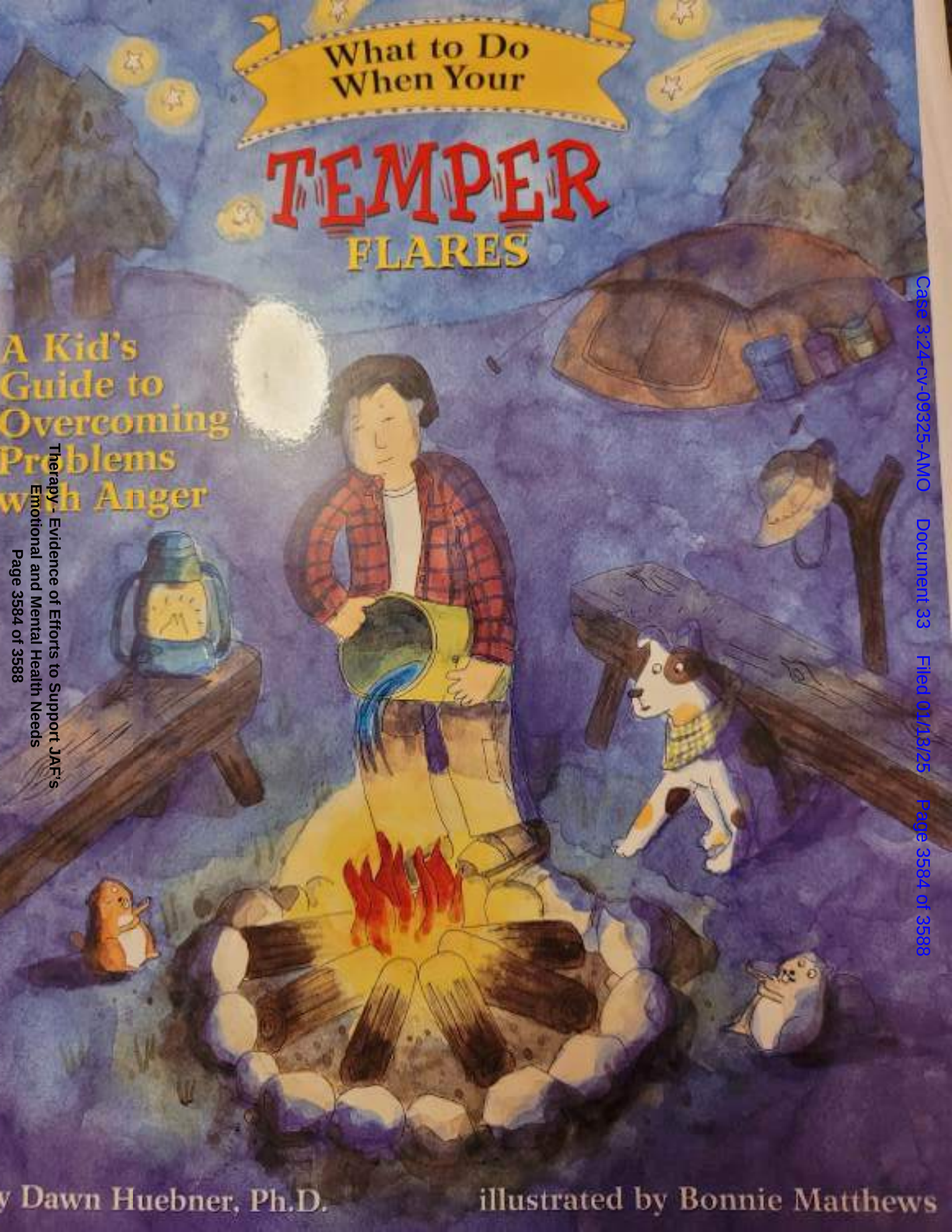
Present Performance Level: _____

Special Education Classes: _____

_____

Special Needs:	
Strengths:	
Target Goals:	
Action Plan:	
Benchmarks:	

www.TeachersPrintables.net



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What is Anger?

Anger is a difficult feeling. When you're angry, you might do bad things that you wouldn't do if you were happy. But did you know that it's normal to feel angry from time to time? It happens to everyone.

Draw a picture of what you look like when you're angry.

What's something you say only when you're angry?

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What is Anger?

All sorts of things can make a person feel angry. Some people get mad when they have to follow a rule they don't like, or when another person is mean to them.

List some things that cause you to feel angry.

1. _____

2. _____

3. _____

4. _____

5. _____

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What is Anger?

Even though it's normal to feel angry from time to time, it's never ok to be mean, break things, hurt others, or hurt yourself. Learning to control your anger is about learning new ways to act when you're upset.

Here's a list of healthy things you can do when you feel angry. Circle the ones that you might like to try.

Take deep breaths.

Draw your anger.

Do jumping jacks.

Write about your anger.

Count to 100.

Walk away.

Talk to someone.

Squeeze a stress ball.

Play outside

Listen to music.

Practice a hobby.

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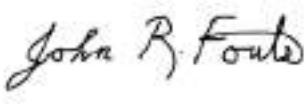

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Are fibrinaloid microclots a cause of autoimmunity in Long Covid and other post-infection diseases?

Douglas B Kell [1 2 3], Etheresia Pretorius [1 3]

Affiliations

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Abstract

It is now well established that the blood-clotting protein fibrinogen can polymerise into an anomalous form of fibrin that is amyloid in character; the resultant clots and microclots entrap many other molecules, stain with fluorogenic amyloid stains, are rather resistant to fibrinolysis, can block up microcapillaries, are implicated in a variety of diseases including Long COVID, and have been referred to as fibrinaloids. A necessary corollary of this anomalous polymerisation is the generation of novel epitopes in proteins that would normally be seen as 'self', and otherwise immunologically silent. The precise conformation of the resulting fibrinaloid clots (that, as with prions and classical amyloid proteins, can adopt multiple, stable conformations) must depend on the existing small molecules and metal ions that the fibrinogen may (and is some cases is known to) have bound before polymerisation. Any such novel epitopes, however, are likely to lead to the generation of autoantibodies. A convergent phenomenology, including distinct conformations and seeding of the anomalous form for initiation and propagation, is emerging to link knowledge in prions, prionoids, amyloids and now fibrinaloids. We here summarise the evidence for the above reasoning, which has substantial implications for our understanding of the genesis of autoimmunity (and the possible prevention thereof) based on the primary process of fibrinaloid formation.

Keywords: Long covid; ME/CFS; autoimmunity; fibrinaloid microclots.

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Front Med (Lausanne). 2023 Mar 31:10:1011936. doi: 10.3389/fmed.2023.1011936. eCollection 2023.

A review of cytokine-based pathophysiology of Long COVID symptoms

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PMID: 37064029 PMCID: PMC10103649 DOI: 10.3389/fmed.2023.1011936

Abstract

The Long COVID/Post Acute Sequelae of COVID-19 (PASC) group includes patients with initial mild-to-moderate symptoms during the acute phase of the illness, in whom recovery is prolonged, or new symptoms are developed over months. Here, we propose a description of the pathophysiology of the Long COVID presentation based on inflammatory cytokine cascades and the p38 MAP kinase signaling pathways that regulate cytokine production. In this model, the SARS-CoV-2 viral infection is hypothesized to trigger a dysregulated peripheral immune system activation with subsequent cytokine release. Chronic low-grade inflammation leads to dysregulated brain microglia with an exaggerated release of central cytokines, producing neuroinflammation. Immunothrombosis linked to chronic inflammation with microclot formation leads to decreased tissue perfusion and ischemia. Intermittent fatigue, Post Exertional Malaise (PEM), CNS symptoms with "brain fog," arthralgias, paresthesias, dysautonomia, and GI and ophthalmic problems can consequently arise as result of the elevated peripheral and central cytokines. There are abundant similarities between symptoms in Long COVID and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). DNA polymorphisms and viral-induced epigenetic changes to cytokine gene expression may lead to chronic inflammation in Long COVID patients, predisposing some to develop autoimmunity, which may be the gateway to ME/CFS.

Keywords: COVID-19; Chronic Fatigue Syndrome; Dysautonomia; Long COVID; Myalgic Encephalomyelitis (ME); cytokines; neuroinflammation; post-acute sequelae of COVID-19.

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Figures

Figure 1 Grading of the Cytokine Release...

Figure 2 Proposed model of pathophysiology underlying...

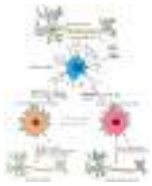

Figure 3 Schematic of microglial polarization states...

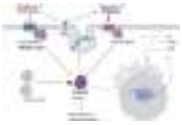

Figure 4 SARS-CoV-2 induces overwhelming inflammation by...

Figure 5 Epigenetic mechanisms altering gene expression....

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Review Article

A central role for amyloid fibrin microclots in long COVID/PASC: origins and therapeutic implications

Douglas B. Kell[1,2,3], Gert Jacobus Laubscher[4] and Etheresia Pretorius[3]

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Post-acute sequelae of COVID (PASC), usually referred to as 'Long COVID' (a phenotype of COVID-19), is a relatively frequent consequence of SARS-CoV-2 infection, in which symptoms such as breathlessness, fatigue, 'brain fog', tissue damage, inflammation, and coagulopathies (dysfunctions of the blood coagulation system) persist long after the initial infection. It bears similarities to other post-viral syndromes, and to myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). Many regulatory health bodies still do not recognize this syndrome as a separate disease entity, and refer to it under the broad terminology of 'COVID', although its demographics are quite different from those of acute COVID-19. A few years ago, we discovered that fibrinogen in blood can clot into an anomalous 'amyloid' form of fibrin that (like other β-rich amyloids and prions) is relatively resistant to proteolysis (fibrinolysis). The result, as is strongly manifested in platelet-poor plasma (PPP) of individuals with Long COVID, is extensive fibrin amyloid microclots that can persist, can entrap other proteins, and that may lead to the production of various autoantibodies. These microclots are more-or-less easily measured in PPP with the stain thioflavin T and a simple fluorescence microscope. Although the symptoms of Long COVID are multifarious, we here argue that the ability of these fibrin amyloid microclots (fibrinaloids) to block up capillaries, and thus to limit the passage of red blood cells and hence O_2 exchange, can actually underpin the majority of these symptoms. Consistent with this, in a preliminary report, it has been shown that suitable and closely monitored 'triple' anticoagulant therapy that leads to the removal of the microclots also removes the other symptoms. Fibrin amyloid microclots represent a novel and potentially important target for both the understanding and treatment of Long COVID and related disorders.

Introduction

In many cases, individuals infected with the SARS-CoV-2 virus and suffering from COVID-19 continue (or in some case begin) to display symptoms long after the acute phase. Depending on the demographics of the hosts and variant of SARS-CoV-2, these post-acute sequelae of COVID-19 (PASC [1]) may affect ∼30% of all infected individuals [2,3], are starting to be observed even in children [4,5], and are commonly known as long COVID [6–10]. Many regulatory health bodies still do not recognize this syndrome as a separate disease entity, and refers to it under the broad terminology of 'COVID'. The symptoms of long COVID are multifarious [11,12] and include breathlessness, fatigue, chest pain, myalgia, cognitive dysfunction, innate immune responses coupled to inflammatory cytokine production, and a pro-coagulant state. Our focus is on the latter.

At present there is no established treatment for long COVID (e.g. [13,14], so from a systems point of view it is important to understand which symptoms are 'primary', and which are simply secondary effects of the primary symptoms themselves. This would allow treatment strategies to focus on the primary symptoms and their causes. We here make the case (with evidence) that much of the

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aetiology of long COVID can be attributed to the formation of aberrant amyloid fibrin microclots, triggered in particular by the SARS-Cov-2 spike protein, and that by inhibiting the transport of erythrocytes to capillaries, and hence O_2 transfer, it is these amyloid microclots that are mainly responsible for the various long COVID symptoms observed. The microclots may also present novel antigens that lead to the production of autoantibodies, that can exacerbate symptoms further. This understanding of the role of such microclots may be expected to lead to an effective strategy for treating long COVID (and probably for other, related conditions such as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS)).

Protein conformation, prions, and amyloid structures

Classically, it was assumed that proteins folded into their conformational states of lowest free energy, because unfolded proteins typically refolded into their original forms [15]. However, the discovery of prion proteins in particular showed that this was not always the case; the more common and native form of the prion protein PrP^{C} could be converted — with no change in primary sequence — into a thermodynamically more stable, 'rogue' version referred to as PrP^{Sc} (Figure 1), and this transformation was itself catalyszd by PrP^{Sc} (e.g. [16,17]). These 'rogue' versions commonly contain a large number of ordered β-sheets in a cross-β architecture [17–23], and are referred to generally as amyloid forms. A great many proteins are now known to be able to adopt such amyloid forms, and over 50 have been implicated in a variety of diseases ('amyloidoses') [24–26]. These kinds of amyloid structures may be stained with fluorogenic dyes [27,28] such as congo red [29], thioflavin T [30–35], which is much more visible than congo red, or a variety of conjugated oligothiophenes [36] commercialized as Amytracker^{TM} dyes (e.g. [37,38]).

Amyloidogenic blood clotting

The normal blood clotting cascade is well established (e.g. [39–41] (Figure 2), with the terminal stages of both 'intrinsic' and 'extrinsic' pathways involving the self-organised polymerization of soluble fibrinogen to insoluble fibrin, catalysed by thrombin [42]. Fibrinogen, a cigar-shaped molecule of some 5 × 45 nm, is one of the most abundant proteins in plasma (commonly present at 1.5–3.5 g L^{-1} [41]).

The action of thrombin on fibrinogen leads to the removal of two small fibrinopeptides (Figure 3), and this initiates the thermodynamically favorable conversion to fibrin, first as small protofibrils and then as long fibrils, typically with a diameter of 50–100 nm. Factor XIII is a transglutaminase which inserts cross-links into the

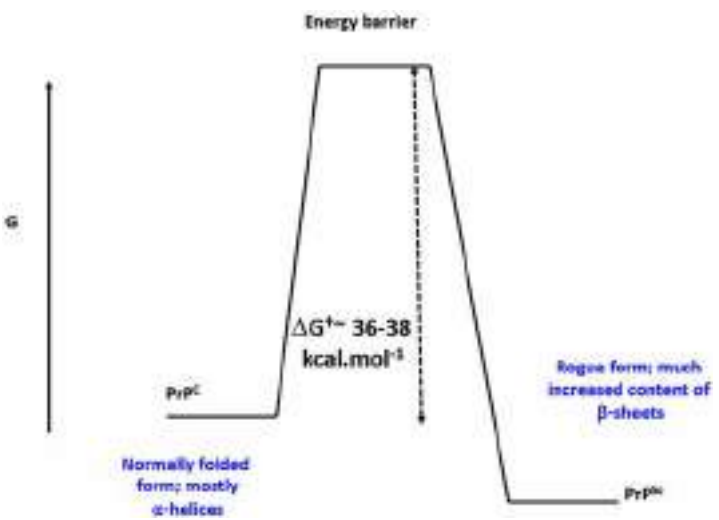

Figure 1. Many proteins can adopt more than more thermodynamically stable microstate with no change in primary structure (sequence), in which the more stable contains an ordered β-sheet 'amyloid' structure.
Normally, however, it is present in a less stable state that is kinetically more accessible during and following its synthesis. The more stable (labeled PrP^{Sc}) is separated from the initial state (PrP^{C}) via a large energy barrier. This is true for amyloid proteins generally, and is illustrated here for classical prion proteins. Redrawn from a CC-BY publication at [26].

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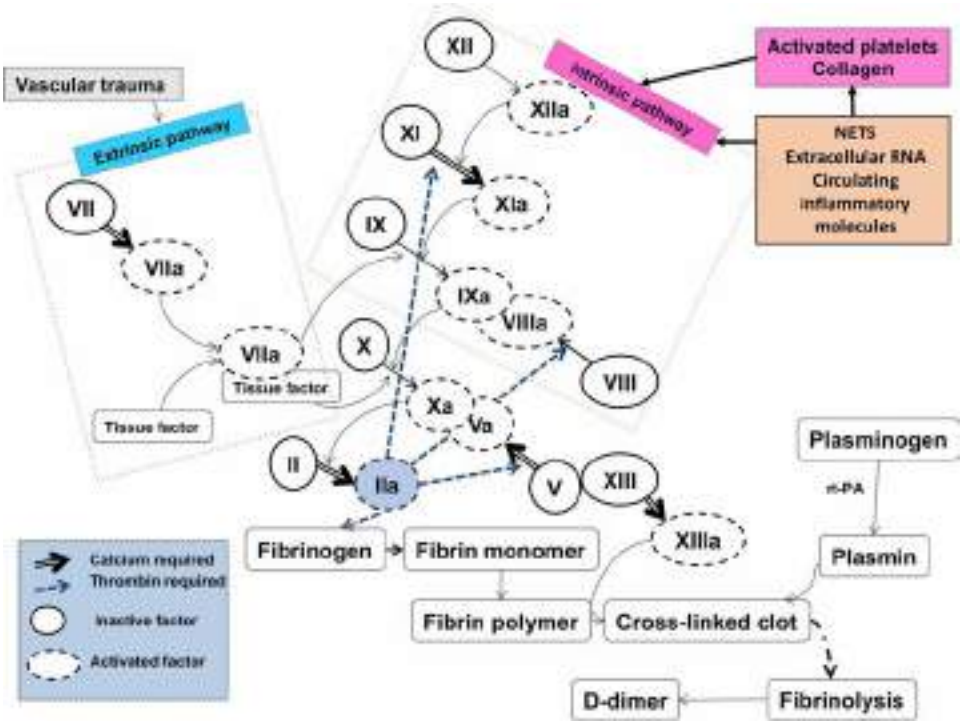

Figure 2. Representation of the classical blood-clotting cascades, ending in the removal of two fibrinopeptides from fibrinogen, and its self organization to produce fibrin (that may then be cross-linked).

The eventual result of fibrinolysis, that acts as a record of its extent, is D-dimer. Redrawn from a CC-BY publication at [26].

developing clot, and also serves to cross-link α2-antiplasmin (α2-AP) to fibrin. α2-AP and other similar molecules are major inhibitors of plasmin, the enzyme which is mainly responsible for clot proteolysis (fibrinolysis).

The structure of fibrin clots is typically characterized by the diameter of the spaghetti-like fibres and by the size of the residual pores [43]. However, in some cases these spaghetti-like structures with pores are absent. We initially characterized this phenomenon, observed in the electron microscope, as 'dense matted deposits' (e.g. [44–46]). We later discovered that such structures could be induced by highly substoichiometric amounts of bacterial lipopolysaccharide (LPS) (1 molecule LPS per 100,000,000 fibrinogen molecules), and it emerged that they too were, in fact, amyloid in character [26,47–50]. This highly substoichiometric induction (of a thermodynamically favourable process) is very important, as it effectively provides a means for a massive amplification of what may be a tiny amount of trigger material.

The list of molecules that could induce this anomalous clotting, additional to the bacterial LPS that was then our main focus, included iron ions [51–56], oestrogens [46,57], lipoteichoic acid [49,52], and serum amyloid A [58].

While the list of the many other molecules that can plausibly effect this anomalous amyloid-type clotting is unclear, such clots may also be observed in the blood of individuals with inflammatory diseases such as Alzheimer's [37,50,59–61], Parkinson's [37,48], type 2 diabetes [37,38,62–64], and rheumatoid arthritis [65–68]. Similar phenomena have also been observed in the pregnancy disorder pre-eclampsia [69], where there is also strong evidence for a microbial component [70,71].

Although this was a novel finding for 'normal' blood, it had previously been shown that β-sheet structures could be induced in fibrin artificially by mechanical means [72]. There have also been rare reports (see [26,73,74]) of amyloidogenic mutations (alleles) in the fibrinogen Aα chain. Additionally, it has long been known that aged fibrin deposits can bind amyloid dyes in tissue sections [75] and that fibrin-derived peptides can form cross-beta structures [76]. The amyloid form of the prion protein is highly resistant to proteolysis (resistance to proteolysis by proteinase K is used in an assay for PrP^{Sc} [77–79]), and so this provided a ready explanation for the different nature and persistence of the amyloid fibrin clots [52].

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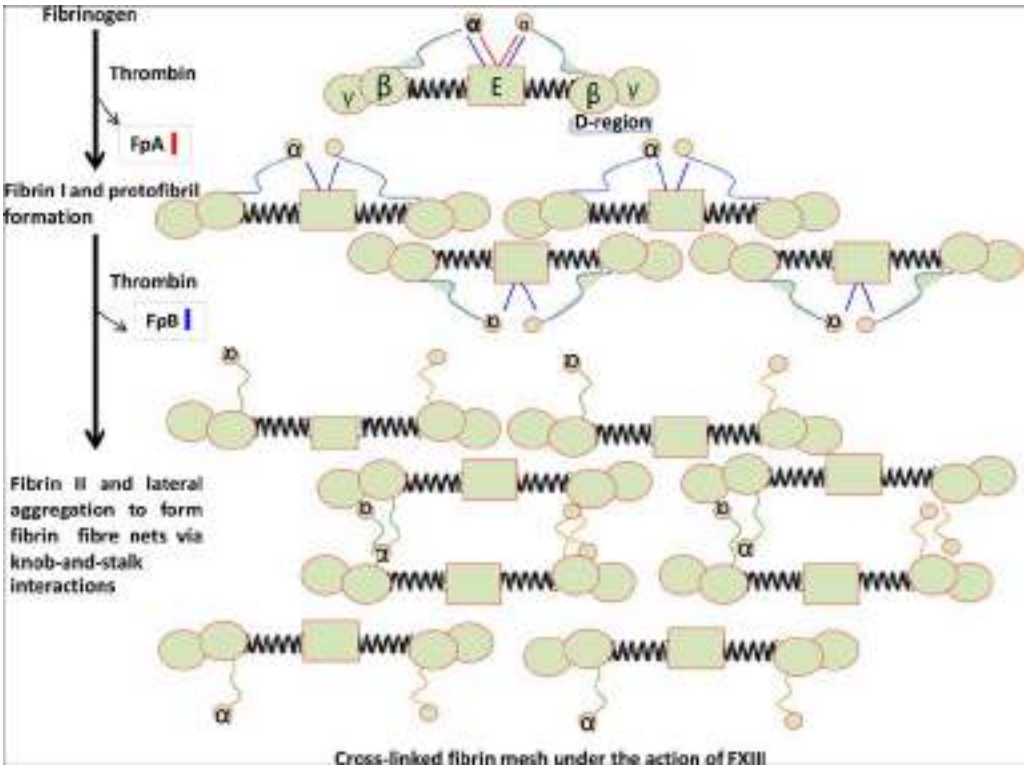

Figure 3. Self organization of fibrinogen into fibrin under the action of thrombin in removing two fibrinopeptides.
Redrawn from a CC-BY publication at [26].

A note on 'amyloid' terminology

We recognize that there has occasionally been confusion in our use of the term 'amyloid' to describe amyloidogenic blood clotting, as blood is not seen as a source of the classical amyloidoses. While we could have used another term, the structures and staining of these blood clot fibres, presumably consisting of the ordered β-sheet architectures necessary (i) to bind fluorogenic amyloid stains and (ii) to be resistant to the normal sources of proteolysis, do reflect the well-established term 'amyloid'. In addition, there is a very simple discrimination between 'classical' amyloids and those fibrin-rich amyloids that are our focus here: this is that the amyloid fibrils seen in classical amyloidoses tend to be ca 5–25 nm or so in diameter [21,22,80,81] whereas those in fibrin amyloid microclots tend to be in the range 50–150 nm or even more. They are thus easily distinguished microscopically, even without the greater analytic power afforded by proteomics [82], antibody staining [83], and so on. However, to avoid such ambiguity in the future, we consider it sensible to refer to the kinds of fibrin-based amyloids we are speaking about as fibrinaloids.

Amyloid fibrin microclots (fibrinaloids) in COVID-19 and long COVID

Coagulopathies [84–102], and especially the formation of extensive microclots *in vivo*, are a hallmark of both COVID [85,103–115] and long COVID [116,117], and we have demonstrated that these microclots too are amyloid in character [108,109,116]. Importantly, the addition of purified, recombinant SARS-CoV-2 S1 spike protein to coagulation-competent normal plasma is sufficient to induce the formation of anomalous clots [118] that adopt amyloid states that are also resistant to fibrinolysis [108]. Note that the observations of the microclots in (platelet-poor) plasma are performed without the addition of exogenous thrombin; they are naturally there in the circulation of patients with both acute and long COVID. The size of these amyloid microclots, that can be observed microscopically and stained e.g. with thioflavin T [108,109,116] (Figure 4; control vs LC plasma), are typically anywhere from 1–200 μm; this means that they can effectively block up, and inhibit

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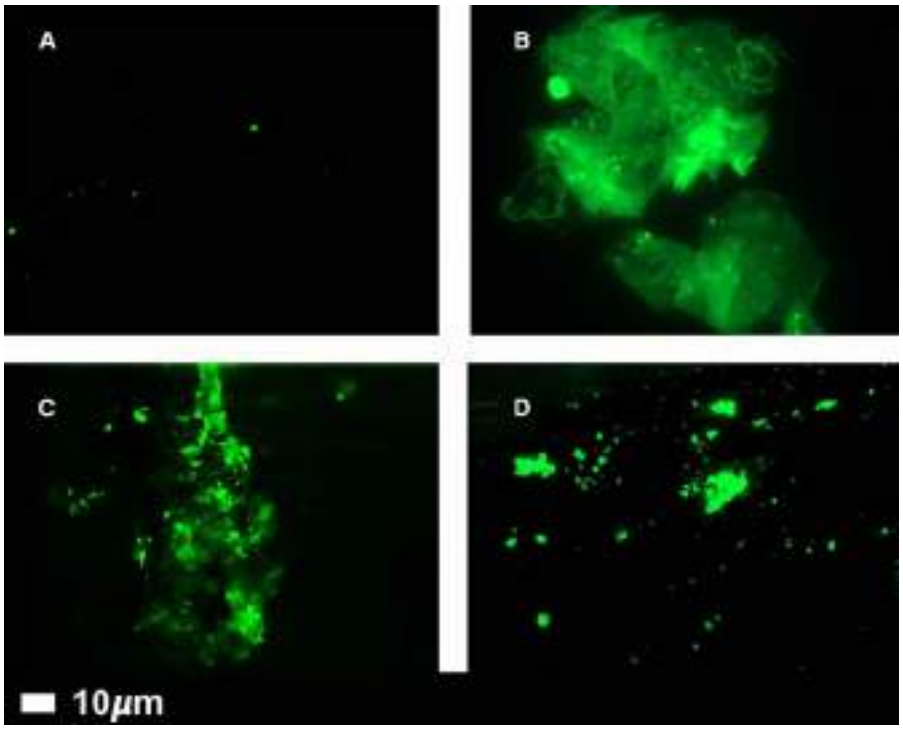

Figure 4. Fluorescence microscopy of representative micrographs showing microclots in the circulation of controls (A) and in patients with Long COVID (B–D).

Absence of significant amyloid microclots in the plasma of 'normal' individuals, and their significant presence in the plasma of individuals with long COVID. Platelet-poor plasma was produced by centrifugation at 3000×***g*** for 15 min, stained with 5 μM thioflavin T, and imaged in a fluorescence microscope (Zeiss Axio Observer 7 with a Plan-Apochromat 63×/1.4 Oil DIC M27 objective (Carl Zeiss Microscopy, Munich, Germany). Wavelengths were Exc 450–488 nm/emission 499–529 nm, all as in [108].

blood flow through, all kinds of microcapillaries, thereby strongly lowering the availability of oxygen in tissues. As expected, they consist mainly of fibrin, but also contain many other proteins, including α2-antiplasmin [108] (and even the virus itself [119]). They also have heightened pro-inflammatory activity and elicit fibrin autoantibodies [118] (and maybe others). Elements of at least some spike protein variants of SARS-CoV-2 can also stimulate (*in silico*) the amyloidogenic aggregation of serum amyloid A [120]. More generally, there is considerable evidence for the induction of amyloid production by amyloidogenic proteins by viruses such as those of the Herpesviridae family, e.g. in Alzheimer's disease [121–125].

'Ground-glass' opacities in COVID and long COVID

One of the early hallmarks of acute COVID-19 was the observation of extensive, diffuse opacities in high-resolution computed tomography (HRCT) scans of the lungs of patients, consistent with the breathing difficulties widely observed. These opacities resembled ground glass [126], and indeed are commonly referred to as 'ground-glass opacities' (GGO) [127–132]. They are largely formed of fibrin, though we are not aware that anyone has yet stained them for amyloid structures (which is what we believe they must be, and there is ample precedent for this in other diseases (e.g. [133–136])). In COVID patients they persist well beyond the acute phase [137].

More on the size and properties of microclots

As mentioned, the fibrinaloid microclots that we observe are typically in the range 1–200 μm on their longest axis. This is consistent with the 'ground glass' appearance, It is also true for 'artificial' amyloid-type protein structures [28], and for the kinds of amyloid seen as deposits in thrombotic microangiopathies [138–142]. However, the size distribution differs markedly between individuals (Figure 4), and while hard to pin down it

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does provide a ready general explanation for the very different manifestations of Long COVID (including suggestions that the term covers 'multiple' diseases). This is also true for prion diseases, where specific 'strains' based on particular conformations can propagate in the same form. In some cases, there can be differential staining of individual amyloids by different dyes [26,49,143–145], which also allows a certain degree of differentiation of the structure of the clots. In the case of Long COVID, we are probably not quite ready for such subtleties.

Role of D-dimer

A major marker for fibrinolytic activity (Figure 2) is a polypeptide referred to as D-dimer Figure 5. It is a strong prognostic indicator for disease outcome (survival) in acute COVID [85,146–154]. It is, in effect, a composite measure of how much fibrinogen there was, how much was converted to fibrin clots (whether normal or fibrinaloids), and how much these then went on to be lysed. Each of these general steps may of course be regulated independently (i.e. proceed at a 'fast' or slow' rate, as encoded simplistically in Figure 6), so the analysis of D-dimer measurements must take all of these issues into account. Thus high levels of D-dimer must of necessity represent the production of many more clots (and sufficient fibrinolysis to be occurring) but cannot of

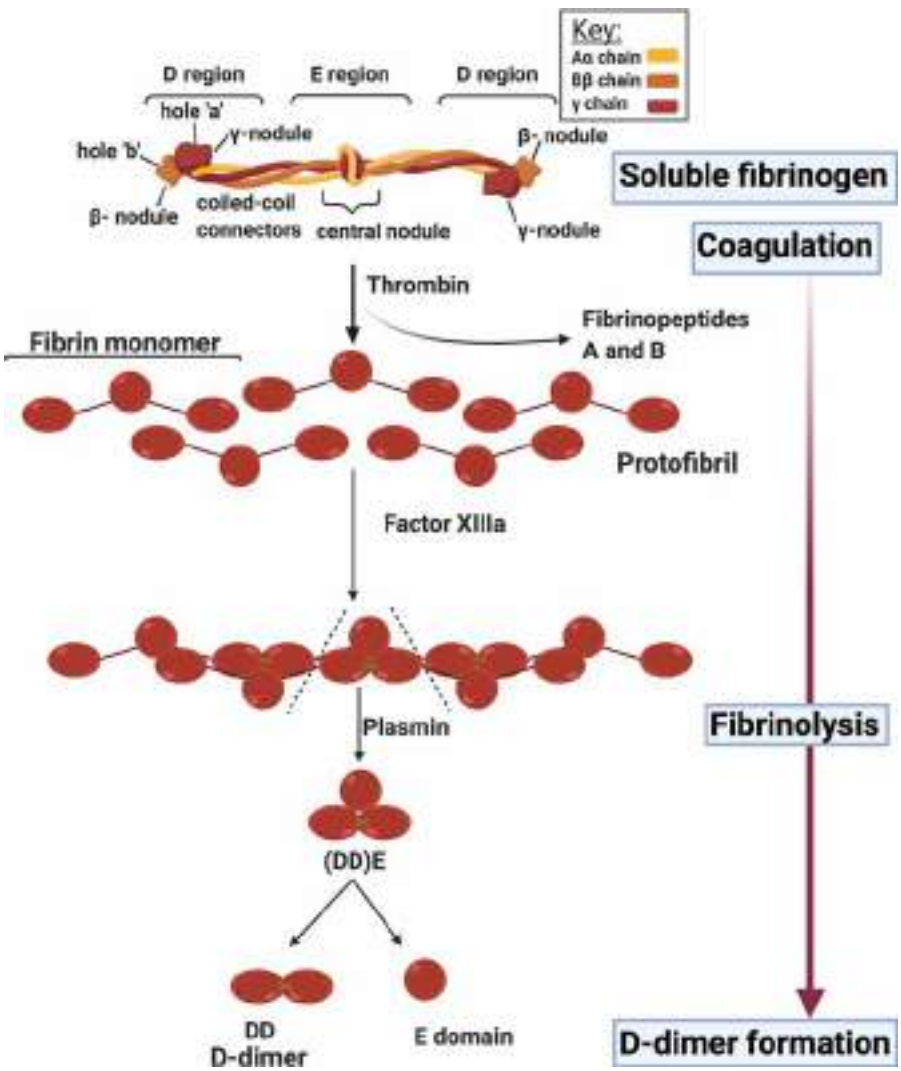

Figure 5. D-dimer production by fibrinolysis.

It is believed to be similar when produced from fibrinaloid clots, but the rate is considered to be slower. Image created with BioRender (https://biorender.com/).

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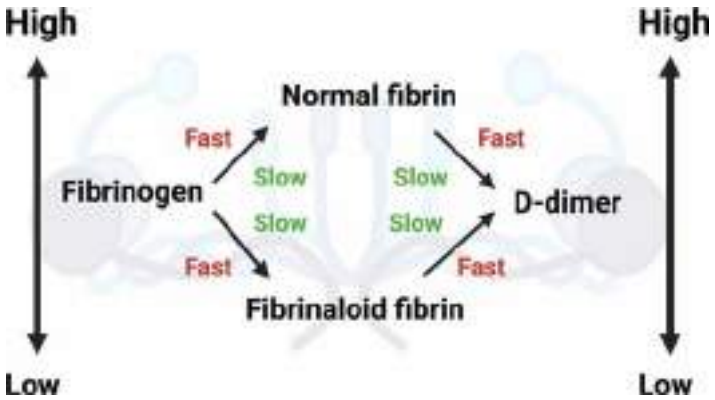

Figure 6. D-dimer levels reflect both the rate of production and rate of degradation of clots, whether the clots are 'normal' or fibrinaloid in nature.
Image created with BioRender (https://biorender.com/.

themselves reflect how many remained after their lysis nor which of them were 'normal' and which amyloid (see Figure 7 for a simplified pathway explanation).This explains why D-dimer levels are significantly raised following infection with many of the earlier variants of SARS-CoV-2, which produce multiple fibrinaloid microclots and Long COVID. However, D-dimer is massively increased in the case of the omicron variant where much clotting takes place but seemingly not to a fibrinaloid form, and thus effective clot fibrinolysis takes place. That there may be strong dependencies on the precise variant is not really surprising (omicron differs from both alpha and delta variants by more than 20 mutations [155], more than enough to vary a protein's activity 1000-fold in typical directed evolution experiments [156]). High D-dimer thus may, but does not have

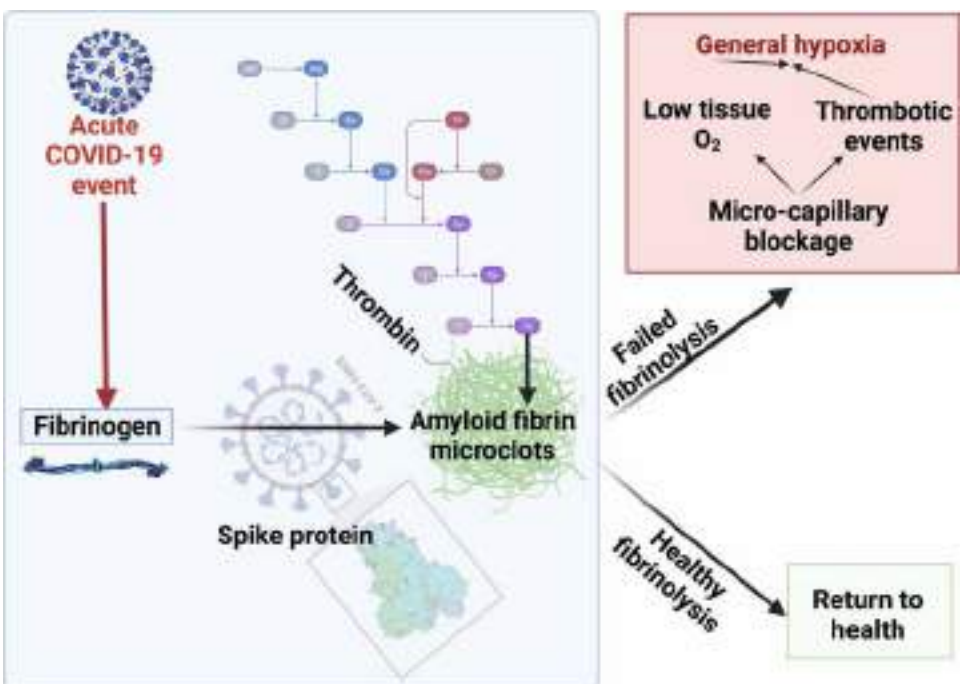

Figure 7. A simplified diagram to explain microclot formation that might either be resolved via fibrinolytic processes after acute COVID-19 or, in some patients, result in a failed fibrinolytic process.
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to [157], reflect disease severity given a particular SARS-CoV-2 variant; it depends on the context, and in particular the type of fibrin that can serve as the substrate for its production.

Assessment of clotting

Why TEG rather than APTT, INR and other clotting measures?

A variety of optical clotting tests are in more-or-less common usage [158]. These include the aPTT (activated partial thromboplastin clotting time), prothrombin time (PT) and International normalized ratio (INR), but they are considered to have limited predictive value for bleeding and are not cost-effective [159,160]. INR and APTT are of limited value to predict clotting (and identifying patients that will bleed) in patients with acute and Long COVID. The test uses platelet poor plasma after discarding the cellular component of blood (including the platelets).

As blood clots, the viscosity of the clot increases, and measuring the time-dependent rate and extent of this viscoelasticity change directly in whole blood provides a more comprehensive and convenient *in vitro* assessment of the clotting behavior of the blood at the time. Note that clots of fibrinaloid that have already formed are effectively inert and invisible to such methods. Here the method of choice is known as Thromboelastography (TEG) [48,52,56,58,59,65,66,108,109,161–165] (or a related version known as ROTEM [166–173]). Figure 8 shows stylized traces of TEG, as typically found in health and disease. There are three main generalized traces: healthy (normocoagulable), hypercoagulable (as commonly seen in acute COVID-19) and hypocoagulable (during bleeding risk).

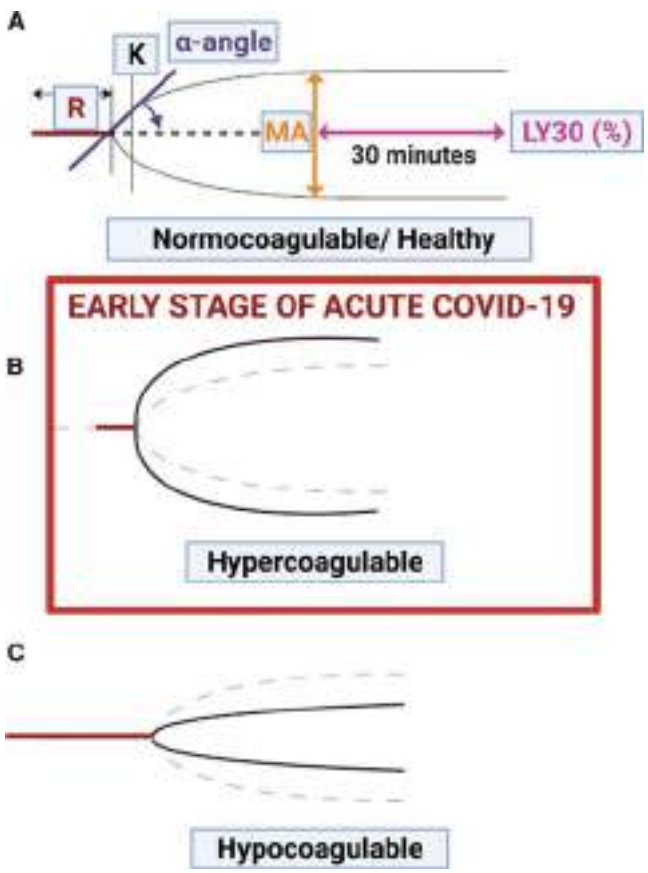

Figure 8. TEG® traces with the main parameters visualized.

(**A**) Healthy (normocoagulable) trace; (**B**) Hypercoagulable trace (seen during early stages of acute COVID-19) and (**C**) Hypocoagulable trace. Image created with BioRender (https://biorender.com/). In **B** and **C** the dotted lines represent the normocoagulable case. R represents the time taken to initiate clot formation, α and K reflect the rate and extent of clot formation (e.g. [52]).

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The TEG is a well-known point-of-care method, lately suggested as a good method for following blood clotting status in acute COVID-19, especially when anticoagulation regimes are prescribed to patients [109]. However, in our experience, it is not useful for determining (hyper)coagulation status in Long COVID, and should be reserved for those Long COVID patients where there is either a bleeding concern or actual bleeding. TEG should then be used in conjunction with platelet and microclot mapping, to follow patients closely when bleeding might be expected. Because microclots already contain clotted plasma proteins, and TEG only measures unclotted (soluble) plasma proteins, the TEG might not be suitable to determine the actual existing coagulation status (consisting of both clotted and soluble plasma proteins).

TEG trace ranges might in fact be within normal ranges, and our take on this is that the fibrin inside the microclots has already been coagulated, and trapped inside the microclots, leaving only a lower amount of soluble fibrinogen that might partake in the TEG assay. Therefore both the already-coagulated fibrin in the microclots and the soluble fibrinogen levels should in fact be considered, and preferably measured. Unfortunately the TEG cannot do that. However, we consider that TEG is vital for assessing the potential for coagulation when Long COVID patients are treated with anticoagulation therapy, or in any individual undergoing treatment designed to lower the levels of fibrinaloid microclots. In our view, TEG is therefore a much more true evaluation of the patient's coagulation state, as it uses whole blood, thus bringing in the very important role played by platelets.

INR, APTT D-dimer, fibrinogen levels and platelet count may be of help in the very late event of end stage acute COVID-19, where acute disseminated intravascular coagulopathy (DIC)-coagulopathy is seen. Interestingly, it is now accepted that DIC-bleeding events are uncommon in acute COVID-19 [111]. Even in this event, TEG is still of more use to manage this situation [109].

Mechanical properties of amyloid microclots

While we do not yet know the details of the mechanical properties of the fibrin amyloid microclots, it is known that amyloid fibrils can typically exhibit unusually high mechanical strength and resistance to deformation (e.g. [174–177]. The stiffness also increases with the thickness of the fibres [178]. This implies strongly that the fibrinaloids are likely to be more prone to 'getting stuck' in capillaries.

Bradford Hill criteria and microclots

The Bradford Hill criteria for causation of a disease Y by an environmental factor X [70,179] represent a useful framework for assessing the role of fibrin amyloid microclots in Long COVID, and are as follows: (1) strength of association between X and Y, (2) consistency of association between X and Y, (3) specificity of association between X and Y, (4) experiments verify the relationship between X and Y, (5) modification of X alters the occurrence of Y, and (6) biologically plausible cause and effect relationship. We think that the evidence is very strongly consistent with these criteria when X is represented by microclots and Y by Long COVID and potentially a variety of other conditions.

Ability of amyloid microclots to explain the symptoms of long COVID

While long COVID is a multi-system disorder with multiple symptoms of varying severity, it remains possible that there is in fact a particular major underlying cause (or that a very small number are the main contributors). Our view is as follows: given that amyloid microclots can clog up capillaries and inhibit the transport of O_2 to tissues, this alone can in fact more or less self-evidently serve to explain a great many observations, and in particular the symptoms of both acute and long COVID. These obviously include breathlessness due to low O_2 directly, and thrombotic events such as acute myocardial infarction [180,181], stroke [181–183], etc due to the microclots. The lack of O_2 transport to tissues explains straightforwardly how a nominally respiratory disease also leads to the dysfunction of organs such as the kidney [184,185], PoTS (postural tachycardia syndrome [186]), myalgia in skeletal muscle [187,188], neurological disorders [189], and lactic acidosis [190,191] (the mass of lactate is too low to have been detected in our own COVID untargeted metabolomics experiments [192]), and potentially the benefits of hyperbaric O_2 therapy [193]. It is also worth stressing that amyloid structures themselves tend to be cytotoxic, often via membrane disruption [194–198].

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What makes long COVID long?

For any deterministic system to change its behavior there has to be a change of its parameters [199]. In the case of long COVID we need mechanisms that can explain how something that was initiated a long time ago can somehow persist. One source of the continuous production of a stimulus is represented by microbes, including virions, that persist in a largely dormant state (often in intracellular reservoirs) but can occasionally continue to replicate [1,200]. There is now considerable evidence for the persistence of SARS-CoV-2 [201]. Another is the continued release of sequestered microbially derived substances than can act as stimuli for continuing microclot formation. Here, the finding [202] that S1 spike protein can itself persist in $CD16^+$ Monocytes in PASC for up to 15 months post-infection is highly relevant, as the amplification of trigger proteins to make microclots as part of the clotting mechanism means that miniscule (and highly substoichiometric) amounts of suitable triggers can suffice [26,47]. This alone is sufficient to account for the chronic nature of such diseases.

Microclot sequestration of biomarkers

An extra consequence of the production of microclots that sequester other proteins whose concentration would otherwise appear elevated is that those proteins do not then appear in plasma from which the microclots have been removed (e.g. by centrifugation), and thus they do not manifest, and cannot usefully be used, as biomarkers. Thus, our experience [108,116] is (i) that many such proteins including α2-AP and autoantibodies are so sequestered, and (ii) that the degradation of these protease-resistant microclots for classical proteomic analyses requires multiple rounds of trypsinization.

The role of autoantibodies and biomimicry

Autoantibodies are a feature of many chronic, inflammatory diseases, such as rheumatoid arthritis [68] (where *Proteus* spp are strongly implicated and where the cross-reactive epitopes leading to 'mimicry' by and of host protein targets are understood [68,203,204]). Importantly, it has already been shown that both acute [205,206] and Long COVID [207] are accompanied by immunological dysfunction, and by novel antibodies [1,206], including in the latter case to (an 'abnormal' but unspecified form of) fibrin [118]. We recognise that any change in the conformation of a protein can result in the generation of novel epitopes that can thereby lead to the production of novel antibodies; indeed the use of secondary antibodies in the detection of small molecules [208] relies precisely on this fact. Although we consider that the more primary event is the generation of fibrinaloid microclots, we also recognise that they are likely to be able to change the natural conformation of many proteins that might normally present as harmless (seen as 'self'). However, the detailed nature of these autoantibodies is not known (but a subject of considerable present interest [1]).

Epidemiological aspects

One approach to understanding the mechanisms of long COVID is to analyse epidemiological data, since the characteristics of those experiencing acute COVID differ markedly from those with long COVID [11]. Among these (and in significant contrast with the case of acute COVID [209]), is a striking over-representation of long COVID in women, and especially younger women [3,10,210]. From this point of view, it is of considerable interest that female sex hormones can induce anomalous blood clotting [46,57,211].

Haemophiliacs (and others with hypocoagulatory disorders) represent a complex test case, because depending on the stage of the disease [85], COVID can be both hyper- and hypocoagulatory [212]. However, we are not presently aware of any analyses of fibrinaloid microclots in such individuals.

Strain differences

While it has been somewhat slowed by the generally sluggish recognition of Long COVID, it is to be expected that different strains of SARS-CoV-2 may have different tendencies to induce it. To this end, it is reasonable that if microclots are important to LC their prevalence should also vary with the severity or frequency of LC induced by different strains of SARS-CoV-2. In a sense this would provide a very important kind of 'control', since the only thing varying as the stimulus is the strain of SARS-CoV-2.

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Other causes of amyloid microclots

While we here focus on SARS-CoV-2, we note that all kinds of molecules have been shown to affect the extent of fibrinaloid clot formation, including iron, other amyloids, bacterial cell wall components, etc., and that we have observed them in a variety of chronic, inflammatory diseases including Alzheimer's [37,50,60–62], Parkinson's disease [37,48], Type 2 diabetes [37,38,62,63,213,214] (where the amyloid protein amylin [215–217] is of course a well-known player) and rheumatoid arthritis [65,67]. Although not yet tested directly, we consider it likely that this will also be true for infectious diseases known to be causing similar post-infection syndromes, such as Dengue [218–220], Ebola [221–223], Lyme [224], Zika and others where viruses persist and can cause microangiopathies [139] that we suspect are also amyloid in character. There is also likely to be a role for molecules raised in pre-existing inflammatory diseases, as well as substances produced by dyregulation microbiomes [225], and Leiden factor V [226,227].

Similarities to ME/CFS

As well as the post-infection diseases referred to above, the emergence of long COVID has brought to the fore its similarities to other even more widely established syndromes such as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) [1,228], and full details are available in these recent reviews [1,228]. Berg and colleagues have also highlighted the role of coagulopathies in ME/CFS [229]. We note, too, that other 'anomalous' diseases bearing symptoms that overlap with those of ME/CFS include Gulf war syndrome [230], where again we would hazard that the analysis of fibrinaloid microclot formation would have a positive outcome. Thus, while we consider it likely that the phenomena we describe will also broadly be true for ME/CFS, we focus here on PASC/Long COVID.

Endotheliopathy

An important component of severe acute COVID-19 disease accompanying pathological clotting, is virus-induced endotheliopathy resulting in systemic endotheliitis [111,231–235]. Endotheliitis is central to initiating a state of failing normal clotting physiology and it is also known to be significantly linked to coagulopathies, as it activates microthrombotic pathways and initiates endotheliopathy-associated intravascular microthrombi [236].

A role for iron dysregulation

A consequence of cell death, such as occurs in endotheliopathy, is the release in COVID patients of the normally intracellular iron storage protein ferritin [237,238], which can then release free iron [239]. Iron dysregulation is an accompaniment to a huge number of chronic, inflammatory diseases [200,240,241], and iron dysregulation is a significant accompaniment in COVID [238,242–245]. Indeed, there is evidence that SARS-CoV-2 can release iron from haemoglobin directly [246]. The involvement of iron dysregulation would be consistent with the potentially protective effects of chelating it, e.g. with lactoferrin [247–250] or other chelators [251–254].

Role of platelets

The important role that platelets play in acute COVID-19 (Figure 9), has been discussed in the context of disease severity, the development of endotheliopathy and as general drivers of coagulation pathology [232,233,255–257]. Platelets interact with circulating inflammatory molecules, the (damaged) endothelium itself, and also with immune cells, resulting in platelet/cellular and platelet/molecule complexes [258,259]. Platelet complexes are mediated by membrane-membrane interactions via receptor binding. Two of the molecules central in this discussion are fibrinogen and VWF, and platelets form significant complexes with them both [260]. Ultimately, platelet–cell and platelet–coagulation molecule protein complexes form part of platelet activation mechanisms and vascular remodeling and these complexes drive granule secretion, surface glycoprotein expression, and molecular activation platelet hyperactivation pathways [258,259].

Consequences for treatment protocols

Given that there is a definite background removal rate of fibrinaloid microclots, albeit slower than that of normal non-amyloid clots, it is then mostly necessary to ensure that they do not form further. Consequently, we do not see a role for 'clot-busters' as have occasionally been used when acute COVID-19 is accompanied by

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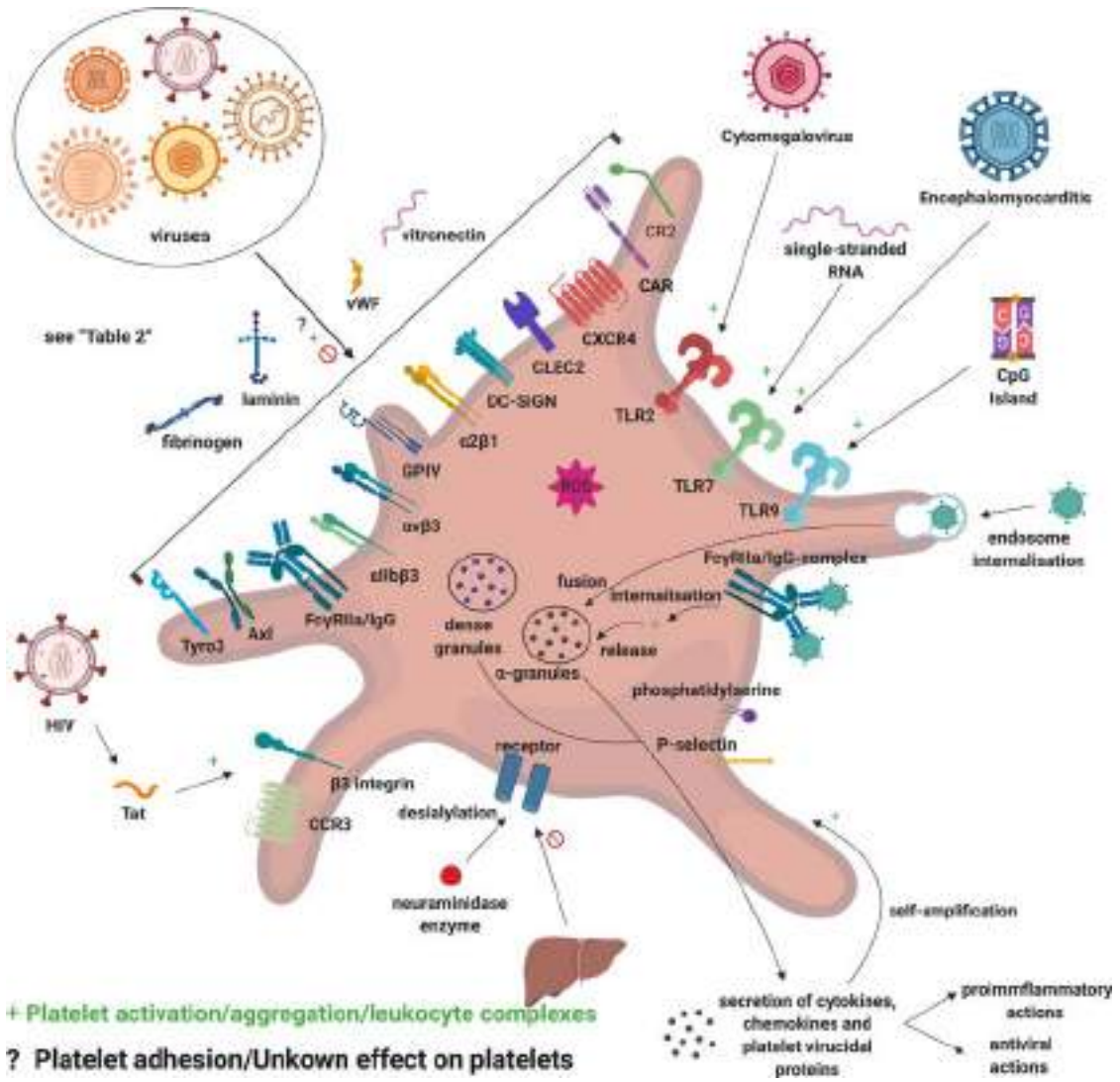

Figure 9. Platelet interactions with viruses.

Figure adapted from [259]. Various platelet receptors can mediate binding to viral particles, where pattern recognition receptors recognize viral signals, viral products and also modulate platelet function. Platelets mediate viral attack by secreting virucidal proteins and by engulfing viral particles, as well as by interacting with immune cells and enhancing the immune response. Virus-platelet aggregates and platelets with a viral load are targeted by leukocytes, and platelets are ultimately cleared from the circulation (Figure created with https://biorender.com/).

Acute Respiratory Distress Syndrome [261]. However, addressing only one of the pathologies (either clot pathologies or platelet hyperactivation) will always tend to fail, as was also noted in recent clinical trials where just one of the two therapies was trialed in Acute COVID-19. Lawler and co-workers [262] investigated the use of therapeutic anticoagulation with heparin in noncritically ill patients with COVID-19. (We note too that heparin, like lactoferrin [250], may have antiviral properties [263–266].) Lopes and coworkers [267] also investigated the use of therapeutic versus prophylactic anticoagulation for patients admitted to hospital with COVID-19. Earlier, Viecca and colleagues reported [268] on a single-center, investigator-initiated, proof-of-concept, case control, phase IIb study. The study [268] explored the effects of anti-platelet therapy on arterial oxygenation and on clinical outcomes in patients with severe COVID-19 with hypercoagulability. Outcomes were not significantly positive in any of the trials mentioned.

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However, it must be noted that the trials were done on acute COVID-19 patients. This has led us to suggest a multipronged approach and a regime of triple anticoagulation treatment [231], where Long COVID patients might be treated by one month of dual antiplatelet therapy (DAPT) (Clopidogrel 75 mg/Aspirin 75 mg) once a day, as well as a direct oral anticoagulant (DOAC) (Apixiban) 5 mg twice a day, together with a proton pump inhibitor (PPI) (e.g. pantoprazole 40 mg/day for gastric protection). Such a treatment regime showed promise under condition of clinical practice (there were no treatment-free 'controls') [231]. However, especially because of the potential for hypocoagulation (bleeding), it must only be followed under strict and qualified medical guidance in which we recommend the regular assessment of coagulation status before and during treatment. It (as do any other methods [269]) now needs to be studied in a proper randomized controlled trial.

We do note that the use of triple therapy is not new in clinical practice. Its uses predate COVID-19, where it is successfully prescribed in patients where thromboses (which may or may not involve fibrinaloid clots) are particularly worrisome and in various coronary diseases accompanied by atrial fibrillation. Here strong anti-coagulant treatments tailored to the needs of the individual patient are recommended [270], commonly involving dual or triple treatments with various anticoagulant agents. The present authors have focused on the 'triple treatment' for anticoagulation that involves an oral anticoagulant plus two drugs designed to decrease platelet activation (usually the $P2Y_{12}$ inhibitor clopidogrel, plus low-dose aspirin). (In addition, a gastric proton pump inhibitor is also given to reduce the likelihood of gastric bleeding.)

What is needed next?

Many pieces of research-level evidence (especially [85,101,106,108,109,116,231,271]) suggest strongly that fibrin amyloid microclots, driven by the presence of the SARS-CoV-2 spike protein, are an inevitable accompaniment to (and a likely cause of) Long COVID. A biologically coherent explanation [272,273] can link such observations with the other observable symptoms of Long COVID, and thus serve to satisfy the logic normally required [179,274,275] to provide a causative explanation.

However, we are still potentially far from translating this kind of understanding into both diagnostics and therapeutics. Some of the elements that are needed both to make the evidence even more robust and to pass regulatory approval more widely include the following:

- Our fibrin amyloid diagnostic methods, presently semi-quantitative, must be subject to further optimization, made robust and quantitative, and reproduced more widely
- Work is required to provide a simple, cheap and widely available point-of-care instrument to effect the necessary measurements of the number, size and nature of fibrinaloid micrclots

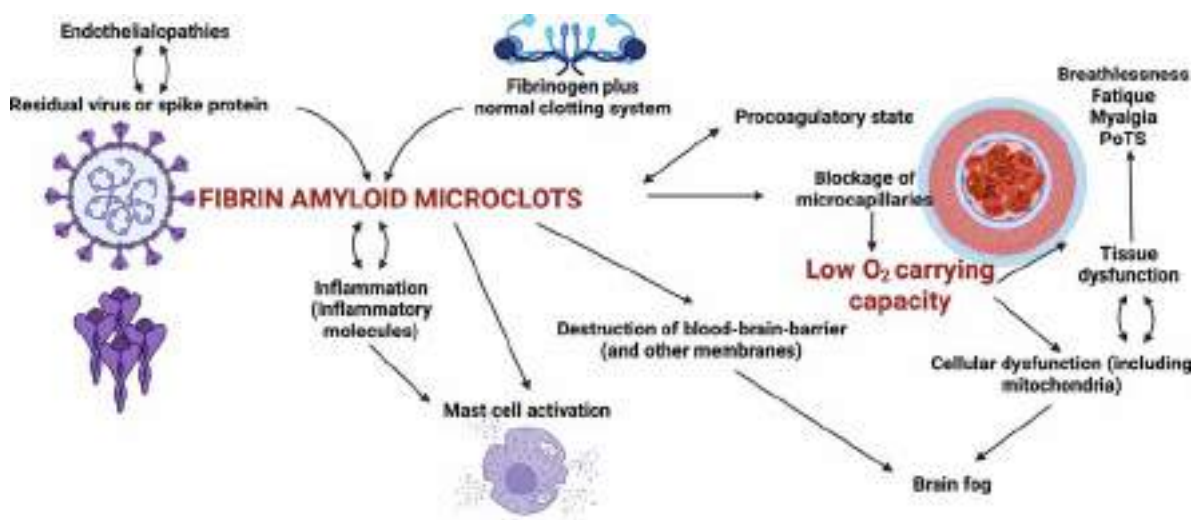

Figure 10. Some of the sequelae of fibrinaloid microclot formation in the symptomology of Long COVID.
Many others, such as a role for auto-antibodies, are not shown.

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- Longitudinal studies, and those relating fibrinaloid presence to the severity of Long COVID, will help recognise the role of different fibrinaloids in causing different symptoms; these may vary predictively between SARS-CoV-2 strains
- There would be value in assessing other blood parameters simultaneously (e.g. fibrinogen, D-dimer, von Willebrand Factor) plus suitable inflammatory cytokines
- Armed with the above, we should reasonably expect clinicians to be able to obtain ethics for a suitable designed Randomized Controlled Trial of anticoagulant and platelet inhibitor regimes, coupled to the assessment, using viscoelastic assays such as Thromboelastography (TEG or ROTEM or Sonoclot), before and during such treatments of coagulation potential so as to guard against any hypocoagulation and the dangers of bleeding.
- Such individuals should be followed for a period after the end of treatment to assess the degree of permanence

Of course it is easy to design detailed and expensive trials, accompanied by a great many other measurements of covariates, but the above sets out what we would consider as the minimum necessary to strengthen the claims that the analysis and removal of fibrin amyloid microclots should have major utility in providing substantial benefits to those with Long COVID, and likely in related conditions as well.

Conclusions

Here we have argued, and focus on the fact, that Long COVID is characterized by the presence of persistent fibrin amyloid microclots that might block capillaries and inhibit the transport of O_2 to tissues, entrapping numerous inflammatory molecules, including those that prevent clot breakdown (as we have indeed recently shown) (Figure 10).

In addition to microclot formation, significant platelet dysfunction and a systemic endotheliitis drive systemic cellular hypoxia. These pathologies can explain most, if not all, of the lingering symptoms to which individuals with long COVID refer. We have noted that amyloid microclots, platelet hyperactivation and endothelial dysfunction, might form a suitable set of foci for the clinical treatment of the symptoms of long COVID [231]. Therefore, if fibrinaloid microclots are largely responsible for the symptoms of Long COVID, their removal is to be seen as paramount for relieving these symptoms and allowing the body to repair itself.

Competing Interests

E.P. is a named inventor on a patent application covering the use of fluorescence methods for microclot detection in Long COVID.

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Abbreviations

DAPT, dual antiplatelet therapy; DIC, disseminated intravascular coagulopathy; INR, International normalized ratio; LPS, lipopolysaccharide; PASC, Post-acute sequelae of COVID; PPP, platelet-poor plasma; TEG, Thromboelastography.

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Print 2023 Dec 18.

Beyond the acute illness: Exploring long COVID and its impact on multiple organ systems

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Affiliations

PMID: 37943302 DOI: 10.1556/2060.2023.00256

Abstract

Unprecedented worldwide health catastrophe due to the COVID-19 pandemic has ended up resulting in high morbidity and mortality rates. Even though many people recover from acute infection, there is rising concern regarding post-COVID-19 conditions (PCCs), often referred to as post-acute sequelae of SARS-CoV-2 infection (PASC) or "long COVID." The respiratory, cardiovascular, neurological, and endocrine systems are just a few of the many organ systems that can be impacted by this multifarious, complicated illness. The clinical manifestations of long COVID can vary among individuals and may include fatigue, dyspnea, chest pain, cognitive impairment, and new-onset diabetes, among others. Although the underlying processes of long COVID are not fully understood, they probably involve unregulated immune response, persistent generation of pro-inflammatory cytokines (chronic inflammation), autoimmune-like reactions, persistent viral replication, and micro-clot formation. To create successful treatments and care plans, it is essential to comprehend the immunological mechanisms causing these difficulties. The pathogenesis of long COVID should be clarified and potential biomarkers to help with diagnosis and treatment should be sought after. To reduce the burden of long COVID on people and healthcare systems around the world, the need for long-term monitoring and management of long COVID problems should be emphasized. It also underscores the significance of a multidisciplinary approach to patient care. The goal of this review is to carefully evaluate the clinical signs and symptoms of long COVID, their underlying causes, and any potential immunological implications.

Keywords: SARS-CoV-2; long COVID; multiple organ systems; pandemic; post-COVID-19 conditions.

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Sci Rep. 2023 Nov 19;13(1):20230. doi: 10.1038/s41598-023-47539-1.

Dysregulations in hemostasis, metabolism, immune response, and angiogenesis in post-acute COVID-19 syndrome with and without postural orthostatic tachycardia syndrome: a multi-omic profiling study

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PMID: 37981644 PMCID: PMC10658082 DOI: 10.1038/s41598-023-47539-1

Abstract

Post-acute COVID-19 (PACS) are associated with cardiovascular dysfunction, especially postural orthostatic tachycardia syndrome (POTS). Patients with PACS, both in the absence or presence of POTS, exhibit a wide range of persisting symptoms long after the acute infection. Some of these symptoms may stem from alterations in cardiovascular homeostasis, but the exact mechanisms are poorly understood. The aim of this study was to provide a broad molecular characterization of patients with PACS with (PACS + POTS) and without (PACS-POTS) POTS compared to healthy subjects, including a broad proteomic characterization with a focus on plasma cardiometabolic proteins, quantification of cytokines/chemokines and determination of plasma sphingolipid levels. Twenty-one healthy subjects without a prior COVID-19 infection (mean age 43 years, 95% females), 20 non-hospitalized patients with PACS + POTS (mean age 39 years, 95% females) and 22 non-hospitalized patients with PACS-POTS (mean age 44 years, 100% females) were studied. PACS patients were non-hospitalized and recruited ≈18 months after the acute infection. Cardiometabolic proteomic analyses revealed a dysregulation of ≈200 out of 700 analyzed proteins in both PACS groups vs. healthy subjects with the majority (> 90%) being upregulated. There was a large overlap (> 90%) with no major differences between the PACS groups. Gene ontology enrichment analysis revealed alterations in hemostasis/coagulation, metabolism, immune responses, and angiogenesis in PACS vs. healthy controls. Furthermore, 11 out of 33 cytokines/chemokines were significantly upregulated both in PACS + POTS and PACS-POTS vs. healthy controls and none of the cytokines were downregulated. There were no differences in between the PACS groups in the cytokine levels. Lastly, 16 and 19 out of 88 sphingolipids were significantly dysregulated in PACS + POTS and PACS-POTS, respectively, compared to controls with no differences between the groups. Collectively, these observations suggest a clear and distinct dysregulation in the proteome, cytokines/chemokines, and sphingolipid levels in PACS patients compared to healthy subjects without any clear signature associated with POTS. This enhances our understanding and might pave the way for future experimental and clinical investigations to elucidate and/or target resolution of inflammation and micro-clots and restore the hemostasis and immunity in PACS.

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Figures

Figure 1 Overview of the workflow and...

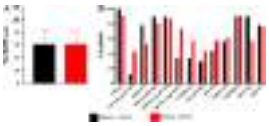

Figure 2 No significant differences in a...

Figure 3 Volcano plots for 700 proteins...

Figure 4 Principal component analysis (PCA) for...

Figure 5 Gene ontology enrichment analysis of...

Figure 6 Volcano plots for 36 analyzed...

All figures (9)

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Review > Biomedicines. 2024 Apr 17;12(4):891. doi: 10.3390/biomedicines12040891.

Fibrinaloid Microclots and Atrial Fibrillation

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Affiliations

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Abstract

Atrial fibrillation (AF) is a comorbidity of a variety of other chronic, inflammatory diseases for which fibrinaloid microclots are a known accompaniment (and in some cases, a cause, with a mechanistic basis). Clots are, of course, a well-known *consequence* of atrial fibrillation. We here ask the question whether the fibrinaloid microclots seen in plasma or serum may in fact also be a cause of (or contributor to) the development of AF. We consider known 'risk factors' for AF, and in particular, exogenous stimuli such as infection and air pollution by particulates, both of which are known to cause AF. The external accompaniments of both bacterial (lipopolysaccharide and lipoteichoic acids) and viral (SARS-CoV-2 spike protein) infections are known to stimulate fibrinaloid microclots when added in vitro, and fibrinaloid microclots, as with other amyloid proteins, can be cytotoxic, both by inducing hypoxia/reperfusion and by other means. Strokes and thromboembolisms are also common consequences of AF. Consequently, taking a systems approach, we review the considerable evidence in detail, which leads us to suggest that it is likely that microclots may well have an aetiological role in the development of AF. This has significant mechanistic and therapeutic implications.

Keywords: Long COVID; arrhythmias; atrial fibrillation; fibrinaloid microclots; infection; inflammation; particulate matter; pollution.

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Figures

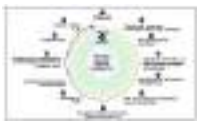

Figure 1 A 'mind map' [49] setting...

Figure 2 Risk factors, observables, causes, and...

Figure 3 A high-level illustration of fibrinogen...

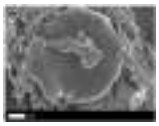

Figure 4 Scanning electron microscopy figure of...

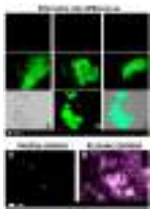

Figure 5 Microclots and platelets in healthy...

Figure 6 Cartoon illustrating the ability of...

All figures (7)

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Increased Levels of Inflammatory and Endothelial Biomarkers in Blood of Long COVID Patients Point to Thrombotic Endothelialitis

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Abstract

The prevailing hypotheses for the persistent symptoms of Long COVID have been narrowed down to immune dysregulation and autoantibodies, widespread organ damage, viral persistence, and fibrinaloid microclots (entrapping numerous inflammatory molecules) together with platelet hyperactivation. Here we demonstrate significantly increased concentrations of von Willebrand factor (VWF), platelet factor 4 (PF4), serum amyloid A (SAA), α-2 antiplasmin (α-2AP), endothelial-leukocyte adhesion molecule 1 (E-selectin), and platelet endothelial cell adhesion molecule (PECAM-1) in the soluble part of the blood. It was noteworthy that the mean level of α-2 antiplasmin exceeded the upper limit of the laboratory reference range in Long COVID patients, and the other 5 were significantly elevated in Long COVID patients as compared to the controls. This is alarming if we take into consideration that a significant amount of the total burden of these inflammatory molecules has previously been shown to be entrapped inside fibrinolysis-resistant microclots (thus decreasing the apparent level of the soluble molecules). We conclude that presence of microclotting, together with relatively high levels of six biomarkers known to be key drivers of endothelial and clotting pathology, points to thrombotic endothelialitis as a key pathological process in Long COVID.

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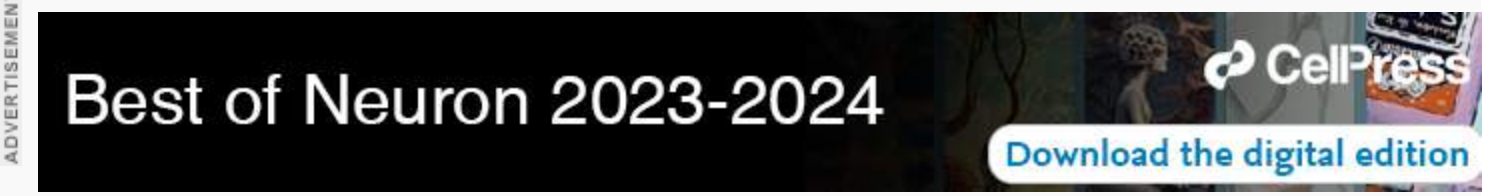

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Long COVID: pathophysiological factors and abnormalities of coagulation

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Long COVID has a multifactorial nature with multiple pathophysiological factors at play.

Viral factors, host factors (including systemic inflammation, and metabolic, endocrine, and endothelial dysfunction) and downstream impacts (tissue damage from the initial infection, hypoxia, dysbiosis, and autonomic nervous system dysfunction) are key elements underpinning the condition.

Various factors culminate in the long-term persistence of the disorder (i.e., a thrombotic endothelialitis characterized by endothelial inflammation, hyperactivated platelets, and fibrinaloid microclots).

We suggest a multipronged treatment agenda for Long COVID treatment trials, incorporating drugs targeting all potential mechanisms, including viral persistence, autoimmunity, immune dysregulation, and gut dysbiosis; with endothelialitis and coagulation abnormalities as two priorities.

Abstract

Acute COVID-19 infection is followed by prolonged symptoms in approximately one in ten cases: known as Long COVID. The disease affects ~65 million individuals worldwide. Many pathophysiological processes appear to underlie Long COVID, including viral factors (persistence, reactivation, and bacteriophagic action of SARS CoV-2); host factors (chronic inflammation, metabolic and endocrine dysregulation, immune dysregulation, and autoimmunity); and downstream impacts (tissue damage from the initial infection, tissue hypoxia, host dysbiosis, and autonomic nervous system dysfunction). These mechanisms culminate in the long-term persistence of the disorder characterized by a thrombotic endothelialitis, endothelial inflammation, hyperactivated platelets, and fibrinaloid microclots. These abnormalities of blood vessels and coagulation affect every organ system and represent a unifying

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long COVID · clotting pathology · cardiovascular outcomes · endothelialitis

Introductory overview and classification of Long COVID

Coronavirus disease (COVID-19) is an airborne infectious disease caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [1]. It has had a disastrous effect on the world's demographics, resulting in more than 6.5 million deaths worldwide [2]. It represents the worst global health crisis since the influenza pandemic of 1918 [2]. Since the WHO declared a global pandemic, COVID-19 has overwhelmed and crippled healthcare systems around the world.

Most people infected with the virus will experience a mild to moderate illness and recover without specialized treatment [3]. Common symptoms of acute COVID-19 include profound fatigue, breathlessness, cough, chest pain, palpitations, headache, joint pain, myalgia, weakness, insomnia, pins and needles, hair loss, impaired balance, neurocognitive issues including memory and concentration problems, anxiety, depression, and loss of taste and smell [4]. However, some sufferers have experienced more serious complications, such as coagulopathy, thromboembolism, multiorgan failure, septic shock, and death [3].

While symptoms usually only last for up to 2–3 weeks, ~10% of patients experience continued or new symptoms beyond the acute phase; this condition is known as Long COVID/post-acute sequelae of COVID-19 (PASC) [5]. Hereafter, we refer to the illness by the patient-defined term 'Long COVID' [6]. In this condition, there may be persistence of symptoms of acute COVID, or the appearance of new symptoms unrelated to the acute illness. In some cases, the 'acute' phase may have been almost asymptomatic. Depending upon the

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weeks [4,7]. Persistence of symptoms has now been observed for up to 3 years [8,9].

Here, we shed light on the various pathophysiological factors that contribute to Long COVID and highlight the resultant blood abnormalities. The first three sections examine the prevalence and manifestations, risk factors and predictors, and subtypes of Long COVID. We also briefly discuss the effects of vaccination in the context of Long COVID. Following this, we discuss the pathophysiological factors that can contribute to Long COVID and the symptoms that ensue. This section is divided into three parts: viral factors, host factors, and downstream impacts. To provide a comprehensive picture of how these factors contribute to abnormal coagulation, the next section outlines the interplay between systemic inflammation and coagulation. We summarize findings that point to a failed fibrinolytic system [1,8,10–12]. Finally, we discuss in detail the abnormalities of coagulation observed in Long COVID.

Prevalence and manifestations of Long COVID

Long COVID has resulted in a major global health and economic burden, with at least 65 million individuals around the world having Long COVID [13]. In the USA, economists have estimated that Long COVID will incur cumulative future costs of more than US$4 trillion [14].

Approximately 87% of people who recover from COVID-19 and are discharged from hospital exhibit at least one symptom of Long COVID after 60 days, 32% have one or two symptoms, whereas 55% have three or more [15,16]. The most common symptoms are fatigue (53.1%), shortness of breath (43.4%), joint pain (27.3%), and chest pain 21.7% [15]. Other less prevalent symptoms include cough, skin rashes, palpitations, headache, and ‘pins and needles’ sensations. Research has shown that the most common Long COVID symptoms are

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addition, 50% of people with Long COVID meet the criteria for myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) [17–19].

Many patients struggle to do basic daily activities and experience a wide range of secondary mental health issues. In a large global survey of 3762 patients with Long COVID across 56 countries, approximately half were unable to work full-time 6 months post infection, primarily due to fatigue, postexertional malaise, and cognitive dysfunction [20].

Children of all ages can also develop Long COVID. Surveys demonstrate that they experience the full range of symptoms seen in adults [21–23]. Notable manifestations in children include brain hypometabolism, hepatic involvement, ME/CFS, and pulmonary abnormalities [21,24,25].

Risk factors and predictors of Long COVID

Various risk factors influence the precise presentation of Long COVID in a particular patient. The number and type of symptoms during the initial infection are strong predictors of Long COVID. Those who experience more than five symptoms during the first week of infection are more likely to develop Long COVID, irrespective of age or gender [26–28]. Specific symptoms during the first week that are predictive of Long COVID include fatigue, headache, shortness of breath, and muscle pains [27,28]. Other risk factors for Long COVID include age (47% risk in those 50 years and above), and comorbidities such as hypertension, dyslipidemia, cardiovascular disease, and metabolic and endocrine dysregulation [e.g., body mass index (BMI) >30, and type 2 diabetes mellitus (T2DM)] [8,29,30]. Women have greater prevalence, lower mortality, lower levels of inflammation, higher lymphocyte counts, and faster antibody responses compared with men [31]. This suggests that male sex is an independent risk factor for COVID-19 infection and death, but not for Long

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Subtypes of Long COVID: implications for treatment

Although millions of people are living with symptoms of Long COVID, what remains striking is the heterogeneity of the clinical syndrome [34]. This is due, in part, to the fact that the term encompasses many different clinical conditions with distinct pathobiological processes at play. Over time, the groups that advocated for the creation of the terms ‘Long COVID’ (patient created), ‘Long Haul COVID’ (patient created), ‘Post-Acute Sequelae of COVID-19’ (National Institutes of Health and Centers for Disease Control and Prevention) and ‘Post-COVID-19 Condition’ (WHO) have reached a level of tacit agreement that these terms are, in fact, describing the same broad clinical presentation: namely, any person who has survived an acute SARS-CoV-2 infection but is still experiencing persistent symptoms months after their acute symptoms have resolved. We continue to use the name ‘Long COVID’ in this paper because it is the most widely used patient-derived term, although we acknowledge that these other terms broadly describe the same disease.

One of the first distinctions that clinicians and researchers evaluating patients with Long COVID must establish is whether the symptoms can be linked to organ dysfunction that is evident from mainstream clinical investigations. For instance, consider a hypothetical patient hospitalized for a severe COVID-19 pneumonia. This patient may continue to experience shortness of breath, chest pain, and exertional intolerance for months after the initial infection, meeting criteria for a diagnosis of Long COVID. If these impairments are accompanied by clear changes in pulmonary function testing and pulmonary fibrosis on imaging, then it is possible that this patient will have a positive response to traditional pulmonary rehabilitation efforts. By contrast, consider a second hypothetical patient who was infected with SARS-CoV-2, but experienced less-severe illness that did not require hospitalization. Following resolution of the acute COVID-19 symptoms, this patient goes on to develop extreme fatigue,

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near normal) and do not correlate with symptom severity. In these cases, as we have learned from other postviral illnesses, such as ME/CFS, interventions including pulmonary rehabilitation are likely to significantly worsen symptoms due to PESE [17,35–37]. Therefore, there is a critical need to create diagnostic criteria and biomarkers that can assist in differentiating the different endotypes of Long COVID to ensure that precision medicine approaches can be applied to each endotype. Here, we propose a naming convention that seeks to better identify those with ‘Syndromic’ or ‘Non-Syndromic’ Long COVID, acknowledging that some patients may exhibit elements of both and must be managed accordingly.

In addition to identifying different endotypes of Long COVID, care must also be taken to avoid a misdiagnosis of Long COVID when a patient is simply experiencing a long-tail recovery from COVID-19 (Figure 1). The initial clinical case definition offered by the Centers for Disease Control and Prevention (CDC) in the USA stated that a Long COVID diagnosis should be considered if symptoms are persisting beyond 1 month of the initial infection[ii,iii]. However, the WHO clinical case definition differs by recommending consideration of the diagnosis if symptoms persist beyond 3 months of the initial infection [38]. Although cases of prolonged recovery to COVID-19 can closely resemble a diagnosis of Long COVID, given time the former will gradually and spontaneously recover. This is not the pattern for Long COVID.

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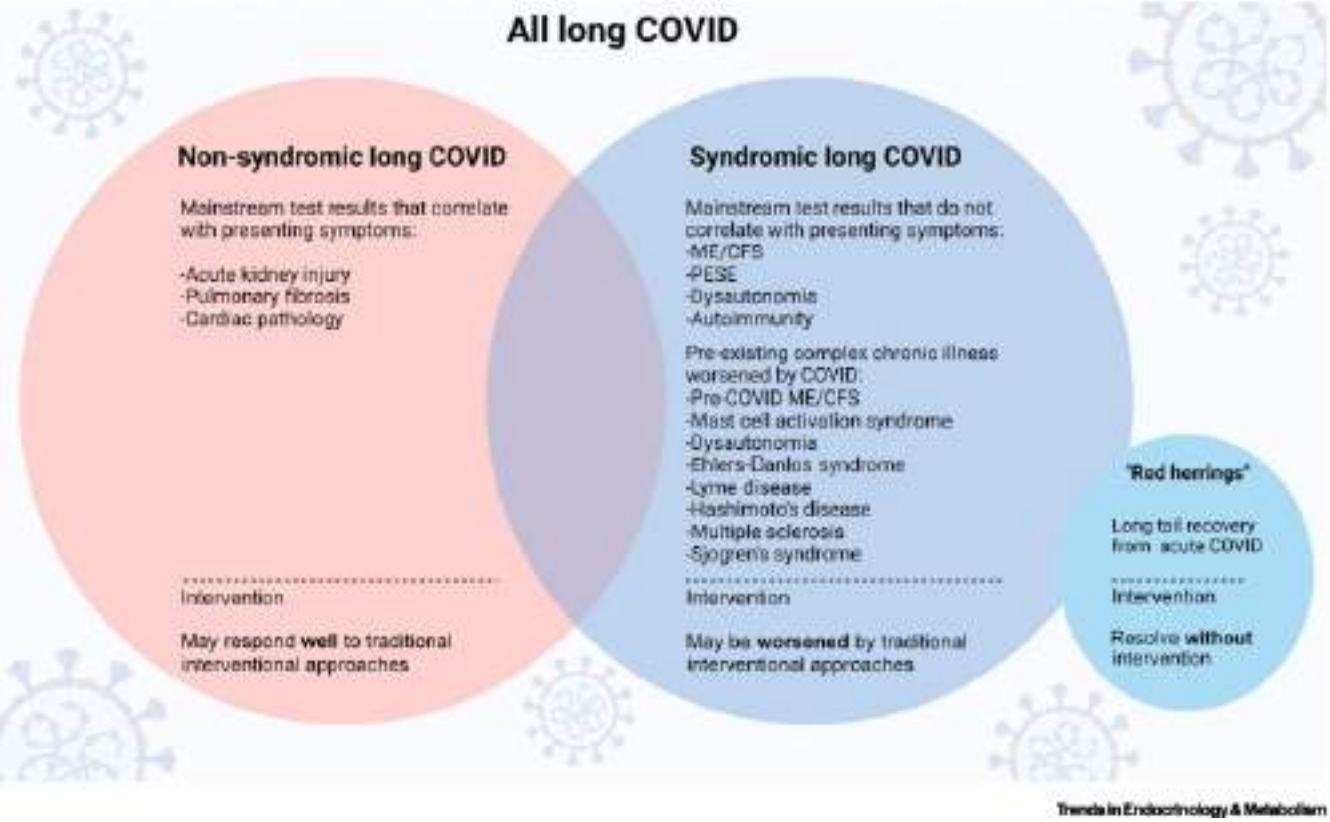

Figure 1 **Long COVID subtypes, including Non-Syndromic Long COVID, Syndromic Long COVID, and 'Red herrings'.**

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Patients with Non-Syndromic Long COVID may have had a severe acute infection that resulted in hospitalization and caused significant organ damage and dysfunction. This subtype may respond well to traditional interventional approaches, such as pulmonary rehabilitation. By contrast, patients with Syndromic Long COVID might have had a mild acute infection that did not require hospitalization, but develop extreme fatigue, shortness of breath, chest pain, and exertional intolerance. This subtype tends to not respond well to conventional treatments. Within this subtype, certain pre-existing chronic

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gradually resolve within a few months without any intervention. Abbreviation: PESE: Post-Exertional Symptom Exacerbation.

Finally, the interaction of COVID-19 with pre-existing complex chronic illness results in a potentially distinct set of endotypes of Long COVID. For instance, emerging evidence suggests that individuals with pre-existing immune issues and chronic viral infections and reactivations are more susceptible to Long COVID [39,40]. However, what remains unclear is whether these individuals are experiencing an infection-triggered worsening of their pre-existing diagnosis and pathophysiology, or the same condition as the rest of the population with Syndromic Long COVID. Thus, the interaction of Long COVID with pre-existing complex chronic illness is an area that requires active investigation so that all patients with a Long COVID diagnosis can access evidence-based, precision medicine approaches.

Vaccination and Long COVID

Studies looking at the impact of vaccination on the likelihood of developing Long COVID have yielded conflicting results. A recent systematic review suggested that, overall, vaccination is associated with a reduced risk of Long COVID, with two doses conferring greater protection than one [41]. However, there are also studies showing no reduction in the risk of Long COVID following vaccination [42]. Research looking at the impact of vaccination on existing Long COVID has also yielded varying results, with improvement, no change, and worsening all being reported [41,43]. These inconsistent results could partly be due to heterogeneity of study design, inclusion criteria, and the definition used of Long COVID [13].

An additional consideration is the varying impact of vaccination on the risk of

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COVID compared with double-vaccinated individuals with Delta [44]. We still do not fully understand the interplay between multiple infections with different variants and multiple, sometimes different, vaccines administered to an individual patient.

The benefits of vaccination far outweigh any pitfalls. However, similar to any other vaccine, indeed any other drug, COVID-19 vaccination can, in some cases, result in significant adverse effects (vaccine injury) [45][ii]. The presentation can be very similar to Long COVID[iv]. As with virus-induced Long COVID, the mechanisms involved are not fully defined; coagulopathy may be one potential explanation, because the spike protein has been shown to bind to fibrinogen *in vitro*, giving rise to anomalous fibrin microclots [10]. However, there may be other factors at play that are yet to be defined. Unfortunately, there is hesitancy among patients and researchers to acknowledge and openly discuss vaccine injury, due to fear of being labeled 'anti-vax'[iv]. Patients with vaccine injury should be able to access medical care without fear of being stigmatized, and vaccine injury should be researched like any other disease. This will facilitate the development of better vaccines and help us identify those at higher risk of an adverse event.

Pathophysiology of Long COVID

Viral factors

Viral persistence

Viruses (and indeed bacteria [46]) can be present in a chronically lytic and/or latent form in the host after the initial phase of infection [47–52]. Persistent infections are characterized as those in which the microbe and/or its fragments are not cleared from the host following primary infection [51]. Certain viruses, such as varicella-zoster virus (VZV), HIV, hepatitis C virus (HCV), Epstein–Barr

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There is growing evidence that, in some patients with Long COVID, SARS-CoV-2 may persist in tissue reservoirs after acute infection [47–51,53]. These hidden viral reservoirs may trigger repeated immune responses that contribute to persistent symptoms. Months after infection, viral mRNA and spike protein from SARS-CoV-2 have been detected in the digestive system and urinary tract of patients with Long COVID [54] through immunofluorescence and PCR analysis of intestinal biopsies. Other studies have also detected SARS-CoV-2 in multiple organs and in feces, indicating prolonged viral shedding [55–57].

The main virulence factor of SARS-Cov-2, the spike protein, is a key element for viral attachment to target cells through angiotensin-converting 2 enzyme (ACE-2) surface receptors [58], TMPRSS-1 receptors, and extracellular vimentin [10,59]. Spike proteins are class I viral fusion proteins that are present as protruding homotrimers on the viral surface; they facilitate virus entry into target host cells [60,61]. An isolated spike protein is between 180 and 200 kDa in size and contains an extracellular N terminus, a transmembrane domain fixed in the membrane of the virus, and a short intracellular C-terminal segment [60,62]. The S1 subunit permits receptor binding to the host cell [63], whereas the S2 subunit enables viral fusion and entry [64]. However, receptor binding alone does not solely explain the cell-mediated pathologies present in the disease [65].

Spike protein can be shed by the host cell itself via extracellular vesicles (EVs) and spread via the circulatory system to distant tissues and organs [64]. EVs are bilayer lipid membrane-bound structures released from host cells, such as neutrophils, monocytes, lymphocytes, platelets, epithelial cells, and endothelial cells (ECs), under physiological and pathological conditions [64]. These vesicles may contain biologically active compounds, such as mRNA, miRNAs, DNA, lipids, and assorted proteins. The main function of these EVs is to transport cargo to neighboring or distant cells to support homeostasis [66]. Extracellular

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Once the spike protein has attached to the host cell and replication is complete, SARS-CoV-2 buds in the endoplasmic reticulum–Golgi intermediate compartment (ERGIC) or in the Golgi apparatus (Figure 2). Finally, SARS-CoV-2 can exit the cell via a biosynthetic secretory pathway [68,69]. In Long COVID, SARS-CoV-2 may hide in these EVs and reattack various tissues and organs through the circulatory system. This may contribute to the symptoms of Long COVID [67].

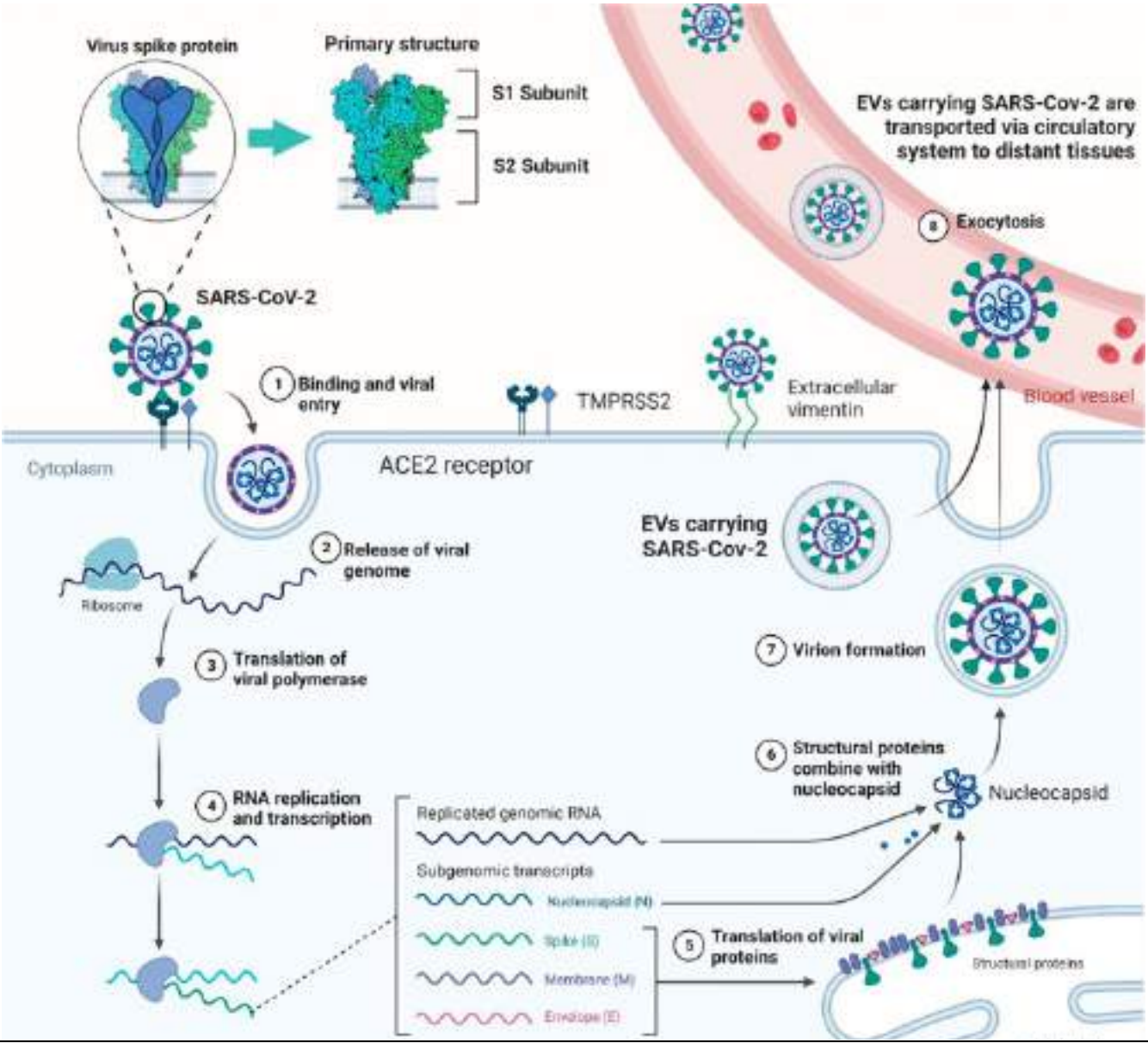

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Figure 2 **Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2): receptor binding, entry into host cell, replication, and transport to other tissues**

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(1) SARS-CoV-2 enters host cells through angiotensin converting enzyme 2 (ACE2) and transmembrane protease serine 2 (TMPRSS2) receptors, as well as extracellular vimentin. The S1 subunit permits receptor binding and S2 facilitates entry and fusion. (2–4) Once inside the host cell, viral replication occurs. (5–8) SARS-CoV-2 buds in the endoplasmic reticulum–Golgi intermediate compartment (ERGIC) or Golgi apparatus and exits the cell via a biosynthetic secretory pathway. SARS-CoV-2 can also hide in extracellular vesicles (EVs) and reattack various tissues and organs through the circulatory system. Figure created with BioRender (https://biorender.com/).

Reactivation of latent viruses

It is well understood that, as with dormant bacteria [46,70], humans can harbor dormant viruses that persist in a latent form without causing pathology [49]. These dormant viruses may reactivate under conditions of stress or immunosuppression [20,49,71]. If the immune response is weakened, challenged, or dysregulated, these dormant viruses may become reactivated and alter human gene expression, protein production, and immune regulation [49]. This sequence of events allows the virus to infect new body sites and drive new chronic symptoms. This has also been demonstrated during and after COVID-19 infection, where previously dormant viruses, such as EBV, herpes simplex virus, and HCV, are reactivated in various organs [49,72,73]. These

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mellitus (T1DM), and may be one explanation for why some patients develop chronic conditions after COVID-19 infection [49].

Bacteriophage-like actions of SARS-Cov-2

Previously, it was assumed that SARS-CoV-2 can only replicate and survive in mammalian eukaryotic cells. However, it has recently been suggested that SARS-CoV-2 can infect and replicate in gut bacteria, indicating that the virus could act in a sense as a bacteriophage [74]. This could result in a particular and potent type of viral persistence, and may also partly explain the gut dysbiosis seen in patients with Long COVID, because the bacteriophagic action of SARS-Cov-2 can directly promote the replication of certain bacteria, causing an imbalance in the gut microbiota [74]. This may further contribute to the chronic inflammation, endothelial dysfunction, and hypercoagulation seen in Long COVID.

Host factors

Chronic inflammation and immune dysregulation

In response to the virus in acute COVID-19, the immune system stimulates polyclonal T cell activation and the release of different inflammatory molecules, such as cytokines, interleukins, and chemokines [75,76]. This event is known as a cytokine storm [75,77], and is a distinct immunopathological feature of COVID-19. As the cytokine storm intensifies, high levels of inflammatory molecules, such as serum amyloid A (SAA), von Willebrand factor (VWF), interleukin (IL)-6, IL-8, IL-10, and tumor necrosis factor alpha (TNF-α) are increased drastically [75].

It has also been shown that severe COVID-19 causes B cell and T cell lymphocyte deficiency, otherwise known as lymphopenia [78]. This can in turn cause hyperinflammation [78,79], because lymphocytes participate in the

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which may further contribute to the chronic immune activation in Long COVID [82].

Autoimmunity

Bacterial and viral infections have been identified as a key environmental trigger in the pathophysiology of autoimmune diseases. Different mechanisms for the generation of autoimmunity following infections have been proposed. These may include epitope spreading, bystander activation, molecular mimicry, and activation of antigen-presenting cells [83]. For instance, T1DM has been associated with coxsackievirus [84] and enteroviruses [85]. HCV has been postulated to be associated with systemic lupus erythematosus [56,86], while molecular mimicry of *Proteus* spp. antigens is closely involved in the pathology of rheumatoid arthritis [87,88].

Evolving data suggest that autoimmunity contributes to the pathophysiology of SARS-CoV-2 infection, both during the acute illness and in Long COVID. For instance, similar to pre-eclampsia [89], antiphospholipid autoantibodies have been detected in 52% of serum samples of hospitalized patients; this directly correlates with neutrophil hyperactivity and more severe clinical outcomes [90]. Numerous studies have also identified autoantibodies against interferons, neutrophils, and cyclic citrullinated peptides [90–93].

Functional autoantibodies targeting G-protein-coupled receptors (GPCR-AAbs) have also been demonstrated in the sera of patients with COVID-19; these are associated with disease severity [94–96]. In a pilot study, the neutralization of GPCR-AAbs improved capillary impairment and fatigue after COVID-19 infection [97].

Mast cell activation

The hyperinflammatory responses in acute COVID-19 infection and Long

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body systems. Unregulated release of chemical mediators produces a multitude of symptoms, including food allergies, urticaria, gastrointestinal upset, shortness of breath, and wheezing, all of which are reported in Long COVID [99]. The proposed mechanisms whereby MCAS is triggered in Long COVID include dysregulation of genes by SARS-CoV-2, resulting in the loss of genetic regulation of mast cells, as well as development of autoantibodies which react with immunoglobulin receptors on mast cells [100,101].

Melatonin deficiency

Melatonin is a sleep hormone with several attributes that help combat viral infection. It has been shown that melatonin effectively subdues an overactive innate immune response, thereby downregulating inflammation [102,103]. It also endorses the adaptive immune reaction, resulting in enhanced antibody formation, thereby inhibiting the entrance of viruses into cells and limiting their replication [102]. This has also been demonstrated in acute SARS-CoV-19 infection, where patients with higher levels of melatonin had lower mortality [102]. It could be argued that if a patient has melatonin deficiency, they may be at increased risk of developing Long COVID. Based on the results of previous studies of melatonin in other viral infections, as well as its role in a variety of chronic inflammatory diseases [104], it could be used to help prevent and treat COVID-19 and Long COVID [105].

Connective tissue abnormalities

As mentioned previously, various autoantibodies have been found in the systemic circulation of patients with Long COVID. In fact, connective tissue disorders, such as arthritis, lupus, and myositis, have been reported after COVID-19 [106]. These may be precipitated by autoantibodies attacking connective tissue and muscle [106]. In those with Ehlers–Danlos syndrome (EDS) and hypermobility spectrum disorder (HSD), the high levels of inflammation present in Long COVID may result in increased connective tissue

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manifest, for example, with an ME/CFS-like picture due to cranio-cervical instability.

Downstream impacts

Tissue damage due to initial COVID-19 infection

Given that SARS-CoV-2 is airborne, it was anticipated at the beginning of the pandemic (and found) that lung injury would be common in patients. However, an unforeseen complication of the virus was the multiorgan impairment that it caused [107]. Structural brain and metabolic abnormalities were reported among survivors of COVID-19, which were directly associated with ongoing neurological symptoms, such as memory loss, anosmia, and fatigue [107,108]. Cardiac abnormalities and myocardial inflammation were observed in 78% of participants who were discharged from hospital, indicating cardiac injury [109]. Other radiological abnormalities were observed in the lungs, liver, pancreas, kidneys, and spleen persisting for a minimum of 2–3 months after hospital discharge [107,110–112].

While the initial acute infection can cause severe tissue and organ damage, this does not fully explain the diverse abnormalities seen in Long COVID. There is mounting evidence that the organ involvement seen in COVID-19 occurs due to spread of the virus by the oro-systemic route [113]. Virus contained in the mouth may spread to different organs through the blood. The distribution of the illness in the organs lends weight to this argument. For example, abnormalities in the lungs are predominantly seen in the peripheral and basal regions, reflecting the areas that are most perfused but least aerated [113]. The most aerated areas (the apices) are spared, which is against spread by inhalation from the upper airway. It is likely that, once the virus has found its way into the organs, it stimulates microvascular *in situ* thrombosis, leading to the multiple clinical features and radiological appearances of acute COVID [114]. Continuation of

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Autopsy results of lungs from individuals deceased from COVID-19 have shown significant pulmonary vascular changes, extensive endothelial damage, and thrombosis [115]. The extent of pulmonary vascular shunting in patients with COVID-19 is strongly correlated with poor oxygenation of blood passing through the lungs [116]. The resultant systemic arterial hypoxemia can cause tissue hypoxia throughout the body [117,118]. Under these hypoxic conditions, immune cells may be triggered to produce inflammatory cytokines, which may further intensify capillary dysfunction. Not only does hypoxia in the lung indirectly cause tissue hypoxia across the entire body, but SARS-CoV-2 may also bind to ECs across various tissue types, altering cell morphology and inducing ECs to undergo apoptosis. For instance, in the heart, endothelial dysfunction is associated with EC swelling in small arterioles, capillaries, and venules, as well as scattered necrosis of individual myocytes [119]. In the brain, infection of the microvascular endothelium in the subcortical white matter is associated with microscopic ischemic and hemorrhagic lesions [120].

Due to the chronic inflammatory milieu in Long COVID, neutrophils may cause capillary obstruction, which can stall blood flow. This happens because neutrophils are larger than erythrocytes and the average capillary diameter; thus, when excessively activated, they can obstruct capillary flow [121]. It has been demonstrated that neutrophil adhesion in brain capillaries may impair brain function and can produce a substantial decline in cerebral blood flow in animal models [122]. In Long COVID, neutrophil degranulation is upregulated, suggesting continued inflammatory responses and immune dysregulation even after acute COVID [123]. Therefore, as seen in acute COVID, the adhesion of hyperactivated neutrophils to capillaries within the lungs, brain, heart, and other organs may contribute to the symptoms seen in Long COVID [124].

Patients with Long COVID may present with fibrin amyloid microclots that promote tissue hypoxia and impaired oxygen exchange [1,8,12,125]. These

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known as ischemia–reperfusion injury [125]. This process involves the production of reactive oxygen species (ROS), which increase oxidative stress [126,127]. Oxidative stress refers to an imbalance between the rate of production of ROS and reactive nitrogen species and their elimination via antioxidants [125]. Oxidative stress is known to promote the production of inflammatory cytokines, and vice versa, producing a vicious cycle [125,128,129]. If this persists and is not treated appropriately, tissue hypoxia may linger for months and contribute to the multitude of symptoms seen in Long COVID [1,8,12,125].

Since a previous review [125] covered this in some detail for both acute and Long COVID, we review only briefly some of the evidence for tissue hypoxia, which includes low venous saturation [130], heart rate variability, markers of oxidative stress continent on hypoxia, lactate accumulation [131,132], biomarkers of ischemia–reperfusion injury, poor oxygen transfer [112], as well of the benefits of therapies designed to alleviate tissue hypoxia [125]. Overall, we would regard the breadth and extent of such evidence as both mechanistically integrated and compelling.

SARS-CoV-2 interactions with the host microbiome

Several studies suggest that COVID-19 promotes microbiome/virome dysbiosis that could result in persistent symptoms. One study revealed that the microbiome in the bronchoalveolar fluid of patients with COVID-19 showed increased pathogenic bacteria and higher levels of oral and upper respiratory commensal bacteria compared with healthy controls [133]. Furthermore, the gut microbiome of patients with COVID-19 is characterized by the augmentation of opportunistic pathogens and the reduction of beneficial species [134].

Microbiome/virome dysbiosis can disturb the homeostasis and functioning of host signaling pathways in a way that may facilitate chronic disease

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blood, where their presence can contribute to a range of systemic inflammatory processes. This can result in endothelial damage and hypercoagulation [135].

Autonomic nervous system dysfunction

Symptoms consistent with dysautonomia are commonly reported by patients with Long COVID. Although the rate of formal diagnosis of autonomic dysfunction varies widely [137–140], it is a significant cause of symptom burden for patients with Long COVID and consensus guidelines for management have been developed [37]. Patients with Long COVID display high rates of symptoms consistent with dysautonomia, such as orthostatic intolerance, fatigue, palpitations, cognitive impairment, nausea, and temperature dysregulation [34,141]. Data on heart rate variability (HRV), which is a measure of parasympathetic nervous system health, have demonstrated that patients with Long COVID have a lower HRV compared with matched controls [142].

There are multiple potential causes for dysautonomia in Long COVID:

- Relative hypovolemia due to failure of peripheral vasoconstriction is a feature of both postural orthostatic tachycardia syndrome (POTS) and orthostatic hypotension (OH) [143,144]; this causes reduced stroke volume and cardiac output, resulting in impaired tissue oxygen supply. This can result in a compensatory sympathetic overdrive and tachycardia.
- Cerebral hypoperfusion: a recent series of nine patients with Long COVID demonstrated that orthostatic intolerance, cerebral hypoperfusion (as measured by transcranial Doppler ultrasound) and dysautonomia [as measured by the Quantitative Scale for Grading of Cardiovascular Autonomic Reflex Tests and Small Fibers from Skin Biopsies (QASAT) score] were present in all patients regardless of whether they met criteria for POTS or OH [145]. This is also consistent with studies of impaired cerebral perfusion in ME/CFS [146–148]. Therefore, a reliance on criteria for POTS and OH is likely to miss many cases of dysautonomia in Long COVID.

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the condition [150–152]. We suggest that SFN in Long COVID results from autoantibodies [153] (which have previously been associated with POTS and OH) [154–158] or from ischemia of small fibers due to microclots.

- Damage due to direct infection or inflammation: SARS-CoV-2 is known to infect and produce its RNA and spike proteins widely in both the peripheral and central nervous system [159]. Damage associated with past infection, or persistent infection of the vagus or trigeminal nerves, may be a driver of dysautonomia symptoms [160,161].

Figure 3 illustrates the complex interactions between the pathophysiology described in the previous sections and the symptoms that patients with Long COVID exhibit.

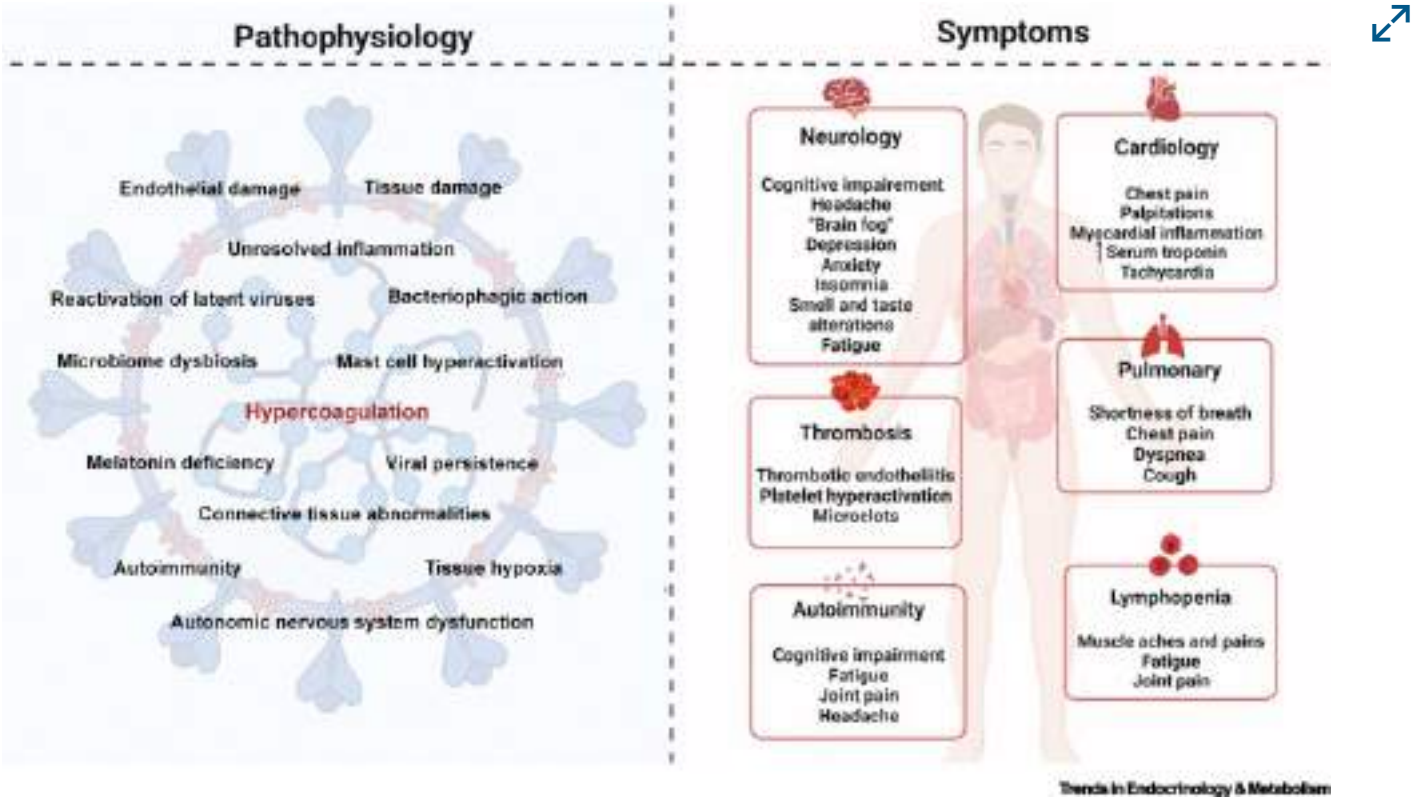

Figure 3 Possible pathophysiological factors of Long COVID and resulting symptom

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Interaction between systemic inflammation and coagulation

The processes of systemic inflammation and hypercoagulation are interdependent, as demonstrated by the interactive crosstalk between these systems. Under normal physiological conditions, these systems function as protective mechanisms and are closely regulated. Dysregulation may occur within these systems as a result of chronic systemic inflammation and thrombotic complications. When a pathogen invades the host, or if tissue injury occurs, an inflammatory response is elicited to eliminate the insult and promote healing and tissue repair. However, if the inflammatory process is not properly resolved, acute inflammation may transition to a chronic state. The coagulation cascade can be activated due to the consequent increase in proinflammatory cytokines.

An important molecule in the context of inflammation-induced coagulation is tissue factor (TF) [162]. The tenase complex, comprising TF and factor VIIa, activates the extrinsic coagulation pathway, resulting in the generation of thrombin. Toward the end of the coagulation cascade, thrombin catalyzes the conversion of soluble fibrinogen to insoluble fibrin. Proinflammatory cytokines can upregulate the expression of TF [163]. In addition, chronic systemic inflammation promotes the suppression of certain anticoagulant mechanisms, including the antithrombin and protein C pathways [164,165]. Likewise, fibrinolytic activity may be suppressed due to a rise in PAI-1 levels [166–168] fueled by proinflammatory molecules [165]. In summary, chronic systemic inflammation may alter the hemostatic balance to a prothrombotic state [169].

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activated endothelium and induce the synthesis and expression of cell adhesion molecules [170,171]. These molecules have a critical role in the extravasation of leukocytes to sites of inflammation. Moreover, activated coagulation factors can also provoke an inflammatory response by interacting with immune cells to induce the production of inflammatory cytokines [172,173].

Platelets also have a role in regulating and facilitating inflammation. Inflammatory molecules can bind to specific receptors on platelets and activate them to release their granular content, which comprises procoagulant and proinflammatory molecules. Platelets are also implicated in the recruitment of leukocytes and the regulation of vascular permeability [174].

Abnormalities of coagulation in Long COVID

Fibrinaloid microclots

The processes of normal blood clotting are well established. The terminal steps involve the self-assembly of fibrinogen molecules that have been cleaved by thrombin into long fibers [175,176]. It has been established that blood sometimes clots into anomalous forms, previously referred to as ‘dense matted deposits’; these anomalous microclots are resistant to fibrinolysis (proteolysis) [177]. It was subsequently recognized that this anomalous form was in fact amyloid in character [178]. These fibrinaloid microclots or fibrin(ogen) aggregates have also been reported in the plasma of patients with T2DM [179], ME/CFS [180], acute COVID-19 [1,181,182], and Long COVID [1,8,10–12]. These microclots, along with hyperactivated platelets, are likely to be contributing to the thrombotic and systemic inflammatory manifestations of these diseases.

It has also been demonstrated that the isolated SARS-CoV-2 spike protein S1

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effects without being taken up by cells [10]. Figure 4 shows representative micrographs of purified fluorescent fibrinogen with added thrombin after exposure to spike protein. Here, we can see dense fibrin clots forming (green, fluorescent signal) in the presence of spike protein. In platelet-poor plasma (PPP) with and without thrombin, the green fluorescent Thioflavin T (ThT) signal indicates areas of amyloid deposit formation. Microfluidics demonstrate that spike protein can generate a disorderly clotted mass when added to PPP (Figure 5) [10]. The microclots cover most of the channel and often protrude into the center of the flow channel, thereby disrupting flow [10]. Aside from the fact that the SARS-CoV-2 S1 spike protein can directly induce the formation of fibrinaloid microclots in healthy PPP samples, these microclots have also been observed in patients with acute COVID-19 or Long COVID. The microclots are very resistant to digestion protocols [177,178]. Amyloid protein structures are known to be naturally recalcitrant to proteolysis [178]. However, by way of contrast, microclots in T2DM (and the few that may be present in plasma samples of healthy participants), degrade with standard protein digestion protocols [1].

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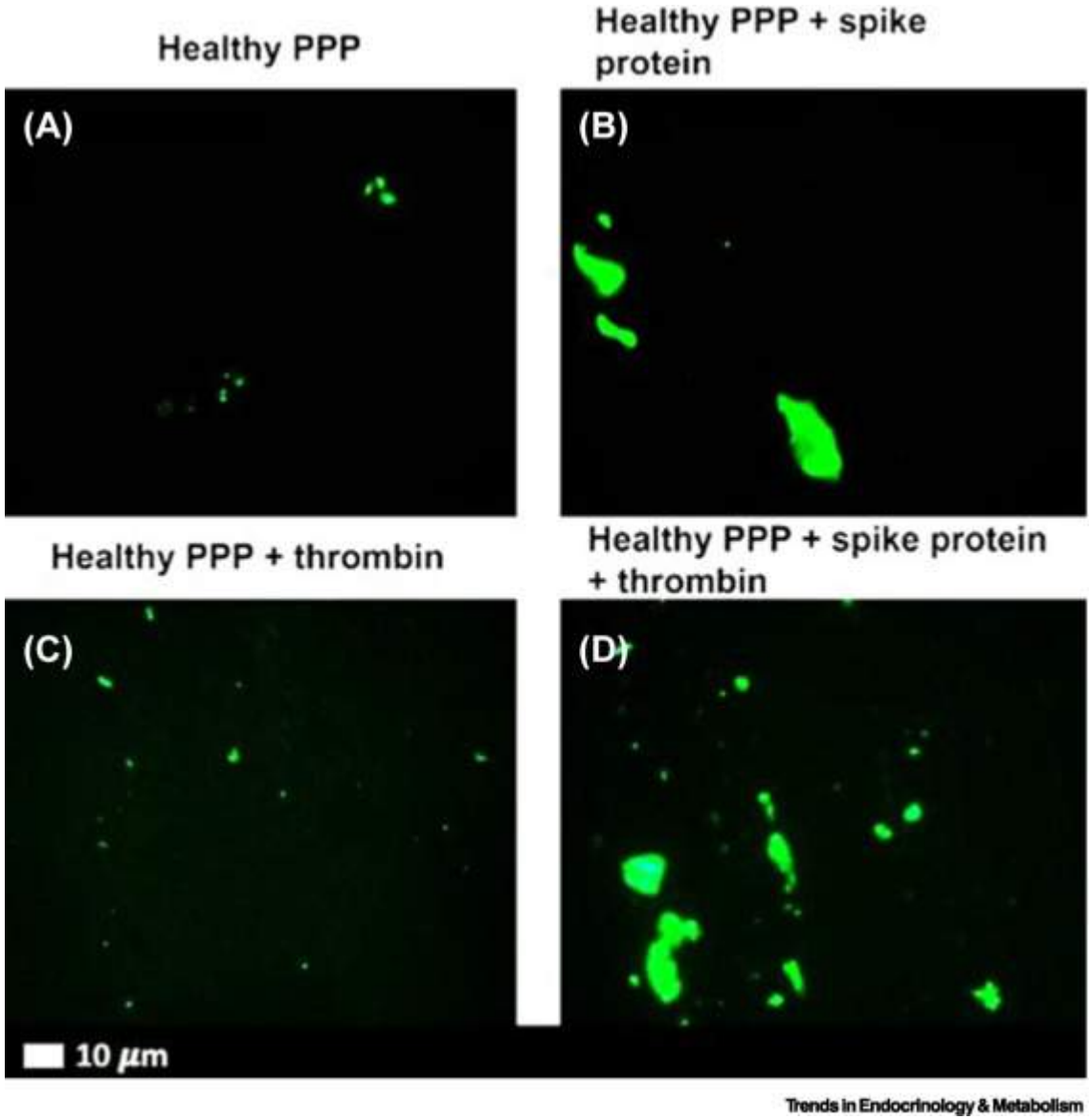

Figure 4 **Representative fluorescence micrographs of platelet-poor plasma (PPP) from healthy individuals after addition of Thioflavin T (green fluorescent signal).**

Show full caption

(A) PPP smear. (B) PPP with spike protein. (C) PPP with thrombin to create extensive fibrin clot. (D) PPP exposed to spike protein followed by addition of thrombin. Reproduced from [10]

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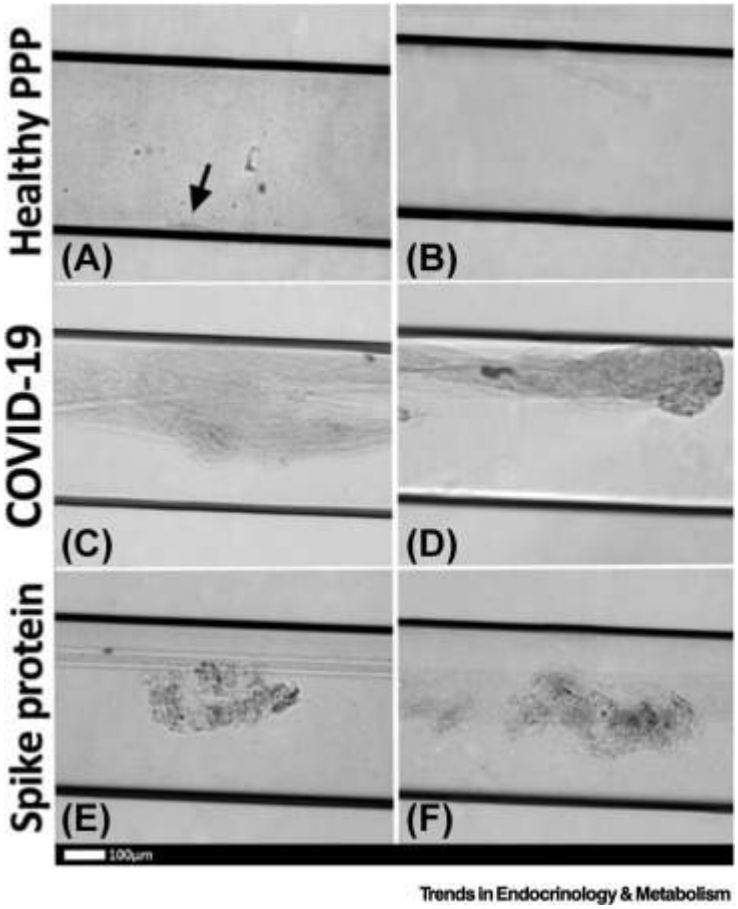

Figure 5 **Representative micrographs of platelet-poor plasma (PPP) microclots in microfluidic chambers coated with thrombin.**

Show full caption

(A) Healthy PPP clot, with small clot formation (arrow), with (B) no clot formed in the healthy PPP sample. (C,D) Examples of clots from Coronavirus 2019 (COVID-19) PPP samples and (E,F) healthy PPP clot with spike protein. Reproduced from [10].

Numerous inflammatory molecules trapped inside Long COVID microclots have

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platelet factor 4 (PF4), serum amyloid A (SAA), various fibrinogen chains, as well as numerous antibodies [1,8,12].

If the coagulopathy during the acute phase of the disease is not adequately treated, the resulting impaired oxygen exchange and tissue hypoxia may linger for months [116]. This may explain the multiorgan manifestations of Long COVID. [1,8,12]. Figure 6 illustrates the presence of fibrinaloid microclots and hyperactivated platelets in patients with Long COVID.

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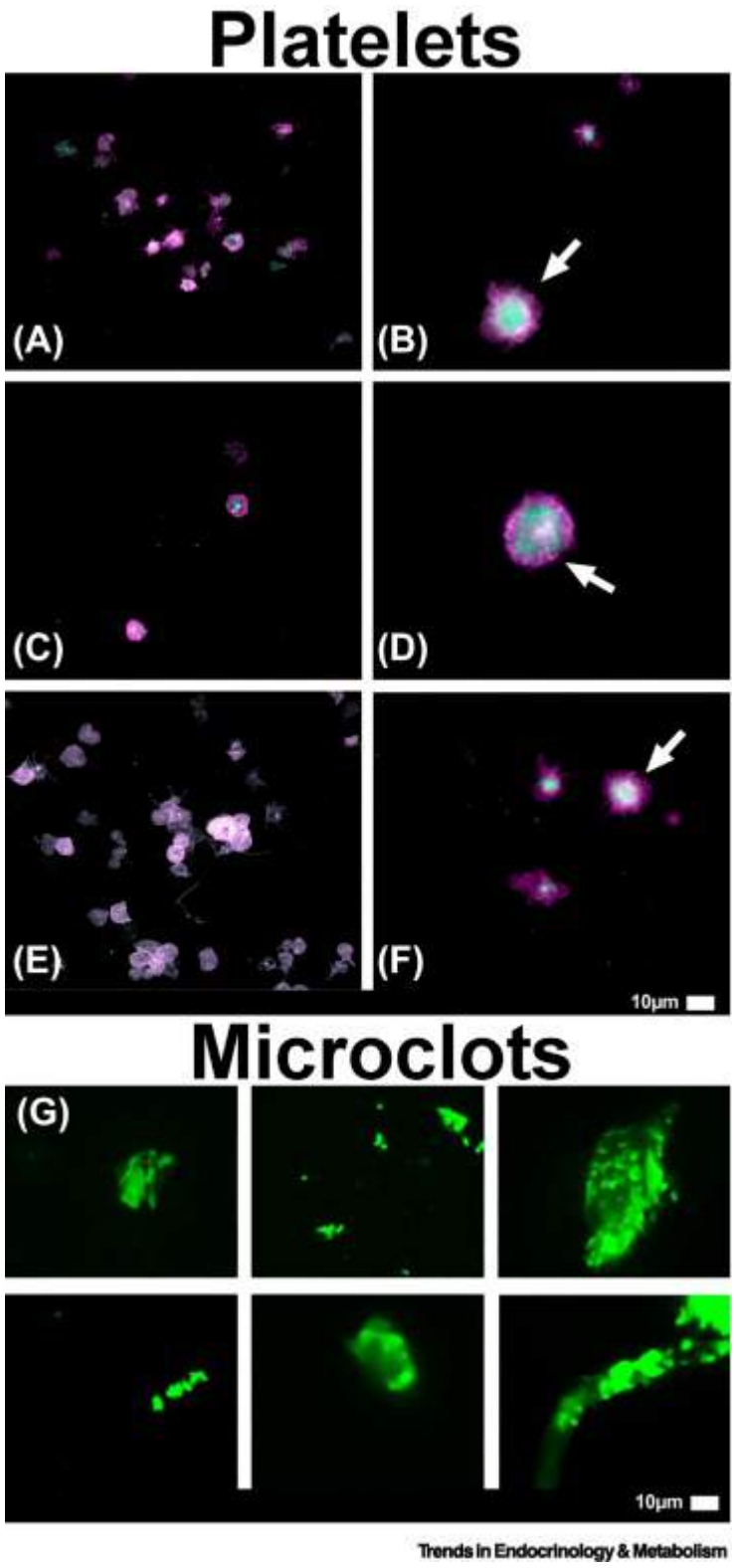

Figure 6. Representative micrographs of samples from patients with Long COVID showing (A–F)

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Platelets are fundamental to blood clotting and directly interact with red blood cells and the vascular endothelium. When platelets are hyperactivated, as displayed by the arrows, this promotes blood clotting and the attachment of microclots to the endothelium. The fluorescent marker, Thioflavin T, binds to misfolded protein and causes the microclots to fluoresce green. These large microclots (>10 μm) may cause severe pathology and block capillaries. Reproduced from [1,8].

Dysregulated coagulation due to endothelial damage and dysfunction

Recent research has shown that endothelial inflammation, otherwise known as endothelialitis, in COVID-19 may have long-term consequences for vascular function [18]. Endothelial damage and dysfunction are observed in Long COVID and have been shown to be strong correlates of the disease [183]. Certain EC biomarkers, such as VWF and Factor VIII, are significantly elevated in patients recovering from COVID-19. Eight months after mild-to-moderate COVID-19 infection, other endothelial markers, such as ET-1 and angiopoietin-2, were dysregulated in patients with Long COVID [18].

In acute COVID-19, it has already been established that endothelial dysfunction and impairment of the microcirculation are present [184,185]. SARS-CoV-2 directly impairs vascular homeostasis by infecting ECs via the ACE-2 receptor [185]. The Ang II hyper-reactivity that this provokes leads to a flare of inflammation and progression of fibrosis [186]. Upregulated inflammatory mediators within the endothelial matrix also indirectly contribute to endothelialitis and EC injury [187].

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connexin channels and upstream vascular smooth muscle cells. In addition, the capillary endothelium is protected by a glycocalyx matrix that acts as a fluid barrier; elevated inflammatory mediators in Long COVID may cause shedding of this glycocalyx, causing profound changes in microvascular resistance and capillary hemodynamics [102].

The vascular endothelium serves as a central interface between inflammation and coagulation, with a crucial role in the regulation of two systems. Under normal physiological conditions, the intact endothelium has anti-inflammatory properties and expresses anticoagulant proteins [188,189]. However, in Long COVID, it is hypothesized that cryptic SARS-Cov-2 reservoirs and various inflammatory molecules bind to receptors on ECs [190]. This may cause the endothelium to become activated and to upregulate the expression of cell adhesion molecules, such as ICAM-1, VCAM-1, selectins (E-selectin and P-selectin), inflammatory mediators, and procoagulant factors, while weakening the expression of anticoagulant factors [10]. Cytokines can also directly stimulate TF and the formation of neutrophil extracellular traps (NETs) to induce thrombosis [191,192]. Additionally, the inflamed endothelium promotes adhesion and hyperactivation of platelets [193]. SARS-Cov-2 can also directly bind to platelets via the ACE2 and TMPRSS2 receptors to promote platelet activation, adhesion, and aggregation, thereby causing increased coagulation [194]. Moreover, platelets can also become hyperactivated due to upregulation of inflammatory and adhesion molecules.

Autopsy studies have revealed the extensive effects of SARS-CoV-2 infection on ECs., including endothelialitis, endothelial damage, capillary inflammation, and thrombosis [183]. Endothelial damage may increase cell permeability and leukocyte adhesion while inhibiting anticoagulant properties. Previous studies showed that antithrombin III, tissue factor pathway inhibitor, and activated protein C (APC) are significantly decreased in the context of endothelial

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surface, promoting neutrophil recruitment that may contribute to thrombosis [197].

Dysregulated coagulation due to viral persistence

As previously mentioned, SARS-CoV-2 may hide in EVs to reattack various tissues through the circulatory system. Apart from their important function as transporters, EVs also have a vital part in inflammation, coagulation, and immune regulation. It has been demonstrated that extracellular vesicle-TF (EV-TF) activity is significantly upregulated in patients hospitalized with COVID-19. Furthermore, TF-positive EVs are released into the circulation, which may lead to thrombosis [198]. In addition, previous studies have demonstrated that PS exposure in the outer membrane of the cell membrane due to viral infection may also promote activation of coagulation [199]. PS is a membranous phospholipid normally found in the inner membrane of a double cell membrane. When vascular ECs and circulating blood cells are damaged, the lipid distribution is altered in the membrane and PS moves from the inner to the outer membrane. When PS is exposed in the outer cell membrane, it creates a catalytic surface for clotting factors, which facilitate the conversion of prothrombin to thrombin [200]. In addition, PS externalization in patients with COVID-19 is strongly associated with increased D-dimer levels and patients with thrombosis have significantly higher PS externalization compared with patients without thrombosis [201]. This further implies that EVs may carry SARS-CoV-2 to distant tissues, reinjuring the vascular endothelium. Figure 7 illustrates how EVs may promote endothelial damage and platelet hyperactivation and subsequently cause abnormal coagulation.

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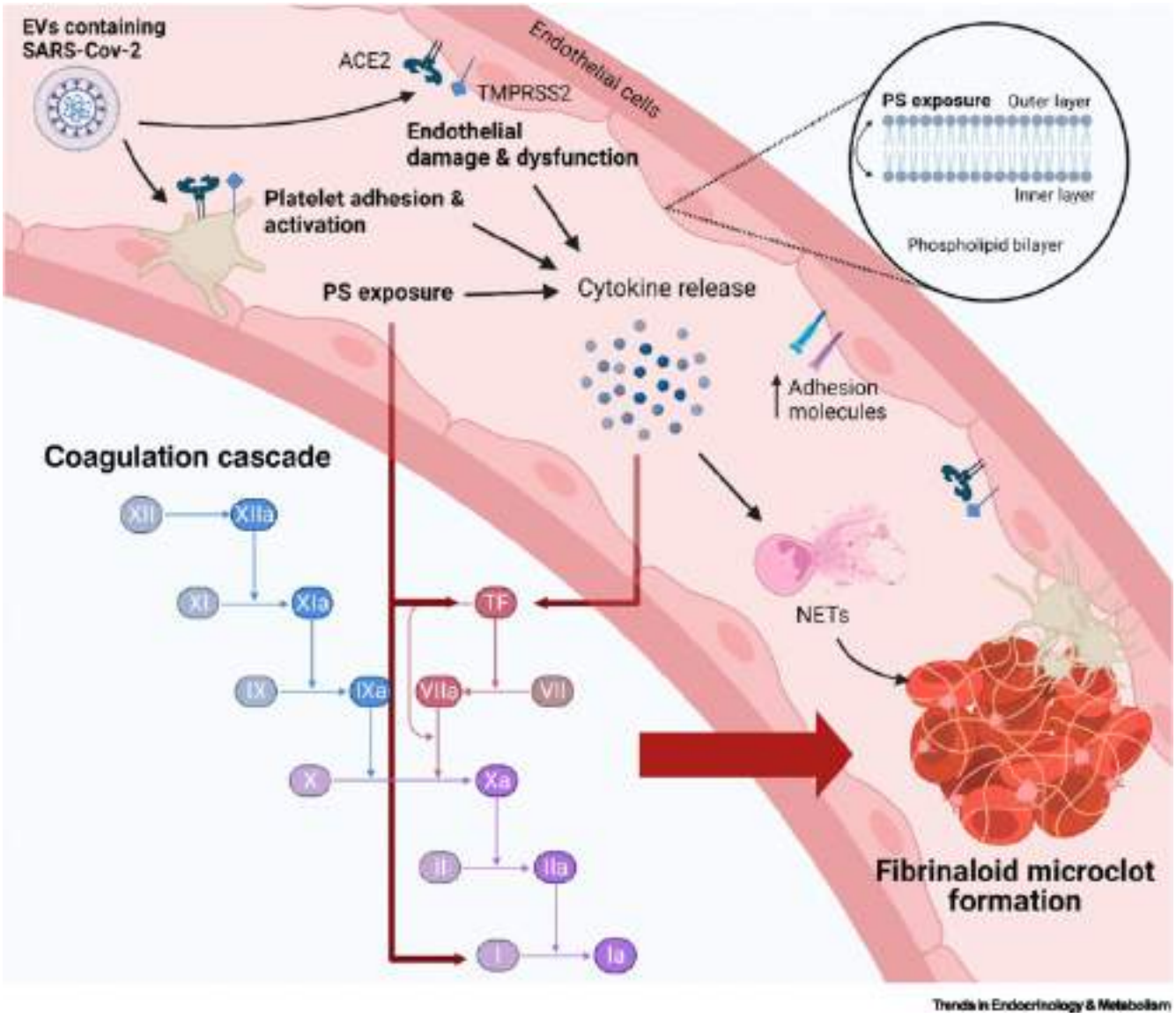

Figure 7 **Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) may bind to endothelial cells and platelets via the angiotensin converting enzyme 2 (ACE2)/transmembrane protease serine 2 (TMPRSS2) receptors to promote endothelial dysfunction and platelet hyperactivation, thereby promoting the activation of the coagulation cascade and formation of fibrinaloid microclots.**

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In Long COVID, SARS-CoV-2 may hide in extracellular vesicles (EVs) and

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receptors, it causes endothelial dysfunction and platelet hyperactivation. This may lead to phosphatidylserine (PS) exposure in the outer cell membrane. PS exposure can directly promote certain factors within the coagulation cascade, such as tissue factor (TF). TF is also a complex with FVIIa, and provides binding sites for procoagulant complexes, leading to the formation of thrombin. Thrombin is the final step in the coagulation cascade, which promotes conversion of fibrin to fibrinogen, causing blood coagulation. Furthermore, endothelial damage and PS exposure also causes endothelial cells and platelets to further produce various cytokines, resulting in chronic systemic inflammation. Cytokines can also directly stimulate TF within the coagulation cascade as well as the formation of neutrophil extracellular traps (NETs) to induce thrombosis. SARS-CoV-2 persistence promoting chronic inflammation in Long COVID may be a mechanism that stimulates endothelial cells, platelets, and other inflammatory cells. This promotes the upregulation of procoagulant factors within the coagulation cascade and, ultimately, the formation of fibrinaloid microclots that are resistant to fibrinolysis. Figure created with BioRender (https://biorender.com/).

Dysregulated coagulation due to autoimmunity

Autoantibodies that promote thrombosis have recently been recognized as an important factor in Long COVID [202]. Antiphospholipid (APL) antibodies, in particular, promote thrombosis by stimulating neutrophils to release NETs and by activating ECs and platelets [73,202]. It was previously also shown that APL antibodies can directly cause endothelial damage by binding to receptors on ECs [203]. When APL antibodies bind to these receptors on the endothelial wall, they inhibit nitric oxide synthase (NOS) production, thereby decreasing the production of NO [204]. NO is known for its anti-inflammatory and vasodilatory properties. The reduction in NO production may contribute to endothelial

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vascular integrity and increased platelet aggregation, causing hypercoagulation [205]. Therefore, it is not surprising that markers of endothelial activation/damage, such as VWF, have been shown to correlate with disease severity in Long COVID [206].

Dysregulated coagulation due to chronic hypoxia and persistent inflammation

Hypoxia is a condition in which sufficient oxygen is not available to tissues to support satisfactory homeostasis [207]. This can result from insufficient oxygen delivery to the tissues and organs (due to low blood supply or low oxygen content within the blood), and increased tissue oxygen demand. The response and tolerance to hypoxia is variable; while some tissues/organs can tolerate some forms of hypoxia for a longer period, other tissues may be seriously damaged.

Chronic hypoxia within tissue may also promote hypercoagulation. It may trigger transcription factor early growth response-1, upregulate TF expression, and promote the expression of PAI-1, thereby increasing coagulation [208]. Chronic hypoxia can also promote apoptosis of ECs. This reduces endothelial anticoagulant properties, vascular permeability, leukocyte adhesion, and microparticle production [208].

Chronic inflammation in Long COVID can also stimulate ECs, platelets, and inflammatory cells to produce inflammatory cytokines and procoagulant factors [8]. This chain of events can damage the protective function of the vascular endothelium, consequently causing abnormal coagulation [208].

Priorities

In this review, we have described the multiple pathophysiological factors at play

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feature of COVID-19 disease. In fact, we would argue that, while there may be many mechanisms at play in the pathogenesis of Long COVID, a dominant pathological process driving symptom burden is a thrombotic endothelialitis. This induces a systemic prothrombotic state with the formation of anomalous circulating fibrinaloid microclots and hyperactivated platelets, driven by elevated levels of procoagulant inflammatory molecules, which interact with each other as well as with platelets and the endothelium.

Several studies have demonstrated a significant increase in the incidence of thromboembolic phenomena after COVID-19 infection [209–211]. A study of the electronic health records of 48 million adults across England and Wales revealed that, in the week following acute COVID-19, the adjusted hazard ratios for first arterial thrombosis and first venous thrombosis were 28.7 and 33.2 times, respectively that of those with no COVID-19 diagnosis. While the risk diminished over time, it remained elevated up to 49 weeks after diagnosis [211]. An analysis of 11.7 million US Veterans' health records, including over 153 000 who had acute COVID-19 infection, revealed a significantly increased risk of adverse cardiovascular outcomes, including thrombosis-related diseases, such as myocardial infarction, acute coronary syndrome, pulmonary embolism, and stroke at 1 year [212]. The hazard ratio remained elevated in 'mild' cases and in younger patients with no underlying health issues.

Despite the extensive body of research into the condition, there are currently no validated evidence-based treatments for Long COVID. There clearly needs to be further research into the pathophysiological mechanisms; however, given the scale and debilitating nature of the condition, this should not delay good-quality trials of candidate treatments. High caliber research can (and should) be accelerated; this was demonstrated during the first year of the pandemic with trials, such as RECOVERY, which identified effective treatments for acute COVID-19 [213]. A recent comprehensive review of Long COVID identified

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exclusion criteria for studies; appropriate representation of disadvantaged groups; and patient engagement at all stages of research, beginning with study design [13].

There needs to be a multipronged treatment agenda for Long COVID treatment trials, incorporating drugs targeting all potential mechanisms, including viral persistence, autoimmunity, immune dysregulation, and gut dysbiosis. However, given the pathophysiology of the disease and the clearly increased risk of thrombotic events, attention needs to be paid to the endothelialitis and coagulation abnormalities as a priority. There are promising pilot data for improvement in symptoms and endothelial function with the drug sulodexide [214]. Initial observational experience with triple anticoagulant therapy to address the anomalous clotting is also encouraging [8]. A pilot study of the drug Pycnogenol® demonstrated improvements in endothelial function, microcirculation, inflammatory molecules, oxidative stress, and symptoms [215]. For any of these drugs to be adopted widely, these results need to be replicated further in randomized controlled trials. Finally, heparin-induced extracorporeal lipoprotein (HELP) apheresis has been proven to reduce hypercoagulability and inflammatory molecules in cardiovascular disease; while there is potential for its use in Long COVID [216], the treatment is expensive and not widely accessible, and so far there are no objective data of its efficacy in Long COVID.

In parallel with treatment trials, it is necessary to develop validated, accessible methods for detecting and tracking endothelialitis, microclots, and platelet hyperactivation to aid diagnostics and monitor response to treatment (see Outstanding questions). The currently available techniques are expensive and not readily available in clinical settings [1,183,217].

The ongoing search for definitive treatment options does not mean that nothing can be done to help patients in the meantime. There is plenty that clinicians can offer. In the first instance, care must be taken to 'do no harm' by determining

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graded exercise therapy (GET) or cognitive behavioral therapy (CBT). These treatments have been shown to be harmful and/or ineffective and several guidelines explicitly advise against them [36,218]. Once the patient has been subtyped, symptomatic treatment should be offered depending on the presentation [13], such as antihistamines for MCAS [219], and cardiac rate-limiting medication for dysautonomia [37,220]. The response to therapy should be reviewed on a regular basis, with treatments titrated/stopped/substituted as appropriate.

Concluding remarks

Long COVID is a multisystem disease with debilitating symptoms, which has had a profound impact on society and the global economy. There are several potential pathophysiological mechanisms, some of which may be causative and others likely to be epiphenomena. These include viral factors, host factors, and downstream impacts. These mechanisms interact with the vascular endothelium to induce a persistent thrombotic endotheliopathy with systemic hypercoagulability. This may promote the formation of fibrinaloid microclots, platelet hyperactivation, and endothelial dysfunction, which can lead to various clotting pathologies. Currently, there are no definitive treatments for the condition. There is a pressing need for randomized placebo-controlled trials of therapeutics targeting the dysregulated coagulation and endotheliopathy, especially given the increased long-term risk of thromboembolic outcomes (see Outstanding questions).

Outstanding questions

How can we accelerate clinically defined inclusion and exclusion criteria for

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How can we ensure appropriate representation of disadvantaged groups with Long COVID, and patient engagement at all stages of research, beginning with study design?

How can we accelerate diagnosis and clinical trials to test treatment regimens? Despite the extensive body of research into the condition, there are currently no validated evidence-based treatments for Long COVID.

How can we build on existing knowledge from similar conditions, such as ME/CFS?

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Author contributions

S.T. and D.P., writing of paper; M.A.K., writing and editing of paper; D.B.K., A.W., editing of paper; E.P., study leader, student supervisor, funding, and

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Declaration of interests

None are declared by the authors.

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Medicina (Kaunas). 2024 Jan 23;60(2):194. doi: 10.3390/medicina60020194.

Microvascular Capillary and Precapillary Cardiovascular Disturbances Strongly Interact to Severely Affect Tissue Perfusion and Mitochondrial Function in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Evolving from the Post COVID-19 Syndrome

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Affiliations

PMID: 38399482 PMCID: PMC10890404 DOI: 10.3390/medicina60020194

Abstract

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a frequent, debilitating and still enigmatic disease. There is a broad overlap in the symptomatology of ME/CFS and the Post-COVID-19 Syndrome (PCS). A fraction of the PCS patients develop the full clinical picture of ME/CFS. New observations in microvessels and blood from patients suffering from PCS have appeared and include microclots and malformed pathological blood cells. Capillary blood flow is impaired not only by pathological blood components but also by prothrombotic changes in the vascular wall, endothelial dysfunction, and the expression of adhesion molecules in the capillaries. These disturbances can finally cause a low capillary flow and even capillary stasis. A low cardiac stroke volume due to hypovolemia and the inability of the capacitance vessels to adequately constrict to deliver the necessary cardiac preload generate an unfavorable low precapillary perfusion pressure. Furthermore, a predominance of vasoconstrictor over vasodilator influences exists, in which sympathetic hyperactivity and endothelial dysfunction play a strong role, causing the constriction of resistance vessels and of precapillary sphincters, which leads to a fall in capillary pressure behind the sphincters. The interaction of these two precapillary cardiovascular mechanisms causing a low capillary perfusion pressure is hemodynamically highly unfavorable in the presence of a primary capillary stasis, which is already caused by the pathological blood components and their interaction with the capillary wall, to severely impair organ perfusion. The detrimental coincidence of microcirculatory and precapillary cardiovascular disturbances may constitute the key disturbance of the Post-COVID-19 syndrome and finally lead to ME/CFS in predisposed patients because the interaction causes a particular kind of perfusion disturbance-capillary ischemia/reperfusion-which has a high potential of causing mitochondrial dysfunction by inducing sodium- and calcium-overload in skeletal muscles. The latter, in turn, worsens the vascular situation through the generation of reactive oxygen species to close a vicious cycle from which the patient can hardly escape.

Keywords: capillary disturbances; exercise intolerance; long COVID; mitochondrial dysfunction; myalgic encephalomyelitis/chronic fatigue syndrome; post-COVID-19 syndrome; post-exertional malaise; precapillary cardiovascular disturbances; ß2AdR dysfunction.

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Figure 1 Association of precapillary cardiovascular

Figure 2 Proposed mechanisms of induction of...

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Multisystem Involvement in Post-Acute Sequelae of Coronavirus Disease 19

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Abstract

Objective

The purpose of this study was to describe cerebrovascular, neuropathic, and autonomic features of post-acute sequelae of coronavirus disease 2019 ((COVID-19) PASC).

Methods

This retrospective study evaluated consecutive patients with chronic fatigue, brain fog, and orthostatic intolerance consistent with PASC. Controls included patients with postural tachycardia syndrome (POTS) and healthy participants. Analyzed data included surveys and autonomic (Valsalva maneuver, deep breathing, sudomotor, and tilt tests), cerebrovascular

(cerebral blood flow velocity [CBFv] monitoring in middle cerebral artery), respiratory (capnography monitoring), and neuropathic (skin biopsies for assessment of small fiber neuropathy) testing and inflammatory/autoimmune markers.

Results

Nine patients with PASC were evaluated 0.8 ± 0.3 years after a mild COVID-19 infection, and were treated as home observations. Autonomic, pain, brain fog, fatigue, and dyspnea surveys were abnormal in PASC and POTS (n = 10), compared with controls (n = 15). Tilt table test reproduced the majority of PASC symptoms. Orthostatic CBFv declined in PASC (−20.0 ± 13.4%) and POTS (−20.3 ± 15.1%), compared with controls (−3.0 ± 7.5%, $p = 0.001$) and was independent of end-tidal carbon dioxide in PASC, but caused by hyperventilation in POTS. Reduced orthostatic CBFv in PASC included both subjects without (n = 6) and with (n = 3) orthostatic tachycardia. Dysautonomia was frequent (100% in both PASC and POTS) but was milder in PASC ($p = 0.002$). PASC and POTS cohorts diverged in frequency of small fiber neuropathy (89% vs 60%) but not in inflammatory markers (67% vs 70%). Supine and orthostatic hypocapnia was observed in PASC.

Interpretation

PASC following mild COVID-19 infection is associated with multisystem involvement including: (1) cerebrovascular dysregulation with persistent cerebral arteriolar vasoconstriction; (2) small fiber neuropathy and related dysautonomia; (3) respiratory dysregulation; and (4) chronic inflammation. ANN NEUROL 2022;91:367–379

Glossary

BRAF-NRS =
: Bristol Rheumatoid Arthritis Fatigue Numerical Rating Scales, V2 Revised

BFS =
: Brain Fog Scale

COVID-19 =
: coronavirus disease 19

CVRi =
: cerebrovascular resistance index

ENFD =

epidermal nerve fiber density

NTSS =

Neuropathy Total Symptom Score-6, SAS

Survey of Autonomic Symptoms

PASC =

post-acute sequelae of COVID-19

POTS =

Postural Tachycardia Syndrome

QASAT =

Quantitative Scale for Grading of Cardiovascular Autonomic Reflex Tests and small fibers from skin biopsies

SARS-CoV-2 =

severe acute respiratory syndrome coronavirus 2

SFN =

small fiber neuropathy

SGNFD =

sweat gland nerve fiber density

Coronavirus disease 19 (COVID-19) is a novel infectious disease caused by severe acute respiratory syndrome coronavirus type 2 (SARS-CoV-2), which incited a global pandemic. Post-acute sequelae of COVID-19 (PASC) is provisionally defined as persistence or worsening of symptoms for >4 weeks or new symptoms attributable to COVID-19, affects 20–60% of patients.[1] Common complaints are fatigue, dyspnea, brain fog, and orthostatic intolerance, and a variety of systemic complaints.[2]

PASC is a multisystem disorder, however, the exact pathophysiology remains poorly understood. Potential mechanisms include post-infectious inflammation, immune-mediated vascular dysfunction, thromboembolism, lung dysfunction, and nervous system dysfunction due to occult neuronal injury during SARS-CoV-2 infection.[3], [4]

Our case report[5] suggested that PASC can be associated with autoimmune-mediated multisystem abnormalities. A patient with PASC developed intravenous immunoglobulin-responsive symptoms suggestive of cerebral hypoperfusion due to cerebrovascular arteriolar dysfunction, small fiber neuropathy (SFN), and dysautonomia.[6] We aimed to confirm these findings in a group of patients with PASC. Postural tachycardia syndrome (POTS) is characterized by symptoms that are similar to PASC, including chronic fatigue, orthostatic intolerance, and brain fog linked to reduced orthostatic cerebral blood flow and dysautonomia.[7], [8], [9] Patients with POTS thus

provide a useful comparison group aside from healthy controls, to enable identification of pathophysiology distinct to PASC.

We hypothesize that PASC is associated with autoimmune/inflammatory mediated widespread cerebrovascular and metabolic dysregulation and neuropathic changes.

Methods

Study Design

Patient Population and Study Design

The study was approved by the Brigham and Women's Hospital (BWH) Institutional Review Board as a minimal risk study.

This was a single-center, retrospective study of consecutive patients who presented to BWH Autonomic Laboratory for evaluation of PASC. Inclusion criteria for the study were: (1) adult patients 18 years of age or older; (2) documented diagnosis of COVID-19 disease by history of positive reverse transcriptase-polymerase chain reaction (PCR) positive for SARS-CoV-2; (3) completion of comprehensive autonomic testing with skin biopsies; (4) availability of electronic health care records; (5) satisfying inclusion criteria for PASC; (6) for the POTS controls, matched by age and sex, satisfying criteria for POTS[10]; and (7) age and sex matched asymptomatic healthy controls were used from our previous University of Massachusetts (UMASS) study.[11] Testing at the UMASS was identical to the Brigham protocol[12] used in this study except electrochemical skin conductance (ESC)[13] was used instead of quantitative sudomotor axon reflex test (QSART) for sudomotor evaluations. ESC correlates with loss of sweat gland nerve fibers and therefore can be used as a proxy for sudomotor function.[13] In addition, the inflammatory markers were not available for controls.

Exclusion criteria were: (1) significant metabolic, and acid–base disarrangement and anemia that can influence autonomic and respiratory system and/or cerebral blood flow; (2) evidence of cardiac or pulmonary disease; (2) presence of disorders associated with secondary SFN or dysautonomia (diabetes, pre-diabetes, parkinsonism, Parkinson's disease, history of heavy alcohol use, B12 and/or folate deficiency, thyroid disease, celiac disease, hepatitis C, HIV infection, chemotherapy exposure and/or cancer diagnosis, history of autoimmune disease, and any comorbid conditions or use of medications that have been associated with SFN); (3) evidence of

large fiber neuropathy on neurological examination (loss of tendon reflexes or loss of proprioception) or on nerve conduction studies; (4) the use of medications that may affect the autonomic nervous system during testing; and (5) inability to complete the Brigham protocol.

Definition of PASC

Fatigue, brain fog, and dyspnea are characteristic for PASC.[2] To grade fatigue, we used the Bristol Rheumatoid Arthritis Fatigue Numerical Rating Scales (BRAF-NRS, V2 Revised),[10] a validated self-rating scale which measures fatigue dimensions: severity (range: 0–10), effect on life (range: 0–10), and coping ability (range: 0–10).

There is no validated brain fog scale (BFS). For the purpose of this study, we defined the 11-point scale from 0 (no brain fog) to 10 (severe disabling brain fog, always present). The scale is based on a brain fog scale from 0 to 100 in 10-point intervals showing brain fog in POTS correlated with fatigue.[7]

At present, there are no established criteria for PASC.[3] Therefore, we followed the current guidelines[14] and provisional definition of PASC.[15] In general, PASC is described as signs and symptoms that develop during or after an infection consistent with COVID-19, continue for weeks and are not explained by an alternative diagnosis. Furthermore, neurological disease occurring in the 6-week interval after acute infection is associated with autoimmune mechanisms.[15]

For the purpose of this study, we defined the inclusion criteria for PASC by the following: (1) presence of chronic (>4 weeks) fatigue (grade 3 or more on each of the BRAF-NRS parts), and brain fog (grade 3 or more on BFS) which developed within the 6-week interval after acute COVID-19 infection.

Patients with POTS were defined using standard criteria.[10,16]

Additional validated neurologic symptom surveys were completed at the time of autonomic testing. Sensory complaints were surveyed by the Neuropathy Total Symptom Score-6 (NTSS), which is a validated instrument for evaluation of neuropathic pain features.[17] The NTSS quantifies sensory symptoms (aching pain, allodynia, burning pain, lancinating pain, numbness, and prickling sensation). A score >0 indicate the presence of sensory symptoms, the NTSS range is 0 to 21.96. Autonomic symptoms were obtained from the Survey of Autonomic Symptoms (SAS), which is a validated instrument for evaluation of autonomic complaints. The symptoms were

grouped into orthostatic, sudomotor, vasomotor, gastrointestinal, urinary, and sexual (for men) categories.[18] The SAS score ranges from 0 to 60 for men and 0 to 55 for women with the higher number representing a more severe severity of symptoms. A modified Borg scale, which is based on category-ratio scale (CR-10), with score 0 (no dyspnea) to 10 (unbearable dyspnea) was used for grading dyspnea.[19]

Definition of SFN

SFN is defined as combination of symptoms and signs.[20] The criteria for SFN were SAS or NTSS >1 and abnormal skin biopsies or abnormal sudomotor testing.[13], [20]

Autonomic Testing

The Brigham protocol,[12] which consists of functional autonomic testing and skin biopsies for evaluation of small fibers, was used in this study. Autonomic testing included deep breathing, Valsalva maneuver, 10 minutes of the tilt test, and sudomotor evaluation. We described details of testing previously.[12] Electrocardiogram, continuous and intermittent blood pressure, end tidal CO_2, finger pulse oximetry, and cerebral blood flow velocity (CBFv) in the middle cerebral artery (MCA) using transcranial Doppler were recorded. Normative data were published previously.[12] For the CBFv, the lower limit for women/men are 82.2–0.45 (cm/s)*age (years)/72.09–0.38 (cm/s)*age (years).[12] In healthy subjects, orthostatic CBFv is either unchanged or may decline slightly. The normal decline in orthostatic CBFv from baseline is equal or less than 10% (first minute), 11% (fifth minute), and 15% (10th minute) of the tilt test.[12]

Brigham protocol results were graded using Quantitative Scale for Grading of Cardiovascular Autonomic Reflex Tests and Small Fibers from Skin Biopsies (QASAT).[12] QASAT is an objective instrument for grading severity of dysautonomia, small fiber neuropathy, and cerebral blood flow. Scores are calculated for each domain, including heart rate, blood pressure, cerebral blood flow, and end tidal CO_2. The score equal to 0 is normal, above 0 is abnormal with the severity proportional to the number.

CO_2 has a profound effect on CBFv. Hypocapnia/hypercapnia decreases/increases diameter of cerebral arterioles[21] which decreases/increases CBFv due to increase/decrease in cerebrovascular resistance. Generally, in a healthy cerebral vasculature, a decrease of end tidal CO_2 by 1 mmHg decreases cerebral blood flow by about 3%.[22] We separated the CO_2-induced CBFv changes as follows. First, we assessed the QASAT CBFv tilt test response score from raw

CBFv (QASAT-$CBFv_{tilt}$). Second, we calculated the adjusted QASAT CBFv score (QASAT-Adjusted $CBFv_{tilt}$) from the CBFv adjusted for the effect of CO_2 by calculating the how much orthostatic drop of CBFv is due to the drop of ET-CO_2. The proportion of the CBFv changes due to the effect of CO_2 was then calculated as:

$$\mathrm{QASAT-CBFv_{tilt}}-\mathrm{QASAT-Adjusted\ CBFv_{tilt}}.$$

For example if the QASAT-$CBFv_{tilt}$ = 10 (100%) and QASAT-Adjusted $CBFv_{tilt}$ = 3 (30%), than 70% ([10–3]*100) of the reduced CBFv is due to effect of CO_2 and 30% is due to cerebral arteriolar vasoconstriction.

The percentage of the cerebral arteriolar dysfunction is referred as arteriolar orthostatic index (AOI).

All data were recorded using Labchart system (ADInstruments, AU), sampled at 400 Hz. The data for final statistical analyses were obtained after 10 minutes of baseline period, and at each minute of the tilt test.

The blood pressure at the level of MCA was calculated from arm pressure by adjustment for the hydrostatic gradients.[23] With average MCA-arm distance the MVA pressure was obtained by subtracting 20 from arm pressure. That reduction is ~2 mmHg for 2.5 cm of vertical displacement. Cerebral vascular resistance index (CVRi) was calculated as mean blood pressure at the level of MCA divided by mean CBFv.[6]

We also monitored the blood oxygenation by pulse oximetry from a finger.

Skin Biopsy

Epidermal nerve fiber density (ENFD) and sweat gland nerve fiber density (SGNFD) were obtained using established standards.[20], [24] Skin samples were taken from the proximal thigh 20 cm distal to the iliac spine, and from the calf 10 cm above the lateral malleolus using a 3-mm circular punch tool. Skin samples were immunoperoxidase-stained for the axonal marker PGP 9.5. Skin processing and fiber counting was done at Therapath (New York, NY). Thresholds for normal values for proximal thigh were 8.3 fibers/mm (ENFD) and 37.8 fibers/mm (SGNFD) and 36.5 fibers/mm (SGNFD) for the calf, were established by Therapath. The age and gender adjusted ENFD normative values at the calf were also obtained from Therapath.

Grading of Small Fiber Neuropathy, Dysautonomia, and Cerebral Blood Flow

Test results were graded using the QASAT.[12] QASAT is an objective instrument for grading severity of dysautonomia, small fiber neuropathy, and cerebral blood flow. For each domain (heart rate, blood pressure, cerebral blood flow, and end tidal CO_2), the score equal to 0 is normal, above 0 is abnormal with the severity proportional to the number.

Inflammatory Panel

We measured the following serum inflammatory markers[25]: high resolution C-reactive protein (normative value < = 3 mg/L), tumor necrosis factor-alpha (TNF-α, < = 2.8 pg/ml), interleukin (IL) IL-6 (<7.1 pg/ml), IL-10 (<2 pg/ml), IL-1ß (<7.1 pg/ml), leptin (3.3–18.3 ng/ml), adiponectin (2.4–17.9 ug/ml), trisulfated heparin disaccharide (TS-HDS) antibody (<10,000 titers),[26] fibroblast growth factor receptor 3 (FGFR3) antibody (<3,000 titers),[26] acetylcholine receptor binding antibody (< = 0.02 nmol/L), ganglionic acetylcholine receptor antibody (< = 0.02 nmol/L),[27] neuronal VGKC antibody (< = 0.02 nmol/L), calcium channel P/Q binding antibody (<= 0.02 nmol/L), myoglobin (<= 71 ng/ml),[28] and human growth hormone (0.01–3.61 ng/mL).[28] We also evaluated norepinephrine supine (70–750 pg/ml) and standing (200–1,700 pg/ml), which is useful in the assessment of the hyperadrenergic form of POTS.[10] The TS-HDS and FGFR3 antibodies were obtained from Washington University School of Medicine (St. Louis, MO), remaining antibodies as well as TNF-α, IL-10, human growth hormone were obtained from Mayo Clinic laboratories (Rochester, MN). IL-6 was obtained at Mayo Clinic laboratories (Rochester, MN) or at BWH Clinical laboratories (Boston, MA). IL-1ß was obtained at Sunquest (Tucson, AZ). Leptin was obtained at Esoterix Endocrinology (Calabasas Hills, CA). Remaining of laboratory tests were obtained at BWH Clinical laboratories (Boston, MA) or at Quest Diagnostics (Secaucus, NJ).

Statistical Analysis

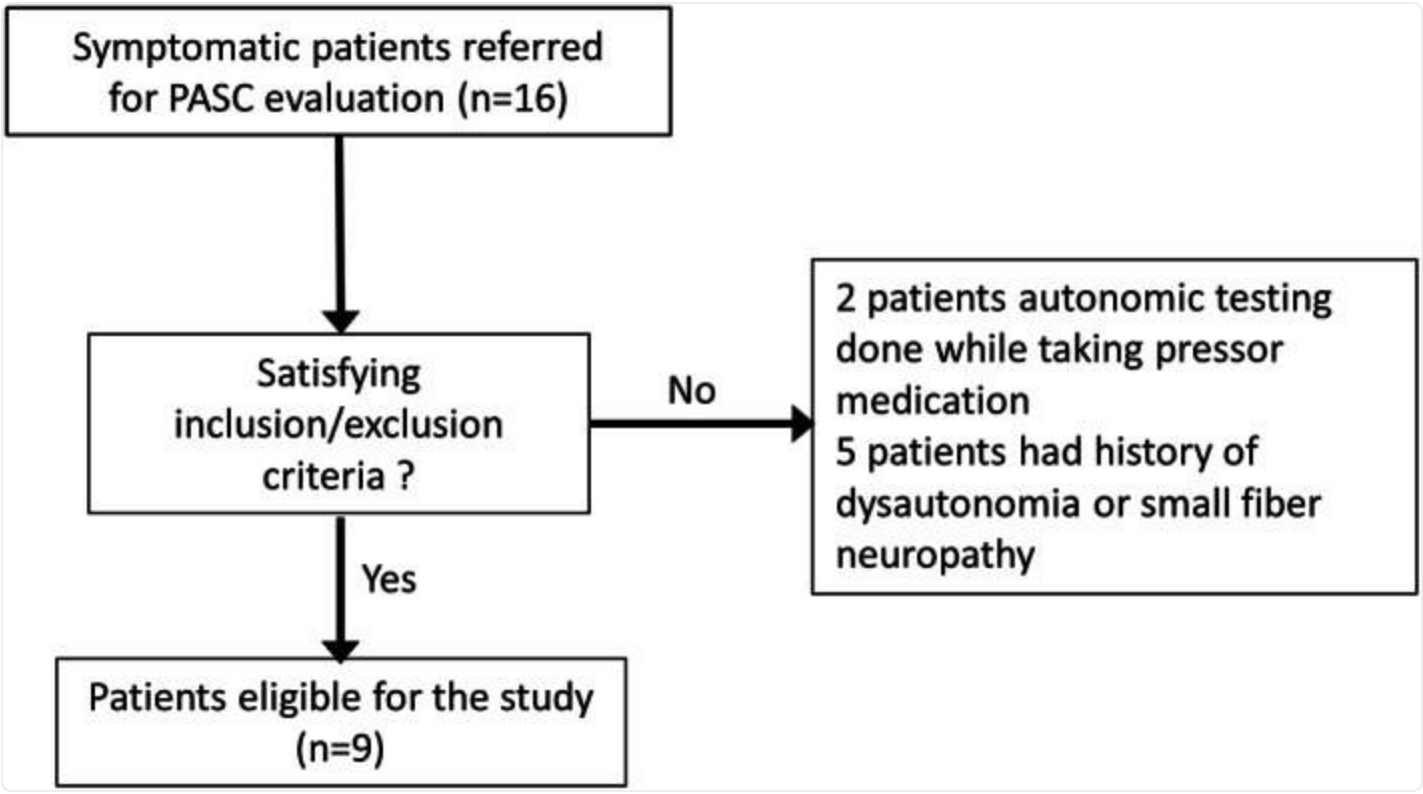
A one-way analysis of variance (ANOVA) for continuous variables and chi-squared test for categorical variables were used to determine the differences between subject's groups. A Tukey's adjusted post hoc test or *t* test (when data from healthy controls were not available) and contingency tables with Fisher's exact test were used for PASC and POTS comparisons for continuous and categorical variables, respectively. Repeated-measures ANOVA was used to evaluate the effect of time during the tilt test. Statistical analysis was obtained using R statistical (r-project.org) and tableOne python package.[29]

Results

Demographics and Symptoms

Sixteen patients with PASC were screened (Fig 1). Active pressor medication excluded 2 individuals, and a history of SFN or dysautonomia excluded 5 individuals from the study. Nine patients with PASC (age 35.8. ± 7.3 years, 9 women, all White) were age and sex-matched with 10 patients with POTS (36.3 ± 9.8, 9 women, all White) and 15 controls (40.1 ± 11.6, 13 women, all White) were included in this study (see Table 1 and Supplementary Table S1). All patients with PASC had mild COVID-19 infection with conservative home management with one individual treated with supplemental home oxygen (see Supplementary Material Table S1). No patients with PASC included in this study received the COVID-19 vaccine and no one had a history of severe acute respiratory distress syndrome, acute kidney, or liver failure, or reported use of corticosteroids or hydroxychloroquine.

FIGURE 1.



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Flow chart of the study. PASC = post-acute sequelae of coronavirus disease 2019.

TABLE 1.

Demographic Characteristics of the Study

		Diagnosis				
		Controls	**POTS**	**PASC**		
N		**15**	**10**	**9**	**95% CI, F, and *p* (Controls-POTS-PASC)**	***p* (POTS-PASC)**
Age, years, mean (SD)		40.1 (11.6)	36.3 (9.8)	35.8 (7.3)	33.7–41.0, F (2, 31) = 0.661, $p = 0.524$	0.993
Gender, n (%)	F	13 (86.7)	9 (90.0)	9 (100)	$p = 0.531$	0.999
	M	2 (13.3)	1 (10.0)			
BMI, kg/m^2, mean (SD)		25.3 (5.9)	23.6 (4.8)	26.4(7.3)	22.90–27.1, F (2, 31) = 0.508, $p = 0.607$	0.578
Symptom duration, years, mean (SD)		0.0 (0.0)	7.7 (4.3)	0.8 (0.3)	2.01–3.68, F (2, 31) = 35.7, $p < 0.001$	<0.001

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BMI = body mass index; CI = confidence interval; F = bioavailability; PASC = post-acute sequelae of coronavirus disease 2019; POTS = postural tachycardia syndrome.

The length of time from initial documented symptoms to autonomic testing was longer in POTS compared to PASC ($p < 0.001$). No acute symptoms indicative of COVID-19 disease was exhibited up to 72 hours before and up to 5 weeks after Brigham protocol testing.

Clinical Symptoms

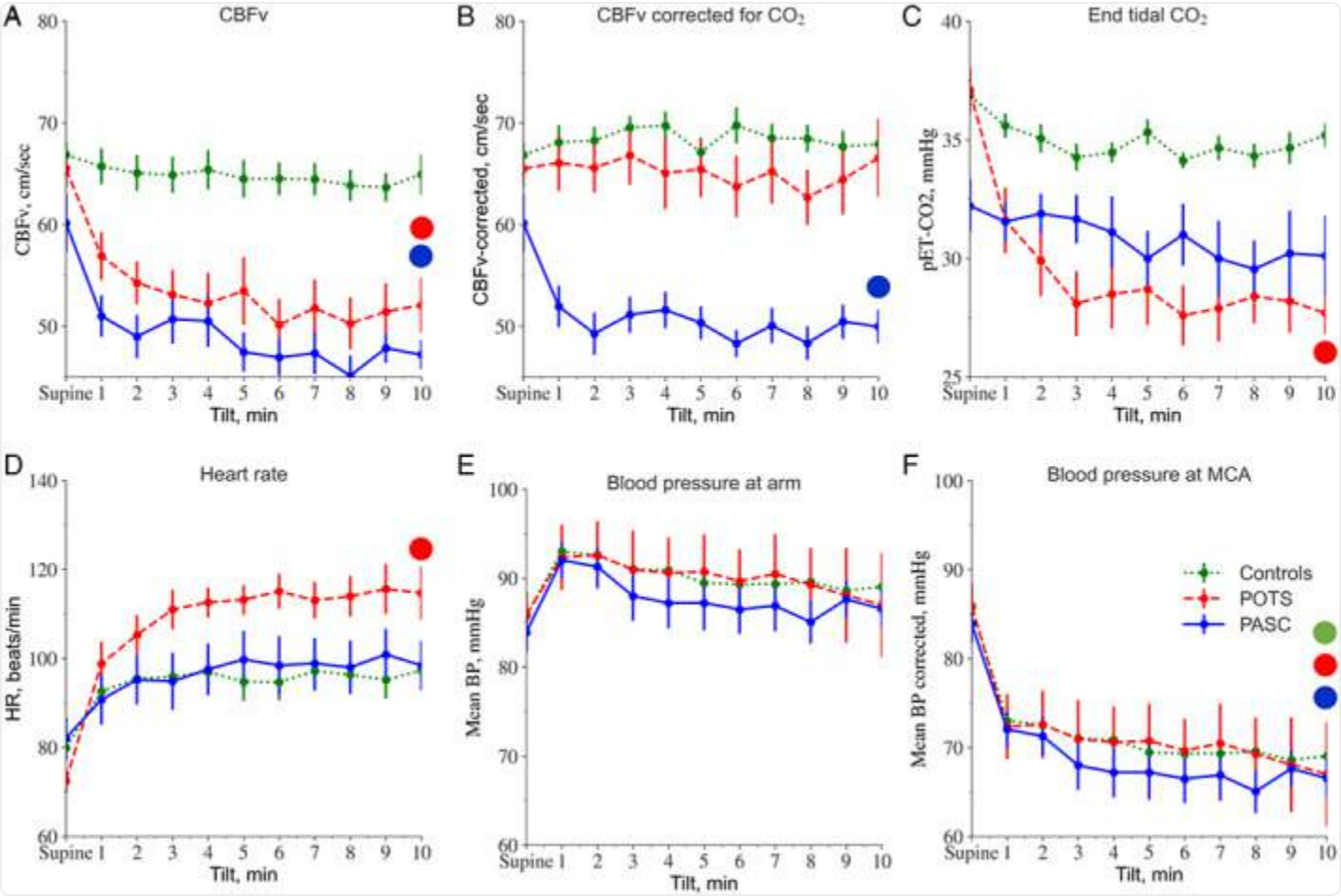
By definition, healthy controls were absent of chronic pain, autonomic symptoms, dyspnea, brain fog, or fatigue (Table 2). Patients with PASC and POTS reported neuropathic pain, fatigue, dyspnea,

and symptoms in all surveyed autonomic domains. Several patients with PASC and POTS had a history of migraine headaches, but no one had a migraine during the testing. Autonomic complaints were not significantly different between PASC and POTS, whereas the tilt test induced dizziness and exacerbated fatigue and brain fog in both cohorts.

Autonomic Testing

Profiles of CBFv, end tidal CO_2, heart rate, and blood pressure at baseline and during the tilt test across all groups is shown in Figure 2A-F. Tables 2, 3, 4 summarize the test results. QASAT scores in healthy controls (parasympathetic, sympathetic, and sudomotor) were zero.

FIGURE 2.



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Profile of cerebral blood flow velocity (CBFv), CBFv corrected for the effect of CO_2, end tidal CO_2, heart rate (HR), and blood pressure (BP) during supine baseline and the tilt test for post-acute sequelae of coronavirus disease 2019 (PASC), postural tachycardia syndrome (POTS), and controls. Large dots indicate significance at $p = 0.001$ level for respective data obtained by repetitive measures analysis of variance (ANOVA). [Color figure can be viewed at www.annalsofneurology.org]

TABLE 2.

Surveys Results

		Diagnosis			95% CI, F and *p*	*p*	
		Controls	**POTS**	**PASC**	**PASC-POTS-Controls**	**PASC-Controls**	**PASC-POTS**
N		**15**	**10**	**9**			
Pain symptoms, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100)			
NTSS score, range 0–21.96, mean (SD)		0.0 (0.0)	10.9 (5.4)	10.0 (5.1)	5.58–8.36, F (2, 31) = 30.53, $p < 0.001$	<0.001	0.703
Autonomic symptoms, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100.0)			
SAS score, range 0–60 men, 0–55 women, mean (SD)		0.0 (0.0)	24.9 (5.8)	25.9 (11.2)	14.60–19.26, F (2, 31) = 63.6, $p < 0.001$	<0.001	0.942
Orthostatic symptoms, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100)			
Orthostatic survey, range 0–5, mean (SD)		0.0 (0.0)	3.9 (1.0)	3.9 (1.1)	2.32–2.87, F (2, 31) = 110.8, $p < 001$	<0.001	0.999

		Diagnosis			95% CI, F and *p*	*p*	
		Controls	POTS	PASC	PASC-POTS-Controls	PASC-Controls	PASC-POTS
N		**15**	**10**	**9**			
Sudomotor symptoms, n (%)	No	15 (100.0)		9 (100)	<0.001	<0.001	0.999
	Yes		10 (100.0)				
Sudomotor survey, range 0–20, mean (SD)		0.0 (0.0)	7.1 (2.8)	8.0 (5.0)	3.98–6.09, F (2, 31) = 27.8, *p* < 0.001	<0.001	0.783
Vasomotor symptoms, n (%)	No	15 (100.0)	1 (10.0)	1 (11.1)	<0.001	<0.001	0.999
	Yes		9 (90.0)	8 (88.9)			
Vasomotor survey, range 0–10, mean (SD)		0.0 (0.0)	5.0 (3.0)	5.2 (3.7)	2.52–4.30, F (2, 31) = 17.7, *p* < 0.001	<0.001	0.979
Gastrointestinal symptoms, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100)			
Gastrointestinal survey, range 0–15, mean (SD)		0.0 (0.0)	7.4 (3.1)	7.4 (3.6)	4.01–5.83, F (2, 31) = 38.4, *p* < 0.001	<0.001	0.999
Urinary symptoms, n (%)	No	15 (100.0)	7 (70.0)	4 (44.4)	<0.001	0.003	0.370
	Yes		3 (30.0)	5 (55.6)			
Urinary survey, range 0–5, mean (SD)		0.0 (0.0)	1.0 (1.8)	1.3 (1.5)	0.34–1.21, F (2,	0.037	0.823

		Diagnosis			95% CI, F and *p*	*p*	
		Controls	POTS	PASC	PASC-POTS-Controls	PASC-Controls	PASC-POTS
N		**15**	**10**	**9**			
					31) = 3.96, *p* < 0.001		
Sexual symptoms, men, n (%)	No	1 (100.0)			<0.001	0.999	0.999
	Yes		1 (100.0)				
Sexual survey, range 0–5, men, mean (SD)		0.0 (nan)	5.0 (nan)		NA	NA	0.999
Brain fog, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100)			
Brain fog score, mean (SD)		0.0 (0.0)	5.3 (1.4)	6.2 (2.4)	3.31–4.36, F (2, 31) = 66.08, *p* < 0.001	<0.001	0.363
Fatigue, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100.0)			
Total fatigue score, mean (SD)		0.0 (0.0)	20.9 (4.0)	21.3 (4.0)	13.02–15.14, F (2, 31) = 213.7, *p* < 0.001	<0.001	0.945
Dyspnea, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100)			

		Diagnosis			95% CI, F and *p*		*p*
		Controls	POTS	PASC	PASC-POTS-Controls	PASC-Controls	PASC-POTS
N		**15**	**10**	**9**			
Dyspnea score, mean (SD)		0.0 (0.0)	4.5 (2.2)	5.4 (1.0)	2.84–3.78, F (2, 31) = 61.56, $p < 0.001$	<0.001	0.270
Dizziness during the tilt test, n (%)	No	14 (100.0)			<0.001	<0.001	0.999
	Yes		8 (100.0)	9 (100)			

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CI = confidence interval; F = bioavailability; NA = not applicable; NTSS = Neuropathy Total Symptom Score; PASC = post-acute sequelae of coronavirus disease 2019; POTS = postural tachycardia syndrome.

TABLE 3.

Testing Results

		Diagnosis			95% CI, F, and *p*	*p*	
		Controls	**POTS**	**PASC**	**PASC-POTS-controls**	**PASC-controls**	**PASC-POTS**
N		**15**	**10**	**9**			
Inflammatory markers, number, mean (SD)			0.8 (0.6)	1.3 (0.8)	NA	NA	0.578
Inflammatory markers, presence, n (%)	No		3 (30.0)	3 (33.3)	NA	NA	0.999
	Yes		7 (70.0)	6 (66.7)			
Norepinephrine, supine pg/ml, mean (SD)		355.7 (123.6)	556.9 (245.2)	371.0 (161.4)	336.6–519.1, F (2, 18) = 2.53, *p* < 0.107	0.989	0.196
Norepinephrine, standing pg/ml, mean (SD)		435.8 (131.2)	723.2 (272.1)	501.0 (262.9)	438.1–668.5, F (1, 2) = 3.03, *p* < 0.075	0.893	0.240
ENFD, n (%)	Abnormal		5 (55.6)	5 (55.6)	*p* = 0.001	0.001	0.999
	Normal	15 (100.0)	4 (44.4)	4 (44.4)			
ENFD-proximal, fibers/mm, mean (SD)		14.7 (4.0)	12.1 (7.1)	9.3 (4.1)	10.20–13.90, F (2, 30) = 3.23, *p* < 0.053	0.006	0.491
ENFD-distal, fibers/mm, mean (SD)		10.4 (2.8)	7.4 (5.7)	5.9 (5.1)	6.31–9.51, F (2, 31) = 3,62, *p* < 0.048	0.032	0.737

		Diagnosis			95% CI, F, and *p*	*p*	
		Controls	POTS	PASC	PASC-POTS-controls	PASC-controls	PASC-POTS
N		**15**	**10**	**9**			
SGNFD, n (%)	Abnormal		2 (25.0)	5 (62.5)	$p = 0.004$	0.002	0.315
	Normal	14 (100.0)	6 (75.0)	3 (37.5)			
SGNFD-proximal, fibers/mm, mean (SD)		54.7 (10.2)	64.3 (13.9)	35.6 (23.1)	44.61–58.44, F (2, 19) = 5.09, $p < 0.017$	0.072	0.013
SGNFD-distal, fibers/mm, mean (SD)		50.5 (10.0)	49.7 (36.0)	45.3 (22.2)	39.73–57.3, F (2, 25) = 0.156, $p = 0.856$	0.849	0.922
ESC (sudomotor), n (%)	Abnormal		7 (70.0)	5 (55.6)	NA	NA	0.650
	Normal		3 (30.0)	4 (44.4)			
ESC-feet, ug/kg, mean (SD)			1.2 (0.3)	1.2 (0.3)	1.09–1.36, F (2, 19) = 0.264, $p = 0.770$		0.879
Baseline mean CBFv, cm/s, mean (SD)		66.8 (5.1)	65.5 (6.4)	60.1 (9.6)	61.70–66.63, F (2, 31) = 2.755, $p = 0.079$	0.070	0.225
Mean CBFv @ 10 min of the tilt test, cm/sec, mean (SD)		64.9 (8.2)	52.1 (9.6)	47.2 (4.8)	51.90–57.58, F (2, 31) = 16.28, $p < 0.001$	<0.001	0.382
Mean CBFv drop @ 10 min of the tilt test, %, mean (SD)		−3.0 (7.5)	−20.3 (15.1)	−20.0 (13.4)	−18.64 to −10.20, F (2, 31) = 8.88, $p < 0.001$	0.005	0.997

	Diagnosis			95% CI, F, and *p*	*p*	
	Controls	POTS	PASC	PASC-POTS-controls	PASC-controls	PASC-POTS
N	15	10	9			
Mean CBFv @ 10 min of the tilt test corrected for pET-CO2, cm/s, mean (SD)	67.9 (6.9)	66.6 (13.5)	50.0 (5.6)	58.23–64.73, F (2, 31) = 12.28, $p < 0.001$	<0.001	0.001
Baseline pET-CO2, mmHg, mean (SD)	36.9 (1.4)	37.1 (3.2)	32.2 (3.8)	34.41–36.38, F (2, 31) = 9.77, $p < 0.001$	0.001	0.001
pET-CO2, @ 10 min of the tilt test, mmHg, mean (SD)	35.2 (2.1)	27.7 (3.1)	30.1 (5.7)	29.70–32.30, F (2, 31) = 13.94, $p < 0.001$	0.001	0.329
AOI, %, mean (SD)	100 (0.0)	23.0 (26.7)	86.7 (21.5)	63.4–76.3, F (2, 31) = 57.51, $p < 0.001$	0.101	<0.001
CVRi supine, mmHg/cm/sec, mean (SD)	1.3 (0.2)	1.3 (0.2)	1.4 (0.3)	1.27–1.43, F (2, 31) = 1.164, $p = 326$	0.302	0.540
CVRi @ 10th min of tilt test, mmHg/cm/sec, mean (SD)	1.1 (0.2)	1.4 (0.6)	1.4 (0.2)	1.16–1.56, F (2, 31) = 2.935, $p = 0.068$	0.001	0.930

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AOI = arteriolar orthostatic index; CBFv = cerebral blood flow velocity; CI = confidence interval; CVRi = cerebrovascular resistance index; ENFD = epidermal nerve fiber density; ESC = electrochemical skin conductance; F = bioavailability; NA = not applicable;

NTSS = Neuropathy Total Symptom Score; PASC = post-acute sequelae of coronavirus disease 2019; POTS = postural tachycardia syndrome; SGNFD = sweat gland nerve fiber density.

TABLE 4.

QASAT Grading Results

	Diagnosis			95% CI, F, and *p*	*p*	
	Controls	**POTS**	**PASC**	**PASC-POTS-controls**	**PASC-controls**	**PASC-POTS**
N	**15**	**10**	**9**			
QASAT-Sympathetic sudomotor score (ESC), range 0–6, mean (SD)	0.0 (0.0)	1.4 (1.6)	1.3 (1.4)	0.05–1.77, F (2, 18) = 0.799, $p = 0.465$	NA	0.994
QASAT-Parasympathetic cardiovagal score (deep breathing), range 0–3, mean (SD)	0.0 (0.0)	0.2 (0.4)	0.4 (0.5)	0.09–0.34, F (2, 31) = 4.53, $p = 0.018$	0.014	0.297
QASAT-Increased heart rate response to tilt test, range 0–10, mean (SD)	0.0 (0.0)	8.5 (1.4)	1.6 (2.4)	2.84–3.86, F (2, 31) = 112.7, $p < 0.001$	0.088	<0.001
QASAT-Sympathetic adrenergic score (Valsalva maneuver), range 0–3, mean (SD)	0.0 (0.0)	1.6 (1.2)	1.7 (0.7)	0.82–1.35, F (2, 31) = 21.11, $p < 0.001$	<0.001	0.978
QASAT-Sympathetic adrenergic score (tilt test), range 0–10, mean (SD)	0.0 (0.0)	0.4 (1.3)	0.9 (2.7)	−0.11 to -0.97, F (2, 31) = 0.973, $p = 0.389$	0.358	0.764
QASAT-Cerebral blood flow response to tilt test score, range 0–10, mean (SD)	0.0 (0.0)	7.6 (1.8)	6.7 (2.4)	4.19–5.32, F (2, 31) = 16.28, $p < 0.001$	<0.001	0.382

		Diagnosis			95% CI, F, and *p*	*p*	
		Controls	POTS	PASC	PASC-POTS-controls	PASC-controls	PASC-POTS
N		15	10	9			
QASAT-Cerebral blood flow, total score, range 0–11, mean (SD)		0.0 (0.0)	8.1 (1.7)	7.4 (2.1)	4.67–5.69, F (2, 31) = 125.4, *p* < 0.001	<0.001	0.582
QASAT-pET-CO2, score, range 0–10, mean (SD)		0.0 (0.0)	6.6 (3.2)	0.9 (2.0)	1.78–3.21, F (2, 31) = 35.41, *p* < 0.001	0.547	<0.001
QASAT-Autonomic failure, n (%)	No	15 (100.0)			<0.001	<0.001	0.999
	Yes		10 (100.0)	9 (100)			
QASAT-Autonomic failure score, range 0–24, mean (SD)		0.0 (0.0)	12.6 (3.9)	7.1 (4.6)	5.44–7.70, F (2, 31) = 49.48, *p* < 0.001	<0.001	0.002
QASAT-ENFD, range 0–8, mean (SD)		0.0 (0.0)	2.6 (3.2)	2.4 (2.7)	0.88–2.45, F (2, 31) = 5.628, *p* = 0.008	0.028	0.993
QASAT-SGNFD, range 0–8, mean (SD)		0.0 (0.0)	1.0 (1.9)	2.2 (2.8)	0.43–1.74, F (2, 27) = 4.52, *p* = 0.020	0.015	0.318
QASAT-Total score, range 0–54, mean (SD)		0.0 (0.0)	30.5 (4.6)	20.7 (9.7)	15.07–19.04, F (2, 31) = 98.96, *p* < 0.001	<0.001	0.015

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CI = confidence interval; ENFD = epidermal nerve fiber density; ESC = electrochemical skin conductance; F = bioavailability; PASC = post-acute sequelae of coronavirus disease 2019; POTS = postural tachycardia syndrome; QASAT = Quantitative Scale for Grading of Cardiovascular Autonomic Reflex Tests and small fibers from skin biopsies; SGNFD = sweat gland nerve fiber density.

PASC had mild but widespread dysautonomia. Total QASAT score and autonomic failure score was lower in PASC compared to POTS (QASAT total score $p = 0.015$, QASAT autonomic failure score $p = 0.002$).

Parasympathetic dysfunction was observed in 4 patients (44%) with PASC and 2 POTS patients (20%). The QASAT parasympathetic score was similar to POTS.

Adrenergic dysfunction associated with abnormal blood pressure responses to the Valsalva maneuver was observed in 9 patients (100%) with PASC and 7 patients (70%) with POTS. The QASAT sympathetic score was similar between PASC and POTS. Sudomotor dysfunction was detected in 5 patients (56%) with PASC and 7 patients (70%) with POTS, the QASAT sudomotor score was similar. Each patient, in both groups, had at least one abnormal autonomic function test. Orthostatic hypotension, a marker of more advanced adrenergic failure, was not detected in any patient. Supine and orthostatic norepinephrine levels were similar in PASC and POTS.

Tilt Test

Baseline supine CBFv, heart rate, and blood pressure were similar among all three groups (Fig 2A–F, Tables 3 and 4). During the tilt test, the CBFv declined in both PASC and POTS groups compared with controls ($p < 0.001$), the decline was similar in PASC compared with POTS ($p = 0.997$). Orthostatic CBFv corrected for end-tidal CO_2 remained lower in PASC ($p < 0.001$) but was normalized in POTS ($p = 0.001$, comparison PASC vs POTS). In the PASC group, all patients had abnormally reduced orthostatic CBFv. Reduced orthostatic CBFv in PASC included both subjects without (n = 6) and with (n = 3) orthostatic tachycardia. The orthostatic CBFv decline in 6 patients with PASC without orthostatic tachycardia was consistent with orthostatic cerebral hypoperfusion syndrome (OCHOS) [6] and in the remaining 3 patients with PASC with orthostatic tachycardia was consistent with POTS.

Supine CVRi was similar across all groups. Orthostatic CVRi was elevated in PASC. AOI was higher in patients with PASC compared with patients with POTS. Overall, the PASC cohort had orthostatic heart rate responses similar to controls ($p = 0.088$). Orthostatic heart rate increase was more pronounced in POTS compared to PASC ($p < 0.001$). Orthostatic blood pressure was normal and QASAT adrenergic orthostatic tilt test score was equal in all studied groups ($p = 0.973$).

End Tidal CO_2

Baseline supine end tidal CO_2 was reduced in the PASC group as compared to the POTS group ($p = 0.001$) and controls ($p = 0.001$). During the tilt test, the end tidal CO_2 was stable in the controls, declined in the patients with POTS and remained low but stable in the patients with PASC. The end tidal CO_2 was similar at the end of the 10 minutes of the tilt test in the PASC and POTS groups ($p = 0.329$). The oxygen saturation was normal (>96%) in all patients throughout testing.

Skin Biopsies

Skin biopsies were normal in healthy controls. Seven patients (78%) with PASC were diagnosed with SFN on skin biopsy. One patient with normal skin biopsy had abnormal sudomotor testing consistent with SFN, thus, a total of 8 patients with PASC (89%) had SFN. ENFD was abnormal in 5 patients (56%); and SGNFD was abnormal in 5 patients (63%). One patient with normal ENFD had abnormal SGNFD. In comparison, 5 of the patients with (50%) POTS had biopsy-confirmed SFN. ENFD was abnormal in 5 patients (50%), SGNFD and ENFD were abnormal in 2 patients (20%).

One patient with POTS declined the skin biopsy but had abnormal sudomotor testing consistent with SFN. Frequency of SFN diagnosed by skin biopsy was similar between PASC and POTS ($p = 0.999$ [ENFD] and $p = 0.315$ [SGNFD]).

Inflammatory Markers

Inflammatory markers were common but heterogeneous (Tables 3 and 5). In the patients with PASC, 6 (67%) individuals showed elevation in at least one inflammatory marker, compared to 7 (70%) of patients with POTS. The TS-HDS antibody, found in 4 patients (44%) with PASC and one (10%) in a patient with POTS, was the most commonly elevated marker.

TABLE 5.

Inflammatory Markers for Each Subject. Only Abnormal Markers are Shown

#	Diagnosis	Inflammatory markers
1	PASC	TS-HDS: 11000
2	PASC	TS-HDS: 22000, FGFR3: 10000
3	PASC	
4	PASC	CRP: 12.74 mg/L
5	PASC	TS-HDS: 29000, TNF-alpha: 3.2 pg/ml
6	PASC	TS-HDS: 14000, IL-10, TNF-alpha: 2.9 pg/ml, growth hormone: 8.71 ng/ml
7	PASC	
8	PASC	
9	PASC	FGFR3: 5200
1	POTS	
2	POTS	CRP: 6.1 mg/L
3	POTS	
4	POTS	TS-HDS: 22000
5	POTS	Adiponectin 19.4 ug/ml, TNF-alpha: 3.9 pg/ml
6	POTS	Ganglionic acetylcholine receptor antibody: 0.09 nmol/L
7	POTS	CRP: 9.2 mg/L
8	POTS	
9	POTS	FGFR3: 18000
10	POTS	Acetylcholine receptor binding antibody: 0.41 nmol/L

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FGFR = fibroblast growth factor receptor; PASC = post-acute sequelae of coronavirus disease 2019; POTS = postural tachycardia syndrome; TS-HDS = trisulfated heparin

disaccharide.

Discussion

This study showed widespread multisystem dysregulation affecting cerebrovascular, peripheral neural/autonomic, respiratory systems, and evidence of low-grade inflammation in PASC.

Cerebral Blood Flow Dysregulation

Orthostatic CBFv was abnormally reduced in PASC. The degree of CBFv reduction (~20%) is clinically significant and similar to POTS, where it has been linked to cerebral hypoperfusion.[8] Although the reduced CBFv was observed in both patients with PASC and patients with POTS, there is etiological difference.

The CBFv decline in PASC is largely independent of hypocapnia, whereas in POTS it is mainly driven by hypocapnia. This CBFv decline occurs with normal blood pressure (eg, without orthostatic hypotension), in both conditions. Cerebral blood flow primarily depends on blood pressure and CO_2. Hypocapnia decreases diameter of cerebral arterioles[21] with corresponding changes in vascular resistance and blood flow. In healthy subjects, the end tidal CO_2 changes only slightly during orthostasis. In upright posture, gravity alters blood flow causing increased pressure in the feet, and decreased pressure in the brain (~16 mmHg; see Fig 2F), forming hydrostatic gradients.[23] A normal response to the tilt test is cerebral arteriolar vasodilatation, which maintains relatively constant cerebral blood flow.

In PASC, orthostatic CBFv decline is independent of CO_2 because the orthostatic end tidal CO_2 did not decline. Therefore, reduction of orthostatic CBFv is likely due to failure to actively dilate cerebral arterioles to counteract reduced orthostatic blood pressure in the brain vasculature. The CBFv passively followed pressure drop in the MCA due to a downstream vascular resistance as cerebral arterioles remained relatively constant. This pattern is consistent with OCHOS.[6] In contrast to PASC, orthostatic CBFv decline in POTS is induced mainly by hypocapnic hyperventilation,[8], [9] the mechanisms also observed in this study.

The cause of vascular dysregulation in PASC is unclear. Cerebral vasodilatory responses are primary determined by myogenic and metabolic factors and to a lesser extent by autonomic innervation.[30] Therefore, numerous factors affect cerebrovascular regulation. Low-grade

vascular inflammation may play a role given the association of low-grade inflammation with greater arterial stiffness mediated by multiple elements in the vascular wall.[31] Reduced cerebral blood flow, increased cerebrovascular resistance, inflammation, and damage of the vascular bed may interfere with brain tissue oxygenation and has been linked to cognitive deficit.[32]

Clinically, PASC resembles myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) in many respects, including women's preponderance, symptoms overlap, and postviral sequale.[33] Patients with ME/CFS have vascular dysregulation associated with cerebral hypoperfusion and orthostatic intolerance, findings which are similar to our PASC cohort. Hence, both PASC and ME/CFS can follow a common postviral trajectory associated with endothelial dysfunction. Endotheliitis caused by infection or inflammation of endothelial cells around the brainstem has been already considered as a driver for PASC.[34]

Small Fiber Neuropathy, Dysautonomia, and Pain

Direct evidence of SFN on skin biopsy was found in 78% of PASC cases. Our findings are consistent with reported loss of small fibers in patients with PASC using corneal confocal microscopy.[35] Sudomotor dysfunction was reported in 26% of patients who recovered from COVID-19,[36] which is less than in our study (56%). The difference may be due to differences in the patients' selection and normative values. SFN can be an underlying cause of dysautonomia, which could explain the multi-organ symptoms. Our study detected frequent dysautonomia in PASC affecting several autonomic systems (eg, parasympathetic, sympathetic adrenergic and sudomotor), in most cases, confirming a recent report.[37] Dysautonomia was mild in both patients with PASC and patients with POTS, as evidenced by lack of orthostatic hypotension.

A variety of pain symptoms were reported in PASC.[2], [3] All our patients with PASC suffered from chronic pain, however, in most cases, the pain was moderate. Here, we observed damage of small sensory fibers on skin biopsies in the majority of patients with PASC, a loss which can be an etiological source of pain.[20]

The origin of SFN and related dysautonomia in PASC remains to be clarified. In general, COVID-19 may cause SFN and related dysautonomia and sensory complaints de novo, or can exacerbate or unmask the underlying condition.[37]

Although the testing in our patients with PASC corresponds to one timepoint, the abnormal findings could be the result of COVID-19 as history of symptoms and signs indicative of SFN or

dysautonomia were absent and no patient complained of brain fog and fatigue before the onset of the COVID-19.

Hypocapnic Hyperventilation

Patients with PASC reported chronic dyspnea and had lower supine baseline end tidal CO_2 compared with both patients with POTS and controls suggesting the presence of hyperventilation-induced hypocapnia. Orthostatic hypocapnia typically accompanying POTS,[8] was also noted in our PASC cohort. Chronic hyperventilation, however, can be detrimental to brain functioning because it increases pH and alters excitability of the cell membranes.[38], [39]

Persistent respiratory symptoms have been reported in patients with PASC and exercise hyperventilation has been described as a major limiting factor in COVID-19 survivors.[4] The origin of hyperventilation is unknown. The respiratory symptoms and hyperventilation in PASC can be due to pathophysiology of organ damage during the initial phase of the disease or it is part of PASC, or both. In our cohort, no patient had significant metabolic or acid–base disarrangement, oxygen desaturation, or cardiorespiratory disease that may explain hypocapnia. We did not perform comprehensive pulmonary testing, however, it was shown that, in patients with PASC, respiratory complaints cannot be accounted for by impairment of pulmonary function alone.[4] We speculate that the abnormal ventilation control in PASC is compensatory and may stem from cerebral hypoperfusion by either stimulating automatic ventilator control or suppressing the inhibitory systems.

Inflammatory Markers

Elevated inflammatory markers were identified in most of PASC cases in this study, suggesting that chronic inflammation due to autoimmunity may play a role in our findings. The most common was the TS-HDS antibody, present in 4 patients (44%) with PASC but only in one patient (10%) with POTS. TS-HDS is an abundant disaccharide component of heparin sulfate found at peripheral nerve sites.[26] Anti-TS-HDS is associated with thickened basal lamina and deposition of the terminal C5b-C9-lytic complex on endoneural capillaries. Anti-TS-HDS were found previously in a subset of patients with SFN and dysautonomia.[26], [40] Capillary pathology associated with TS-HDS points to immune mediated vasculitis as an underlying substrate of SFN and dysautonomia in patients with anti-TS-HDS. Nevertheless, TS-HDS antibodies were detected only in 44% of patients with PASC, and therefore its significance has to be confirmed in a larger cohort.

We observed multiple autoantibodies in PASC. We also found heterogeneous, although different antibodies in the POTS group which is consistent with the literature.[41] The reason for the mixed pattern of detectable autoantibodies for PASC and POTS syndrome is unclear. It is possible that the presence of autoantibodies represents overall immune system dysfunction, susceptibility to autoimmunity, or it is a proxy for chronic low-grade inflammation. However, it is inherently difficult to detect chronic low grade inflammation as no reliable chronic inflammatory markers exist.[25] However, the preponderance of women in PASC, also observed in other studies,[42] is consistent with underlying autoimmune mechanisms, perhaps due to the immunomodulatory and vasodilatory effect of estrogen.[43] False positive results need to be considered particularly for antibodies with low titers.[44] Recent autopsy studies of hospitalized patients with fatal COVID-19 showed evidence of immune-mediated inflammation of muscles[45], [46] and peripheral nerve tissue[46] with abnormal expression of a type 1 interferon-inducible protein compared to hospitalized cohorts. Whereas an activated innate immune system response can be an underlying mechanism of SFN, none of our patients with PASC had evidence of myopathy on clinical examination; or had a muscle or nerve biopsy to determine the levels of inflammatory infiltrate. Creatine kinase was also normal in all 7 patients with PASC with available laboratory testing. The degree to which dysautonomia is observed in patients with PASC is a result of impaired inflammatory response and remains to be fully defined.

Furthermore, 78% of patients with PASC had a history of anxiety/depression before COVID-19, therefore neuropsychiatric vulnerability for PASC may exits.

Limitations

The number of patients in each group was relatively small, although the groups were well matched. Thus, generalization of results to other patients with PASC will need to be confirmed. PASC remains a poorly defined clinical syndrome, and more studies are needed to understand its pathophysiology. This was a retrospective study and subject to referral and selection biases. We evaluated the CBFv as a proxy for cerebral blood flow, as well as for cerebral perfusion. This approach is based on the assumption that the diameter of middle cerebral artery is constant during insonation. Orthostasis does not change the middle cerebral artery diameter[47] implying that CBFv is a good substitute for cerebral blood flow measurements. We used nonspecific immune markers. Future studies may utilize more sensitive and specific inflammatory markers induced by SARS-CoV-2 virus. We did not perform cardiovascular magnetic resonance (CMR) studies to assess myocarditis that has been reported in PASC and may cause tachycardia and chest pain.[48] CMR should be performed when cardiovascular autonomic testing does not lead to

diagnosis or an electrocardiogram (ECG) shows typical changes,[49] which was not seen in our cases. We also did not perform full pulmonary assessment in our PASC cohort.

Conclusions

This study detected multisystem abnormalities in cerebrovascular, respiratory, neuronal, and autoimmune systems in PASC. We suspect that low grade inflammation of small vessels plays a role. Larger prospective studies are needed to confirm our findings.

Author Contributions

P.N., D.S., and D.F. contributed to the conception and design of the study. P.N., S.S.M., H.A.S., D.S., S.P.M., D.F., W.J.M., and D.M.P. contributed to the acquisition and analysis of data. P.N., S.S.M., H.A.S., D.S., S.P.M., D.F., W.J.M., and D.M.P. contributed to drafting the text or preparing the figures.

Potential Conflicts of Interest

The authors declared no conflict of interest.

Supporting information

Table S1. Details of Patients With PASC and POTS

Click here for additional data file. (39.2KB, docx)

Acknowledgment

We thank Karen Downing for help with data collection.

Summary

Post-acute sequelae of coronavirus disease 2019 (COVID-19; PASC) is a complication of COVID-19 disease associated with chronic fatigue, brain fog and orthostatic intolerance. Pathophysiology of PASC is poorly understood.

This study evaluated patients with PASC following mild COVID-19 infection using standardized autonomic assessments, including Valsalva maneuver, deep breathing, sudomotor and tilt tests with cerebral blood flow velocity (CBFv) measurements, and skin biopsies for small fiber neuropathy (SFN).

This study showed that PASC following mild COVID-19 is associated with multisystem involvement, including cerebrovascular and respiratory dysregulation, small fiber neuropathy, and related dysautonomia and chronic inflammation.

Autonomic testing expanded for cerebrovascular measurements and skin biopsies can explain some of the PASC symptoms and could guide treatment.

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Associated Data

This section collects any data citations, data availability statements, or supplementary materials included in this article.

Supplementary Materials

Table S1. Details of Patients With PASC and POTS

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J Pers Med. 2024 Jan 31;14(2):170. doi: 10.3390/jpm14020170.

Possible Role of Fibrinaloid Microclots in Postural Orthostatic Tachycardia Syndrome (POTS): Focus on Long COVID

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Affiliations

PMID: 38392604 PMCID: PMC10890060 DOI: 10.3390/jpm14020170

Abstract

Postural orthostatic tachycardia syndrome (POTS) is a common accompaniment of a variety of chronic, inflammatory diseases, including long COVID, as are small, insoluble, 'fibrinaloid' microclots. We here develop the argument, with accompanying evidence, that fibrinaloid microclots, through their ability to block the flow of blood through microcapillaries and thus cause tissue hypoxia, are not simply correlated with but in fact, by preceding it, may be a chief intermediary cause of POTS, in which tachycardia is simply the body's exaggerated 'physiological' response to hypoxia. Similar reasoning accounts for the symptoms bundled under the term 'fatigue'. Amyloids are known to be membrane disruptors, and when their targets are nerve membranes, this can explain neurotoxicity and hence the autonomic nervous system dysfunction that contributes to POTS. Taken together as a system view, we indicate that fibrinaloid microclots can serve to link POTS and fatigue in long COVID in a manner that is at once both mechanistic and explanatory. This has clear implications for the treatment of such diseases.

Keywords: Long COVID; TeamClots; fibrinaloid microclots; postural orthostatic tachycardia syndrome (POTS).

PubMed Disclaimer

Figures

Figure 1 Autonomic nervous system regulation of...

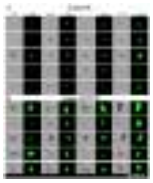

Figure 2 Microclot size distribution as seen...

Figure 3 (**A**) Representation of...

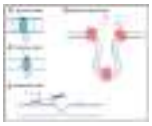

Figure 4 Membrane disruption models (redrawn from...

Figure 5 A system approach to defining...

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Cardiovasc Diabetol. 2022 Aug 6;21(1):148. doi: 10.1186/s12933-022-01579-5.

Prevalence of symptoms, comorbidities, fibrin amyloid microclots and platelet pathology in individuals with Long COVID/Post-Acute Sequelae of COVID-19 (PASC)

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Affiliations

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Abstract

Background: Fibrin(ogen) amyloid microclots and platelet hyperactivation previously reported as a novel finding in South African patients with the coronavirus 2019 disease (COVID-19) and Long COVID/Post-Acute Sequelae of COVID-19 (PASC), might form a suitable set of foci for the clinical treatment of the symptoms of Long COVID/PASC. A Long COVID/PASC Registry was subsequently established as an online platform where patients can report Long COVID/PASC symptoms and previous comorbidities.

Methods: In this study, we report on the comorbidities and persistent symptoms, using data obtained from 845 South African Long COVID/PASC patients. By using a previously published scoring system for fibrin amyloid microclots and platelet pathology, we also analysed blood samples from 80 patients, and report the presence of significant fibrin amyloid microclots and platelet pathology in all cases.

Results: Hypertension, high cholesterol levels (dyslipidaemia), cardiovascular disease and type 2 diabetes mellitus (T2DM) were found to be the most important comorbidities. The gender balance (70% female) and the most commonly reported Long COVID/PASC symptoms (fatigue, brain fog, loss of concentration and forgetfulness, shortness of breath, as well as joint and muscle pains) were comparable to those reported elsewhere. These findings confirmed that our sample was not atypical. Microclot and platelet pathologies were associated with Long COVID/PASC symptoms that persisted after the recovery from acute COVID-19.

Conclusions: Fibrin amyloid microclots that block capillaries and inhibit the transport of O_2 to tissues, accompanied by platelet hyperactivation, provide a ready explanation for the symptoms of Long COVID/PASC. Removal and reversal of these underlying endotheliopathies provide an important treatment option that urgently warrants controlled clinical studies to determine efficacy in patients with a diversity of comorbidities impacting on SARS-CoV-2 infection and COVID-19 severity. We suggest that our platelet and clotting grading system provides a simple and cost-effective diagnostic method for early detection of Long COVID/PASC as a major determinant of effective treatment, including those focusing on reducing clot burden and platelet hyperactivation.

Keywords: Amyloid fibrin(ogen); Co-morbidities; Fluorescence microscopy; Hyperactivated platelets; Long COVID/PASC; Symptoms.

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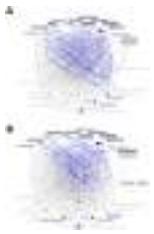

Fig. 5 A, B Lattice plots, showing...

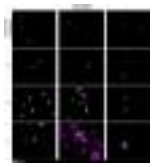

Fig. 6 Fluorescence microscopy examples of the...

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Review > Front Cardiovasc Med. 2023 Feb 7:10:1062491. doi: 10.3389/fcvm.2023.1062491. eCollection 2023.

The intersection of obesity and (long) COVID-19: Hypoxia, thrombotic inflammation, and vascular endothelial injury

Mengqi Xiang [1], Xiaoming Wu [1], Haijiao Jing [1], Valerie A Novakovic [2], Jialan Shi [1 2 3]

Affiliations

PMID: 36824451 PMCID: PMC9941162 DOI: 10.3389/fcvm.2023.1062491

Abstract

The role of hypoxia, vascular endothelial injury, and thrombotic inflammation in worsening COVID-19 symptoms has been generally recognized. Damaged vascular endothelium plays a crucial role in forming *in situ* thrombosis, pulmonary dysfunction, and hypoxemia. Thrombotic inflammation can further aggravate local vascular endothelial injury and affect ventilation and blood flow ratio. According to the results of many studies, obesity is an independent risk factor for a variety of severe respiratory diseases and contributes to high mechanical ventilation rate, high mortality, and slow recovery in COVID-19 patients. This review will explore the mechanisms by which obesity may aggravate the acute phase of COVID-19 and delay long COVID recovery by affecting hypoxia, vascular endothelial injury, and thrombotic inflammation. A systematic search of PubMed database was conducted for papers published since January 2020, using the medical subject headings of "COVID-19" and "long COVID" combined with the following keywords: "obesity," "thrombosis," "endothelial injury," "inflammation," "hypoxia," "treatment," and "anticoagulation." In patients with obesity, the accumulation of central fat restricts the expansion of alveoli, exacerbating the pulmonary dysfunction caused by SARS-CoV-2 invasion, inflammatory damage, and lung edema. Abnormal fat secretion and immune impairment further aggravate the original tissue damage and inflammation diffusion. Obesity weakens baseline vascular endothelium function leading to an early injury and pre-thrombotic state after infection. Enhanced procoagulant activity and microthrombi promote early obstruction of the vascular. Obesity also prolongs the duration of symptoms and increases the risk of sequelae after hospital discharge. Persistent viral presence, long-term inflammation, microclots, and hypoxia may contribute to the development of persistent symptoms, suggesting that patients with obesity are uniquely susceptible to long COVID. Early interventions, including supplemental oxygen, comprehensive antithrombotic therapy, and anti-inflammatory drugs, show effectiveness in many studies in the prevention of serious hypoxia, thromboembolic events, and systemic inflammation, and are therefore recommended to reduce intensive care unit admission, mortality, and sequelae.

Keywords: COVID-19; hypoxia; long COVID; thrombotic inflammation; vascular endothelial injury.

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Figures

FIGURE 1
Pathophysiological changes of air-blood

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Pharmaceuticals (Basel). 2022 Jul 27;15(8):931. doi: 10.3390/ph15080931.

The Occurrence of Hyperactivated Platelets and Fibrinaloid Microclots in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)

Jean M Nunes [1], Arneaux Kruger [1], Amy Proal [2], Douglas B Kell [1 3 4], Etheresia Pretorius [1 3]

Affiliations

PMID: 36015078 PMCID: PMC9413879 DOI: 10.3390/ph15080931

Abstract

We have previously demonstrated that platelet-poor plasma (PPP) obtained from patients with Long COVID/Post-Acute Sequelae of COVID-19 (PASC) is characterized by a hypercoagulable state and contains hyperactivated platelets and considerable numbers of already-formed amyloid fibrin(ogen) or fibrinaloid microclots. Due to the substantial overlap in symptoms and etiology between Long COVID/PASC and ME/CFS, we investigated whether coagulopathies reflected in Long COVID/PASC-hypercoagulability, platelet hyperactivation, and fibrinaloid microclot formation-were present in individuals with ME/CFS and gender- and age-matched healthy controls. ME/CFS samples showed significant hypercoagulability as judged by thromboelastography of both whole blood and platelet-poor plasma. The area of plasma images containing fibrinaloid microclots was commonly more than 10-fold greater in untreated PPP from individuals with ME/CFS than in that of healthy controls. A similar difference was found when the plasma samples were treated with thrombin. Using fluorescently labelled PAC-1, which recognizes glycoprotein IIb/IIIa, and CD62P, which binds P-selectin, we observed hyperactivation of platelets in ME/CFS hematocrit samples. Using a quantitative scoring system, the ME/CFS platelets were found to have a mean spreading score of 2.72 ± 1.24 vs. 1.00 (activation with pseudopodia formation) for healthy controls. We conclude that ME/CFS is accompanied by substantial and measurable changes in coagulability, platelet hyperactivation, and fibrinaloid microclot formation. However, the fibrinaloid microclot load was not as great as was previously noted in Long COVID/PASC. Fibrinaloid microclots, in particular, may contribute to many ME/CFS symptoms, such as fatigue, seen in patients with ME/CFS, via the (temporary) blockage of microcapillaries and hence ischemia. Furthermore, fibrinaloid microclots might damage the endothelium. The discovery of these biomarkers represents an important development in ME/CFS research. It also points to possible uses for treatment strategies using known drugs and/or nutraceuticals that target systemic vascular pathology and endothelial inflammation.

Keywords: fibrinaloid microclots; hypercoagulability; myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS); platelets.

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Figures

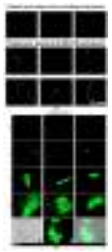


Figure 1 (**A**) Representative fluorescence...

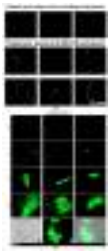
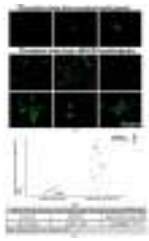


Figure 1 (**A**) Representative fluorescence...



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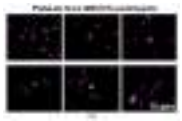

Figure 3 (**A**) Representative fluorescent...

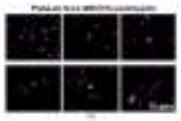

Figure 3 (**A**) Representative fluorescent...

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Review > Biochem J. 2022 Aug 31;479(16):1653-1708. doi: 10.1042/BCJ20220154.

The potential role of ischaemia–reperfusion injury in chronic, relapsing diseases such as rheumatoid arthritis, Long COVID, and ME/CFS: evidence, mechanisms, and therapeutic implications

Douglas B Kell [1 2 3], Etheresia Pretorius [1 3]

Affiliations

PMID: 36043493 PMCID: PMC9484810 DOI: 10.1042/BCJ20220154

Abstract

Ischaemia-reperfusion (I-R) injury, initiated via bursts of reactive oxygen species produced during the reoxygenation phase following hypoxia, is well known in a variety of acute circumstances. We argue here that I-R injury also underpins elements of the pathology of a variety of chronic, inflammatory diseases, including rheumatoid arthritis, ME/CFS and, our chief focus and most proximally, Long COVID. Ischaemia may be initiated via fibrin amyloid microclot blockage of capillaries, for instance as exercise is started; reperfusion is a necessary corollary when it finishes. We rehearse the mechanistic evidence for these occurrences here, in terms of their manifestation as oxidative stress, hyperinflammation, mast cell activation, the production of marker metabolites and related activities. Such microclot-based phenomena can explain both the breathlessness/fatigue and the post-exertional malaise that may be observed in these conditions, as well as many other observables. The recognition of these processes implies, mechanistically, that therapeutic benefit is potentially to be had from antioxidants, from anti-inflammatories, from iron chelators, and via suitable, safe fibrinolytics, and/or anti-clotting agents. We review the considerable existing evidence that is consistent with this, and with the biochemical mechanisms involved.

Keywords: Long COVID; amyloid microclots; ischaemia–reperfusion injury.

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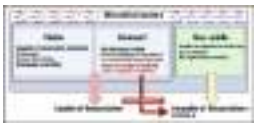

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Review J Thromb Haemost. 2023 Aug;21(8):2020-2031. doi: 10.1016/j.jtha.2023.04.039.
Epub 2023 May 11.

Thromboinflammation in long COVID-the elusive key to postinfection sequelae?

Leo Nicolai [1], Rainer Kaiser [2], Konstantin Stark [2]

Affiliations

PMID: 37178769 PMCID: PMC10174338 DOI: 10.1016/j.jtha.2023.04.039

Abstract

Long COVID is a public health emergency affecting millions of people worldwide, characterized by heterogeneous symptoms across multiple organ systems. Here, we discuss the current evidence linking thromboinflammation to postacute sequelae of COVID-19. Studies have found persistence of vascular damage with increased circulating markers of endothelial dysfunction, coagulation abnormalities with heightened thrombin generation capacity, and abnormalities in platelet counts in postacute sequelae of COVID-19. Neutrophil phenotype resembles acute COVID-19 with an increase in activation and Neutrophil Extracellular Trap formation. These insights are potentially linked by elevated platelet-neutrophil aggregate formation. This hypercoagulable state in turn can lead to microvascular thrombosis, evidenced by microclots and elevated D-dimer in the circulation as well as perfusion abnormalities in the lungs and brains of patients with long COVID. Also, COVID-19 survivors experience an increased rate of arterial and venous thrombotic events. We discuss 3 important, potentially intertwined hypotheses that might contribute to thromboinflammation in long COVID: lasting structural changes, most prominently endothelial damage, caused during initial infection; a persistent viral reservoir; and immunopathology driven by a misguided immune system. Finally, we outline the necessity for large, well-characterized clinical cohorts and mechanistic studies to clarify the contribution of thromboinflammation to long COVID.

Keywords: PASC; long COVID; platelets; thromboinflammation; thrombosis.

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Figures

Figure 1 Clinical and experimental evidence for...

Figure 2 Potential mechanisms driving thromboinflammation

Comment in

A commentary on "Thromboinflammation in long COVID - the elusive key to post-infection sequelae?".

Iba T, Levy JH.

J Thromb Haemost. 2023 Aug;21(8):2061-2063. doi: 10.1016/j.jtha.2023.05.018.

PMID: 37468178 No abstract available.

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Semin Thromb Hemost. 2024 Sep 30. doi: 10.1055/s-0044-1790603. Online ahead of print.

Vascular Pathogenesis in Acute and Long COVID: Current Insights and Therapeutic Outlook

Arneaux Kruger [1], David Joffe [2 3], Graham Lloyd-Jones [4], Muhammed Asad Khan [3 5], Špela Šalamon [3], Gert J Laubscher [6], David Putrino [2 7], Douglas B Kell [1 8 9], Etheresia Pretorius [1 3 8]

Affiliations

PMID: 39348850 DOI: 10.1055/s-0044-1790603

Free article

Abstract

Long coronavirus disease 2019 (COVID-19)-a postacute consequence of severe acute respiratory syndrome coronavirus 2 infection-manifests with a broad spectrum of relapsing and remitting or persistent symptoms as well as varied levels of organ damage, which may be asymptomatic or present as acute events such as heart attacks or strokes and recurrent infections, hinting at complex underlying pathogenic mechanisms. Central to these symptoms is vascular dysfunction rooted in thrombotic endothelialitis. We review the scientific evidence that widespread endothelial dysfunction (ED) leads to chronic symptomatology. We briefly examine the molecular pathways contributing to endothelial pathology and provide a detailed analysis of how these cellular processes underpin the clinical picture. Noninvasive diagnostic techniques, such as flow-mediated dilation and peripheral arterial tonometry, are evaluated for their utility in identifying ED. We then explore mechanistic, cellular-targeted therapeutic interventions for their potential in treating ED. Overall, we emphasize the critical role of cellular health in managing Long COVID and highlight the need for early intervention to prevent long-term vascular and cellular dysfunction.

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EXHIBIT

SNAP MEDICAL EXPENSES HANDBOOK
PROVIDED ON USDA-FNS WEBSITE

https://www.fns.usda.gov/snap/medical-expenses-guide

Updated: February 05, 2024 per USDA-FNS

Introduction:

This exhibit provides a copy of the SNAP Medical Expenses Handbook, and as noted directly from the website referenced in the header:

"FNS is issuing this guide to clarify who is considered elderly and disabled for purposes of the Supplemental Nutrition Assistance Program (SNAP) and the requirements and dynamics of the excess medical expenses deduction.

Under SNAP regulations, households are entitled to a medical expenses deduction from their income calculation if one or more household members are elderly or disabled. Only those medical expenses incurred by the elderly or disabled household member in excess of $35 per month and not paid by insurance or another third party can be deducted.

This guide examines how eligibility workers verify who qualifies as elderly or disabled for purposes of SNAP, determine allowable medical expenses, calculate the actual deduction, and act on reported changes. At the end of key sections, knowledge checks provide the opportunity to check the reader's understanding by answering questions based on the material covered. Answers are located near the end of the guide. The appendix of this guide contains examples of informational materials written in plain language that can be used to help SNAP clients better understand the medical expenses deduction."

Reservation of Rights: Plaintiff reserves the right to provide additional evidence and context as discovery progresses.

Food and Nutrition Service

A Guide to the Treatment of Medical Expenses for Elderly or Disabled Household Members

Supplemental Nutrition Assistance Program

Certification Policy Branch

2019

United States Department of Agriculture

https://www.fns.usda.gov/snap/medical-expenses-guide

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With thanks to Kathie Herrman (FNS Mountain Plains Regional Office), developer of the original Treatment of Medical Expenses Training Handbook, *Everything You Ever Wanted to Know About Medical Expenses, But Were Afraid to Ask*, January 1, 2000.

Introduction

The Food and Nutrition Service (FNS) is issuing this guide to clarify who is considered elderly and disabled for purposes of the Supplemental Nutrition Assistance Program (SNAP) and the requirements and dynamics of the excess medical expenses deduction. This guidance is based on relevant sections of the Food and Nutrition Act of 2008 (the Act), part 273 of title 7 of the Code of Federal Regulations (CFR) (SNAP regulations), and policy guidance issued by FNS.

Under SNAP regulations, households are entitled to a medical expenses deduction from their income calculation if one or more household members are elderly or disabled. Only those medical expenses incurred by the elderly or disabled household member in excess of $35 per month and not paid by insurance or another third party can be deducted.

This guide examines how eligibility workers verify who qualifies as elderly or disabled for purposes of SNAP, determine allowable medical expenses, calculate the actual deduction, and act on reported changes. At the end of key sections, Knowledge Checks provide the opportunity to check the reader's understanding by answering questions based on the material covered. Answers are located near the end of the guide. The Appendix of this guide contains examples of informational materials written in plain language that can be used to help SNAP clients better understand the medical expenses deduction.

State responsibilities and flexibilities

State agencies are required to ensure that all eligible applicants receive the SNAP benefits to which they are entitled. The proper calculation of medical expenses deductions can be critical to determining correctly the amount of SNAP benefits that households containing elderly and disabled members are eligible to receive. State agencies must be sure that such households are aware of the deduction. State agencies should keep this in mind when designing applications and notices.

A State agency is not required to list every possible deductible expense on its SNAP application. A tiered approach may be more administratively feasible. For example, a household with an elderly or disabled member could receive a brief addendum that asks general questions about medical expenses. If the household reported owning a service animal, the State agency could then ask more detailed questions about food and medical care for the animal on an addendum or as part of the interview. If the household failed to report the costs of the service animal's food and medical care after being informed about deductibility of those items, the State agency would correctly conclude that the household does not want to deduct unreported veterinary

bills. SNAP regulations do not require that medical expense questions appear on a State agency's SNAP application, but eligibility workers need to cover the questions in the interview and document the questions and answers if they do not appear on the State's SNAP application.

Some State agencies include the following wording on SNAP applications: *"Failure to report or verify any of the above listed expenses will be seen as a statement by your household that you do not want to receive a deduction for the unreported expense."* State agencies that use this or similar application language are still required to ensure that applicants receive the SNAP benefits to which they are entitled. A household cannot be responsible for failing to report information, or for not verifying information, if the household is not aware of the requirement.

Many deductible medical expenses, such as transportation costs, are not readily apparent to clients. Therefore, a State agency using application language like that described above may only conclude that a household does not want to deduct an expense if:

1. the State agency asked about the unreported expense or requested verification through use of a question specific enough that a household completely unfamiliar with SNAP policy could answer the question;

2. the household did not report or verify the expense;

3. the State agency notified the household that verification is required, gave the household sufficient time to provide verification, and offered to help the household obtain verification; and

4. the State agency documented the reason for not deducting the expense.

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Determining who is elderly or disabled

Who is elderly or disabled?

The first question an eligibility worker must answer is whether any household members are entitled to the medical expenses deduction. Households are entitled to a medical expenses deduction only if one or more members are elderly or disabled. SNAP regulations at 7 CFR 271.2 define who qualifies as "elderly or disabled" for purposes of SNAP.

Only households containing individuals who meet the SNAP definition of "elderly or disabled" are entitled to the excess medical expenses deduction. A person is considered disabled if they are certified for benefits listed in §271.2, even if they are not actually receiving benefits. This includes persons who have been certified but have not yet received their first payments, those who remain certified but whose benefits are entirely recouped to repay a prior overpayment, and those certified but not receiving payments due to income restrictions.

Individuals who do not qualify

The following individuals are **not** considered disabled for SNAP purposes unless they also meet one of the SNAP disability criteria under 7 CFR 271.2:

- An individual who is exempt from the student work requirement under §273.5 or work registration under §273.7 due to physical or mental unfitness for employment. For instance, a person may be exempt from these requirements due to a temporary illness or disability, but if they do not meet one of the §271.2 requirements they are not entitled to a medical expenses deduction.
- A spouse or other person receiving benefits as a dependent of an SSI or disability recipient.
- An individual who is disabled by Social Security standards but not receiving SSI benefits.
- An individual who has applied for SSI but has not been approved for SSI, presumptive disability payments, or emergency advance payments.

Timing of eligibility determination

If a household member will turn 60 years old during the first month of the certification period, the medical expenses deduction should be allowed beginning that month. If the person will turn 60 years old later in the certification period, any reported medical expenses should be

allowed beginning in the month the member turns 60. For individuals anticipating Social Security disability or SSI benefits, the deduction can be allowed when they begin receiving benefits.

How does an eligibility worker verify eligibility for the medical expenses deduction?

The second question an eligibility worker must answer is how to verify disability. This is described in SNAP regulations at 7 CFR 273.2(f)(1)(viii).

Determining whether a disability qualifies

In determining what is "a disability considered permanent under section 221(i) of the Social Security Act" under SNAP regulations, State agencies must obtain and use updated lists of what are considered permanent disabilities by the Social Security Administration (SSA). Eligibility workers may also determine by observation that an individual is unable to purchase and prepare meals because he or she suffers from a severe physical or mental disability even if the disability is not specifically mentioned on the SSA list.

If a disability is not on the SSA list and is not obvious to the eligibility worker, the eligibility worker must verify disability using a statement from a physician or licensed mental health practitioner certifying that the individual (in the physician's/practitioner's opinion) is unable to purchase and prepare meals because he or she suffers from one of the nonobvious disabilities mentioned in the SSA list, or is unable to purchase meals because he or she suffers from some other severe, permanent physical or mental disease or nondisease-related disability. State agencies may not require personnel responsible for making Social Security disability determinations to make a disability determination for SNAP purposes.

For a recipient of State disability payments to be considered disabled under SNAP, the State disability retirement system must have used criteria for determining the individual's disability status that can be reasonably seen to be the same as the SSA criteria. Similarly, in the case of individuals receiving State disability or blindness payments, the State agency must determine whether its payments to a particular individual are based on the Supplemental Security Income (SSI) rules. The State is in the best position to interpret its own laws as to whether a particular disability retirement benefit program in the State is "from a governmental agency".

Medicaid

Receipt of Medicaid alone does not establish disability for SNAP purposes. Additionally, an individual subject to the Medicaid spend-down is not even considered a recipient of Medicaid until the spend-down requirement has been satisfied. For more information about calculating medical expenses under the Medicaid spend-down program, see How is the Medicaid spend-

down treated?

Supplemental Security Income (SSI)

A household member is considered to be disabled for SNAP purposes if they receive a regular SSI check, an SSI presumptive disability payment, or an SSI emergency advance payment.

- SSI presumptive disability payments are regular benefits paid for a temporary duration to people who will most likely meet SSI disability criteria. If a person is approved for presumptive SSI and then denied, the excess medical expenses deduction must be removed according to regular processing standards.

- An SSI emergency advance payment is a single payment provided to applicants who appear to meet the eligibility criteria and who are considered in need of immediate assistance.

Federal Employee Compensation Act (FECA)

Receipt of payments under the Federal Employee Compensation Act (FECA) is not, by itself, evidence of disability for SNAP purposes. There are two types of FECA payments:

1. Temporary benefits for employees injured on the job who receive benefits while they recover; these **do not** satisfy the SNAP disability requirements.

2. Benefits for permanently disabled employees who opt for FECA benefits in lieu of Civil Service Retirement (CSR) benefits; these **do** qualify as "disability retirement benefits from a government agency".

How does elderly and disabled status affect household composition?

Under SNAP regulations, everyone who lives together and purchases and prepares meals together is considered a household. Some people who live together are required to be included in the same household, even if they purchase and prepare meals separately. This includes married spouses, children under age 22 who are living with their parents, and children under 18 years old who are living with and are under the parental control of a household member other than their parents.

Under §273.1(b)(2), an otherwise eligible member of a household may be considered, together with his or her spouse (if living there), a separate SNAP household from the others with whom the individual lives, if the individual is:

1. 60 years of age or older; and

2. Unable to purchase and prepare meals separately because of a disability considered permanent under the Social Security Act or a non-disease-related, severe, permanent disability.

To be eligible for separate household status because of disability, the elderly household member must be either receiving disability benefits or certified to receive the benefits at the time that the SNAP determination is made.

Separate household status may **not** be granted:

- When the income of the others with whom the elderly disabled individual lives (excluding the income of the elderly and disabled individual and his or her spouse) exceeds 165 percent of the poverty line; or
- To a spouse, any child under 18 years of age who is under the parental control of the elderly disabled person, or any person under 22 years of age who is the natural, adoptive, or step child of the elderly disabled person.

Nonhousehold members

A household that is responsible for paying the medical expenses of a nonhousehold member is not entitled to the medical expenses deduction because of that person.

Former or deceased household members

Under §273.9(d)(3)(ii), if an individual was a household member immediately prior to entering a hospital or nursing home, the household is entitled to the medical expenses deduction for those expenses incurred by the former household member if the household continues to be legally responsible for paying those expenses.

Medical expenses are also deductible if the elderly/disabled person who is in a home or hospital would have been included in the SNAP household prior to incurring the expense. The household does not have to be participating prior to incurring the expense to be eligible for the deduction, but the eligibility worker has to determine if the expenses were allowable or past due.

The medical expenses of a deceased household member (who met the definition of elderly or disabled while a member of the household) are allowable if the remaining household members are legally responsible for the bills.

Effect of ineligible household members

Under §273.11(c)(1)(i), if an elderly or disabled household member is ineligible because of a

disqualification for an intentional program violation, a felony drug conviction, fleeing felon status, noncompliance with a work requirement under §273.7, or imposition of a sanction while the member was participating in a household disqualified because of failure to comply with workfare requirements, the remaining eligible household members would continue to be eligible for the medical expenses deduction and the income and resources of the ineligible household member would also continue to count in their entirety.

Knowledge Check #1

1. A child is disabled by Social Security standards and receiving SSI benefits due to her disability. After the death of her father, she begins receiving Social Security death benefits based on her father's work history. Because the death benefits are higher, her SSI benefits are terminated. Is the child still eligible to receive a SNAP deduction for her medical expenses?

2. A 70-year-old woman was living with her 40-year-old daughter. They had separate SNAP households. The mother is admitted for long-term care in the hospital, so her case is closed. The daughter is making sporadic payments for hospital costs. May the daughter claim a medical expenses deduction for her mother's hospital expenses?

3. An elderly husband and wife were not participating in SNAP. The husband goes to the hospital in September. The wife applies for SNAP benefits in October. May the wife claim a medical expenses deduction for her husband's hospital expenses?

4. A household applies in January and is certified through December. One of the members will turn 60 in March and has allowable medical expenses. When should the expenses be deducted?

Jump to answers.

Determining allowable medical expenses

Once an eligibility worker has determined that the household contains elderly or disabled members, the next question is whether the household incurs allowable medical expenses. SNAP regulations at 7 CFR 273.9(d)(3) describe what are allowable medical expenses. Only medical expenses incurred by the elderly or disabled household member are allowable.

What are eligibility workers allowed to question?

SNAP regulations do not allow State agencies to evaluate whether a prescribed treatment is appropriate or necessary for an individual's medical condition. Additionally, the household's intent to pay is not a consideration in allowing an expense. The eligibility worker must instead evaluate whether a specific expense was prescribed or approved by a State-licensed practitioner or qualified health professional as determined by State definitions or authorities, and verify the expenses in accordance with SNAP regulations.

If it is questionable whether a practitioner is licensed, the local office can contact the State medical licensing board or the county medical association for assistance. A State agency may choose to list types of licensed and qualified practitioners in its certification manual. If the practitioner is licensed or qualified by the appropriate State authority, both the practitioner's fees and treatments and drugs prescribed or approved by the practitioner are deductible as medical expenses.

Special diets and over-the-counter medications

Special diets are not an allowable medical expenses deduction, even if they are prescribed or approved by a licensed practitioner or other qualified health professional recognized by the State. "Special diets" includes those prescribed for people with diabetes, prescribed liquid diets and nutritional supplements, allergy-free foods, special diets necessitated by religious considerations, and any item (including organic or fresh food and bottled water) that can be otherwise purchased with SNAP benefits. To determine whether a particular item is purchasable with SNAP benefits, State agencies should look to the product label. Items with a nutrition facts label that are sold in a SNAP-authorized retailer are eligible foods. Items with a supplement facts label are not eligible foods.

In making determinations about whether a particular over-the-counter medication is an allowable deduction or a non-allowable special diet, State agencies should apply a consistent policy and ensure that any allowable deduction is approved or prescribed by a licensed practitioner or other qualified health professional, not purchasable with SNAP benefits, and not part of a special diet as described above.

Schedule I controlled substances

Schedule I controlled substances are not allowable medical expenses under Federal law, regardless of whether they have been prescribed in accordance with State law. Under the Controlled Substances Act, marijuana is a Schedule I controlled substance that has no currently accepted medical use and cannot be prescribed for medicinal purposes. No Schedule I controlled substance may be allowed as a medical expenses deduction for purposes of SNAP.

Allowable expense decision tree

In considering whether an expense is allowable for the excess medical expenses deduction, ask the following questions:

1. Is the expense for a medication, medical supply, equipment, or service prescribed or approved by a State-licensed or qualified health practitioner?
   If the answer is no, disallow the expense.
   If yes, continue to the next question:

2. Is the expense for a special diet or an item that can be otherwise purchased with SNAP benefits?
   If the answer is yes, disallow the expense.
   If yes, continue to the next question:

3. Is the expense a Schedule I controlled substance?
   If the answer is yes, disallow the expense.
   If no, then generally the expense should be allowed.

What are some examples of specific types of expenses?

Alternative therapies

In some States, acupuncturists, massage therapists, herbalists, and other alternative medicine practitioners are licensed and recognized by the State Medical Board. If such a State-licensed health practitioner prescribes or approves an alternative therapy or medicine (such as acupuncture or herbs prescribed for therapeutic purposes), the costs for the practitioner and the therapy or medicine may be allowed as a medical expense if they cannot be otherwise purchased with SNAP benefits and are not prescribed as part of a special diet.

Insurance policies

Premiums for certain types of insurance policies are allowable deductions. Generally, if the insurance policy itself states that the payments are intended to cover medical expenses, it is reasonable to conclude that it is the household member's intent to use the benefits for paying

medical bills rather than to meet normal living expenses.

- Policies that pay a household a specific amount of money for each day the person is in the hospital are only allowable expenses if the policy itself states that the monies are intended to be used to cover medical expenses.

- Policies that state that the insurance payments are intended to cover cancer treatment or nursing home care are allowable expenses.

- Ambulance insurance policies are allowable expenses.

Only the portion of a medical insurance premium assigned to the elderly or disabled household member may be considered when calculating the deductible amount. If the policy does not specify how much of the premium is for each household member, the eligibility worker may prorate the premium amount among all household members. Only the prorated amount for the eligible member would be considered a deduction.

If the policy holder is not elderly or disabled, but the family policy includes a person who is eligible for the medical expenses deduction, that part of the premium for the eligible member may be used in calculating the deduction.

Payments on loans and credit card interest

Households may receive a medical expenses deduction for payments made on a conventional loan when the loan is used to pay a one-time only medical expense, but loan expenses (such as interest) are not allowable as part of the deduction. If a household obtains a mortgage for the purpose of financing a large medical expense, the mortgage payments should be treated as shelter costs and are not deductible as medical expenses.

Medical expenses billed on a credit card are allowable and considered billed when the charge account statement is received. The interest may not be included as a deduction.

Service animals

Costs of securing and maintaining any animal specially trained to serve the needs of elderly or disabled program participants are allowable medical expenses. Examples of such animals include seeing guide dogs, hearing guide dogs, and housekeeper monkeys. Food and veterinarian bills associated with the service animal are also allowable costs.

An animal must be specially trained to assist the SNAP recipient in order for its associated maintenance costs (such as veterinary bills, food, and other expenses) to be allowable deductions. While specific types of training, credentials, or certifications are not required, if

the animal has not been specially trained to assist the individual with the medical issue for which the animal is prescribed, it is not a service animal and its expenses are not deductible. A pet or companion animal that a client already owns does not automatically become a service animal if the client is later prescribed a service animal.

Transportation and lodging costs

Each State may set amounts to be considered reasonable costs of transportation and lodging that are incurred to obtain medical treatment or services. Use of State Department of Revenue or Federal Internal Revenue Service rates is permissible for mileage in a privately owned vehicle and should be applied consistently among all households in the State. State agencies should provide guidelines for eligibility workers to judge the reasonableness of lodging costs. State agencies have flexibility in developing these guidelines. The guidelines could be a flat, State-wide amount; could include variations for rural and urban areas; and could provide the basis for making exceptions to the established rates.

Eligibility workers must verify transportation and lodging costs submitted as medical expenses. Transportation costs include trips to a pharmacy or other location to fill prescriptions, fittings for dentures, hearing aids, or glasses, as well as trips to the doctor, dentist, etc. Like other medical expenses, only those transportation and lodging costs incurred by the elderly or disabled household member are allowable.

Miscellaneous

- The term “eye glasses” in the SNAP regulations also includes costs for contact lens.
- Postage for mail-order prescription drugs is an allowable medical expense.
- Adaptive equipment in vehicles and homes as well as monthly telephone fees for amplifiers and warning signals for elderly or disabled individuals, and the costs of telecommunications devices for the elderly or disabled may be considered allowable medical expenses deductions.
- A relative, who is not a household member, may be an attendant, as that term is used in §273.9(d)(3)(x). Child care expenses for a child receiving SSI are allowable medical costs if the expenses are necessary and identifiable. If a household incurs attendant care costs that could qualify under both the medical expenses deduction of §273.9(d)(3)(x) and the dependent care deduction of §273.9(d)(4), the costs may be deducted as a medical expense or a dependent care expense, but not both.

How does an eligibility worker verify medical expenses?

Although an eligibility worker may not question what a State-licensed or qualified health practitioner determines to be necessary medical treatment, verification is critical to ensure that claimed medical expenses are legitimate. Medical expenses totaling $35 and less should not be verified since they will not result in a deduction.

Documentary Evidence

Per §273.2(f)(4), the eligibility worker must use documentary evidence as the primary source of verification. Documentary evidence consists of a written confirmation of the household's medical expenses. Examples of acceptable documentary evidence include:

- Bills or statements from providers of health insurance, services, and products.
- Health insurance policies that clearly describe the areas of coverage.

Acceptable verification shall not be limited to any single type of document and may be obtained through the household or other sources.

The household has primary responsibility for providing documentary evidence to support statements on the application and to resolve any questionable information. Households may supply documentary evidence in person, through the mail, through an electronic portal, or through an authorized representative; however, State agencies may not require households to present verification in person.

Eligibility workers must accept any reasonable documentary evidence provided by the household and must be primarily concerned with how adequately the verification proves the statements on the application.

Collateral contacts and home visits

Whenever documentary evidence cannot be obtained or is insufficient to make a firm determination of eligibility for the deduction or the amount of the deduction, the eligibility worker may require a collateral contact. Documentary evidence may be considered insufficient when the household presents bills that do not represent an accurate picture of the household's medical expenses (such as old bills).

A collateral contact is an oral confirmation of the household's expenses by a person outside of the household. The collateral contact may be made either in person or over the telephone. The eligibility worker may select a collateral contact if the household fails to designate one or designates one that is unacceptable to the eligibility worker. Examples of collateral contacts

for medical expenses include:

- Billing personnel in the doctor's office or the hospital.
- Insurance agents.
- Nursing home or home health care providers.
- Medical equipment rental agencies.

When information obtained from a source outside of the household contradicts statements made by the household, the eligibility worker must give the household the opportunity to resolve the discrepancy prior to using the information to determine benefits. State agencies must also ensure compliance with all Federal and State privacy and patient rights laws in obtaining information from collateral contacts. The eligibility worker should document in the case file any information obtained from collateral contacts as well as how any discrepancies are resolved.

Home visits may be used as verification on a case-by-case basis when documentary evidence is insufficient to make a firm determination of eligibility or benefit level, or cannot be obtained. Home visits must be scheduled in advance with the household.

Missing verification

If a household does not have needed verification at the interview, the State agency must notify the household, offer to assist the household in obtaining required verification, and give 10 days for the household to provide the particular items of missing verification. It is a best practice for the eligibility worker to document in the case file when such assistance is offered to the client. If the household does not provide verification within the 10 days provided, the eligibility worker must determine benefits without allowing a deduction for the unverified medical expense. If the verification is provided later, the eligibility worker will allow the expense in accordance with the procedures for acting on reported changes.

Households entitled to expedited service are entitled to a medical expenses deduction if they list medical expense amounts even if verification of those expenses are postponed. The verification must be provided prior to the second month's issuance, or until the third month of participation in the case of households that applied after the 15th of the month and were assigned a 2-month or longer certification period. If an amount of an allowable expense is not known at this time or cannot be reasonably anticipated based upon available information about the recipient's medical condition and public or private medical insurance coverage, the State agency shall consider the non-reimbursable portion of the medical expense only when the amount of the expense or reimbursement is reported and verified.

If a State agency determines that a household does not want to deduct an expense, the expense becomes non-deductible and is not included in any calculation of net income. If the household later reports or verifies the expense, the State agency would then deduct it.

Are there any unique reporting and recertification requirements?

A household's monthly medical expenses deduction for the certification period is based on the information reported and verified by the household, and any anticipated changes in the household's medical expenses that can be reasonably expected to occur during the certification period based on available information about the recipient's medical condition, public or private insurance coverage, and current verified medical expenses. Under §273.10(d)(4), a State agency shall not require households to file reports or to report changes about medical expenses during the certification period.

Under §273.12(c), during the certification period, the State agency shall not act on changes in the medical expenses of households eligible for the medical expenses deduction which it learns of from a source other than the household and which, in order to take action, require the State agency to contact the household for verification. The State agency shall only act on those changes in medical expenses that it learns about from a source other than the household if those changes are verified upon receipt and do not require contact with the household.

A household may voluntarily report changes in medical expenses during the certification period. If so, under §273.2(f)(8)(ii), the eligibility worker shall verify a change if it will increase the allotment but may not verify total medical expenses that are unchanged or have changed by $25 or less, unless the information is incomplete, inaccurate, inconsistent, or outdated. The same restrictions on verification of previously unreported medical expenses and changes in total recurring medical expenses apply at recertification.

Under §273.10(d)(4), a State agency may either require verification prior to acting on the change, or require verification prior to the second normal monthly allotment after the change is reported. The State agency should specify in its State plan the option selected and apply the option consistently to all households. Regardless of which option is selected, in verifying a deductible expense, a State agency may not send the household a Request for Contact.

Under §273.12(c), if a household reports a change to an established deduction (other than a change in earnings or residence) during the first six months of the certification period that would affect the household's eligibility for, or amount of, the deduction, the State agency may choose to disregard the change and continue to provide the household the deduction amount that was established at certification until the household's next recertification or after the sixth month for households certified for 12 months. In the case of a household assigned a 24-month

certification period because all adult members are elderly or disabled, the State agency must act on any disregarded changes reported during the first 12 months of the certification period at the required 12-month contact. Changes reported during the second 12 months of the certification period can be disregarded until the household's next recertification.

If a State agency fails to allow a deduction for an allowable expense that was reported in time for the State agency to make the deduction in the appropriate month(s), the household is entitled to restored benefits.

Knowledge check #2

1. An elderly household member submits receipts for purchase of a walker, wheelchair rental, three sessions of hydrotherapy (with a letter signed by a State-licensed doctor stating that this is necessary to help with mobility), and three name-brand prescription medications. The eligibility worker is skeptical about the effectiveness of hydrotherapy and believes that generic medications would have been just as effective and cost a lot less. What should the eligibility worker do in this situation?

2. A disabled household member submits the following receipts as out-of-pocket medical expenses: purchase of gas to drive to another county to fill a prescription, purchase of nutritional shake mix and fresh fruit (with a letter signed by a State-licensed physician stating that these items are necessary for the household member to maintain a healthy weight), and purchase of medical marijuana (with a prescription signed by the same physician). Which, if any, of these are allowable medical expenses?

3. A household with an elderly member is being recertified in May. The elderly member reports a new prescription expense of $10 a month. What information is the eligibility worker required to verify?

4. A household with a disabled member reports during the 8th month of a 12-month certification period a $30 increase in a medical expense during the certification period. What is the eligibility worker required to do?

Jump to answers.

Calculating the Deduction

After the eligibility worker has identified all the medical expenses the household incurs and which of those expenses are allowable, the eligibility worker will need to anticipate when the household will receive bills for their expenses, and when those expenses may be averaged.

Households may elect to have fluctuating expenses averaged. If a recurring monthly expense does not fluctuate, it would not be averaged. It will be allowed each month as billed. One-time medical expenses may be deducted in a lump sum or averaged forward over the balance of the certification period. The eligibility worker must watch for expenses that will be paid by insurance or another third party as those expenses are not deductible. The eligibility worker must also determine if the expenses are current or past due.

A State agency may establish procedures to allow the method of budgeting a medical expense to be changed in the middle of a certification period, such as to allow a household to stop averaging an expense and have the remaining balance deducted at one time. However, the State agency must ensure that no action is taken which would cause a deduction to be allowed for an overdue expense or which would cause a double deduction.

What is the amount of the excess medical expenses deduction?

Only those medical expenses incurred by an elderly or disabled household member in excess of $35 per month can be used as a deduction. The $35 applies to the **total** expenses incurred by all elderly or disabled household members; it does not apply to each person's expenses if more than one person in the household is elderly or disabled.

- If an eligible household incurs medical expenses of $100 a month, the eligibility worker would subtract $35 from the $100 and allow $65 as the medical expenses deduction.

- If fluctuating expenses or a one-time expense has been averaged over the certification period, the $35 is deducted from the monthly average each month.

- Per §273.10(e)(1)(ii)(B), in calculating net monthly income, a State agency may choose to include the cents associated with each individual medical cost in the computation of the medical expenses deduction and round the final medical expenses deduction amount.

When are billed medical expenses allowed to be deducted?

Except as described otherwise elsewhere in this section, a medical expense is only allowed in the month the expense is billed or otherwise becomes due, regardless of when or whether the household intends to pay the expense. "Or otherwise becomes due" may be interpreted to apply to situations in which a bill is received in one month, but the due date on the bill is in the following month. In these cases, the State agency may choose to allow the expense in either the month the bill is received or the month the expense is due. The option chosen by the State agency should be stated in its policy manual and applied in all cases.

Agreed-on monthly installments on one-time medical expenses are allowable in the month that each installment is due. Monthly installment arrangements do not need to be formal but should be verified if questionable. The expense is allowable even if the household was initially billed and an agreement plan set up before the certification period began.

Medical expenses billed on a charge account are considered billed when the statement is received. If the household does not pay off the balance by the first month due, subsequent monthly billings will be treated in the same manner as an installment plan. Amounts that are considered past due are never allowed and a particular expense may only be deducted once. The eligibility worker shall calculate a household's expenses based on the expenses the household expects to be billed for during the certification period.

How are unpaid and past due medical expenses treated?

Under §273.10(d)(2), medical expenses carried forward from past billing periods are not deductible, even if they are included with the most recent billing and actually paid by the household. In any event, a particular expense may only be deducted once.

Each State agency should establish guidelines for how eligibility workers determine when a bill is considered past due. For instance, a State agency might establish that a bill is past due if it is unpaid 30 days after the billing date. The guidelines must be applied consistently across the caseload.

Unpaid medical bills may be taken into consideration when determining a household's monthly medical expenses deduction for the certification period, provided that they are not past due.

What is the Standard Medical Deduction?

Standard Medical Deduction (SMD) demonstration projects allow State agencies to establish an assumed standard medical expense to replace actual costs of medical expenses for households in which an elderly or disabled member incurs medical expenses (excluding special

diets) in excess of $35 a month.

The SMD makes it easier for seniors and disabled participants to qualify by decreasing their paperwork burden. Recipients of the SMD only have to provide verification that they have at least $35.01 in allowable medical expenses rather than documenting every expense to maximize their deduction. The SMD also increases administrative efficiency for State agencies by decreasing the number of medical expenses that must be verified.

Generally, SMD demo projects adjust the amount of the heating/cooling standard utility allowance (HCSUA) to offset the cost of implementing this demo and maintain cost neutrality. Regional Offices should contact the Program Design Branch at FNS' National Office to ensure that they have the most up-to-date template and program requirements for State agencies to use when requesting to run an SMD demonstration project.

How are medical expenses anticipated?

An eligibility worker must calculate a household's medical expenses based on the expenses the household expects to be billed for during the certification period. Anticipation of the expenses must be based on the most recent month's bills, unless the household is reasonably certain a change will occur. The eligibility worker shall not automatically average past month's bills as a method of anticipating future expenses.

An eligibility worker should thoroughly explore with the household any changes from past expenses and any new expenses that can be reasonably expected to occur during the certification period based on available information about the recipient's medical condition, public or private insurance coverage, and current verified medical expenses. Once the eligibility worker has anticipated all expenses, those expenses may be allowed in the month they are expected to be billed or otherwise become due, or they can be averaged over the remainder of the certification period if they fluctuate (see below).

Under §273.10(d)(1)(i), any expense that is reported and can be reasonably anticipated based on available information about the recipient's medical condition and public or private medical insurance coverage, can be used to calculate the deduction. Therefore, if the household has met its deductible or the eligibility worker has verified that the household's insurance policy only pays 80 percent of all further expenses, the eligibility worker may anticipate that the insurance will pay 80 percent of the future expenses and allow 20 percent of those anticipated expenses as a deduction.

How are medical expenses averaged?

Fluctuating medical expenses

Fluctuating medical expenses may be allowed as deductions if regularly recurring, reasonably anticipated, and verified. Households may elect to have fluctuating expenses averaged or have them deducted in the months they are billed or otherwise become due. If a recurring monthly expense does not fluctuate, it would not be averaged. It will be allowed each month the expense is billed or otherwise becomes due. For instance, if a household incurs a $50 a month expense for rental of medical equipment, the eligibility worker would simply allow the actual expense each month, rather than averaging the expense.

Expenses billed less often than monthly

Households may elect to have expenses that are billed less often than monthly averaged forward over the interval between scheduled billings. If a bill is averaged over the interval between billings, the expense can be allowed even if the bill was not received in the certification period. If there is no regularly scheduled billing interval, the expense may be averaged forward over the period the expense is intended to cover.

One-time only expenses

At certification, households may also elect to have one-time only expenses averaged forward over the entire certification period in which they are billed. Households reporting one-time only medical expenses during the certification period may elect to have a one-time deduction or to have the expense averaged over the remainder of the certification period. Averaging begins the month the reported change becomes effective. When a household elects to average a one-time medical expense, the household medical expense is averaged over the remaining months of the certification period, and $35 is deducted from the average each month.

Households certified for 24 months

In the case of a household certified for 24 months that reports a one-time medical expense incurred during the first 12 months of the certification period, the State agency must give the household the option of deducting the expense for one month, averaging the expense over the remainder of the first 12 months of the certification period, or averaging the expense over the remaining months in the certification period. One-time expenses reported after the 12th month of the certification period will be deducted in one month or averaged over the remaining months in the certification period, at the household's option.

How are reimbursements for medical expenses treated?

Any medical expense that will be covered by a third-party reimbursement or an excluded vendor payment shall not be allowed as a deduction. In addition, an expense which will be

covered by an excluded vendor payment that has been converted to a direct cash payment under the approval of a federally authorized demonstration project shall not be deductible.

That portion of an allowable medical expense which is not reimbursable can be included as part of the household's medical expenses. If the household reports an allowable medical expense at the time of certification but cannot provide verification at that time, and if the amount of the expense cannot be reasonably anticipated based on available information about the recipient's medical condition and public or private medical insurance coverage, no deduction can be allowed until the reimbursable portion of the medical expenses is verified, no matter how long it takes to obtain proof of the reimbursement and the expense to the household. The household will have the nonreimbursable portion of the expense considered at the time the amount of the reimbursement is received or can otherwise be verified.

Note that this only applies to expenses subject to reimbursement. If the household has expenses that the eligibility worker is sure will **not** be reimbursed, the expenses may be allowed prior to verification.

How are medical expenses deductions calculated for residents of group living arrangements?

Group living arrangements (GLAs), described in section 3(m)(5)(B) of the Act, are public or nonprofit homes for individuals who are disabled or blind. Residents of GLAs are entitled to the medical expenses deduction for the medical costs they incur in excess of $35 per month. In some cases, it may be challenging to determine a medical expenses deduction. The eligibility worker should first attempt to have the GLA separately identify allowable medical expenses. If the GLA can provide this information, this will be the amount used to calculate the deduction. If the amount paid for medical costs cannot be separately identified, no deduction is allowed for the costs.

Some GLAs may charge a basic rate for room and board and then have a higher rate depending on the amount of medical care a resident may need. In such instances, if a person is charged a higher rate, the basic rate minus the SNAP maximum allotment for a one-person household may be used to determine the shelter costs for that person, and the difference between the basic rate and the higher rate may be used to determine the medical expenses deduction.

These procedures apply to residents making their own payments and to those instances where a protective payee is handling the payments but is using the resident's own funds.

How is the Medicaid spend-down treated?

The Medicaid spend-down program is for people who are not income- or resource-eligible for Medicaid but who suffer from a catastrophic illness or otherwise require ongoing high medical

expenses. Once the household has a certain level of expenses compared to the household's available resources, the household can get some expenses paid under the spend-down program. There is no provision for restored benefits once the spend-down has been met unless the eligibility worker erred.

Each State has its own method of determining eligibility and calculating the amount of the Medicaid spend-down and the period it is intended to cover. Because of this, it is not possible to address every possible scenario specifically. The general rule is, however, that expenses less than the spend-down amount should be viewed as an out-of-pocket medical expense, like any other, and allowed for SNAP deduction purposes.

How should case files be documented?

Case files must be documented in sufficient detail so that a reviewer can determine the reasonableness and accuracy of the eligibility, ineligibility, benefit level, and other determinations. In documenting the excess medical expenses deduction, eligibility workers must thoroughly document all verification obtained and the time period covered by the medical expenses. Other examples of documentation include the following:

- The household members entitled to the medical expenses deduction and the verification obtained to prove that entitlement.
- The source of verification, which expenses are allowable, and which expenses are not allowable (i.e., if the expense is not an allowable expense or is past due, etc.).
- Treatment of reimbursements, when the verification for reimbursement was received, or verification that reimbursements are not applicable.
- The determination to average and the time periods over which the expenses have been averaged.
- Any non-cooperation by the household, or the non-receipt of any requested verification.
- The determination that information provided by the household appeared incomplete, inaccurate, inconsistent, or outdated. If verification received from someone outside of the household was inconsistent with the household's statements, document why the information was considered inconsistent and how the issue was resolved.
- If the household reports an expense but chooses not to have it included as a deduction, that fact should be documented.

- If a household needs to provide missing verification, document the date verification was requested and the type of verification needed. Document the date verification was received. If the household does not provide the verification, document that fact to support subsequent action.

Knowledge Check #3

1. An eligible household elects to average a one-time medical expense of $300 over the next three months, which is the remainder of the certification period. How does the eligibility worker calculate the deduction?

2. A household consists of a husband and wife who are both over age 65. The husband incurs $100 a month in expenses. The wife incurs $55 a month. How does the eligibility worker calculate the deduction?

3. A household has recurring medical expenses for which the household is billed quarterly on January 1, April 1, etc. The household applies in February. How does the eligibility worker average the quarterly billing amount?

4. A household with an elderly member was certified from January through December. The elderly person was hospitalized in June, received a bill, and reported the expense in the middle of the certification period. How does the eligibility worker calculate the deduction?

5. An eligible household has total medical expenses of $635 and third-party liability (health insurance). The household receives the bill for $635 in February. In June, the insurance company pays $400 of the bill. The household is then responsible for paying the remaining $235. How should the eligibility worker calculate the deduction?

Jump to answers.

Answers to Knowledge Checks

Knowledge Check #1

1. A child is disabled by Social Security standards and receiving SSI benefits due to her disability. After the death of her father, she begins receiving Social Security death benefits based on her father's work history. Because the death benefits are higher, her SSI benefits are terminated. Is the child still eligible to receive a SNAP deduction for her medical expenses?

   Answer: No, if the child's eligibility for the medical expenses deduction was based on receipt of SSI benefits and she does not meet any other criteria for a determination of disability under SNAP regulations.

2. A 70-year-old woman was living with her 40-year-old daughter. They had separate SNAP households. The mother is admitted for long-term care in the hospital, so her case is closed. The daughter is making sporadic payments for hospital costs. May the daughter claim a medical expenses deduction for her mother's hospital expenses?

   Answer: No. The daughter is not allowed to claim a medical expenses deduction for her mother's costs because they were separate households before the costs were incurred.

3. An elderly husband and wife were not participating in SNAP. The husband goes to the hospital in September. The wife applies for SNAP benefits in October. May the wife claim a medical expenses deduction for her husband's hospital expenses?

   Answer: Yes. The husband's expenses can be allowed because he would have been required to be a part of his wife's household.

4. A household applies in January and is certified through December. One of the members will turn 60 in March and has allowable medical expenses. When should the expenses be deducted?

   Answer: No expenses would be allowed in January and February. The eligibility worker would determine medical expenses anticipated for March and subsequent months and compute benefits for March through the rest of the certification period based on those expenses.

Knowledge Check #2

1. An elderly household member submits receipts for purchase of a walker, wheelchair rental, three sessions of hydrotherapy (with a letter signed by a State-licensed doctor stating that this is necessary to help with mobility), and three name-brand prescription medications. The eligibility worker is skeptical about the effectiveness of hydrotherapy and believes that generic medications would have been just as effective and cost a lot less. What should the eligibility worker do in this situation?

   Answer: Under §273.9(d)(3)(iii)(A), the costs of the walker and the wheelchair rental are allowable deductions. SNAP regulations do not allow the eligibility worker to evaluate whether a prescribed treatment is appropriate or necessary for an individual's medical condition; the eligibility worker must instead evaluate whether the hydrotherapy and prescription medications were prescribed or approved by a State-licensed practitioner or qualified health professional as determined by State definitions or authorities, and verify the expenses in accordance with SNAP regulations.

2. A disabled household member submits the following receipts as out-of-pocket medical expenses: purchase of gas to drive to another county to fill a prescription, purchase of nutritional shake mix and fresh fruit (with a letter signed by a State-licensed physician stating that these items are necessary for the household member to maintain a healthy weight), and purchase of medical marijuana (with a prescription signed by the same physician). Which, if any, of these are allowable medical expenses?

   Answer: Under §273.9(d)(3), the reasonable costs of transportation to obtain medical treatment or services is deductible (including trips to a pharmacy or other location to fill prescriptions). The eligibility worker should calculate the deductible amount based on the mileage driven to the pharmacy and the transportation rate established by the State agency. The nutritional shake mix is not allowable because it is a nutritional supplement and therefore a special diet, and the fresh fruit is not allowable because it is an item that could otherwise be purchased with SNAP benefits. The medical marijuana is prohibited under §273.9(d)(3)(iii)(B).

3. A household with an elderly member is being recertified in May. The elderly member reports a new prescription expense of $10 a month. What information is the eligibility worker required to verify?

   Answer: Under §273.2(f)(8)(ii), an eligibility worker shall verify a change if it will increase the allotment but may not verify total medical expenses that are unchanged or have changed by $25 or less, unless the information is incomplete, inaccurate, inconsistent, or outdated. Even though this change might increase the allotment, the

new expense is under $25 so the eligibility worker is not required to verify it unless the information provided is incomplete, inaccurate, inconsistent, or outdated.

4. A household with a disabled member reports during the 8th month of a 12-month certification period a $30 increase in a medical expense during the certification period. What is the eligibility worker required to do?

   Answer: Under §273.2(f)(8)(ii), an eligibility worker shall verify a change if it will increase the allotment but may not verify total medical expenses that are unchanged or have changed by $25 or less, unless the information is incomplete, inaccurate, inconsistent, or outdated. The eligibility worker is required to act on the change because it is a medical expense change reported by the household that would result in an increase in the household's benefit allotment. The eligibility worker must either require verification prior to acting on the change, or require verification prior to the second normal monthly allotment after the change is reported, depending on the option chosen by the State agency.

Knowledge Check #3

1. An eligible household elects to average a one-time medical expense of $300 over the next three months, which is the remainder of the certification period. How does the eligibility worker calculate the deduction?

   Answer: The eligibility worker would divide $300 by 3 months to get $100 per month and then would subtract $35 each month, so the averaged expense would be $65 for each of the next three months.

2. A household consists of a husband and wife who are both over age 65. The husband incurs $100 a month in expenses. The wife incurs $55 a month. How does the eligibility worker calculate the deduction?

   Answer: The eligibility worker would add these expenses together to get $155 and then subtract the $35, leaving the household with a deduction of $120 a month.

3. A household has recurring medical expenses for which the household is billed quarterly on January 1, April 1, etc. The household applies in February. How does the eligibility worker average the quarterly billing amount?

   Answer: The eligibility worker would average the quarterly billing amount over the months of January, February, and March to determine the monthly average of medical expenses. The eligibility worker would apply this monthly average to the months of

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February and March. This averaged amount would not be applied to January as the household was not participating in SNAP at that time.

4. A household with an elderly member was certified from January through December. The elderly person was hospitalized in June, received a bill, and reported the expense in the middle of the certification period. How does the eligibility worker calculate the deduction?

   Answer: The household is reporting a one-time only medical expense during the certification period that will not be paid by a third party, such as insurance. The household may elect to have a one-time deduction of the full amount or have the entire expense averaged over the remaining months of the certification, since averaging begins the month the change would become effective.

5. An eligible household has total medical expenses of $635 and third-party liability (health insurance). The household receives the bill for $635 in February. In June, the insurance company pays $400 of the bill. The household is then responsible for paying the remaining $235. How should the eligibility worker calculate the deduction?

   Answer: After verification of the reimbursed amount, the eligibility worker can allow a medical expenses deduction of $200 ($235 - $35). This amount can be allowed in one lump sum of $200 in the month it is verified or the $235 expense can be averaged over the remainder of the certification period (minus $35 each month).

Appendix

SNAP Medical Expenses Client-Facing Handout

10 Facts about the SNAP Medical Expenses Deduction

EXHIBIT USDA-FNS SNAP MEDICAL EXPENSES HANDBOOK
NOTE: GUIDE SAYS 2019 BUT CURRENT 2023 VERSION LAST UPDATED 02/2024 PER SITE

Case 3:24-cv-00325-AMO Document 36-1 Filed 04/17/25 Page 33 of 36

Supplemental Nutrition Assistance Program (SNAP) Excess Medical Expenses Deduction

Can I deduct medical expenses in SNAP?

If you are elderly or disabled, you may deduct (subtract) certain medical expenses from your SNAP income calculation. These expenses must be paid by you. You cannot deduct anything paid for by insurance or someone else. This deduction may help you get SNAP or get more SNAP benefits.

Am I elderly?

In SNAP, you are elderly if you are 60 years or older.

Am I disabled?

In SNAP, you are disabled if you meet **ONE** of the following criteria:

- You receive Federal disability or blindness payments under the Social Security Act, including Supplemental Security Income (SSI) or Social Security disability or blindness payments. **OR**
- You receive State disability or blindness payments based on SSI rules. **OR**
- You receive a disability retirement benefit from a governmental agency because of a permanent disability. **OR**
- You receive an annuity under the Railroad Retirement Act and are eligible for Medicare or are considered disabled under SSI. **OR**
- You are a veteran who is totally disabled, permanently homebound, or in need of regular aid and attendance. **OR**
- You are the surviving spouse or child of a veteran who is receiving VA benefits and is considered permanently disabled.

How much can I deduct?

Add together all of your monthly out-of-pocket medical expenses and subtract $35. You may deduct whatever amount remains.

What kinds of medical expenses can I deduct?

You may deduct most medical expenses that are prescribed by a State-licensed or qualified health professional.

Examples of deductible medical expenses include:

- Doctor and dentist bills, including psychotherapy and rehabilitation.
- Prescription drugs and doctor-approved over-the-counter medication, including insulin.
- Dentures, hearing aids, eye glasses, and prosthetics.
- Medical equipment such as bandages, colostomy bags, insulin test strips, and walkers.
- Inpatient and outpatient hospital expenses, including nursing care.
- Reasonable costs of transportation and lodging to get medical treatment or services.
- Attendant care or home health aide costs.
- Health insurance premiums and Medicaid cost-sharing or spend down expenses.
- The costs of specially trained service animals, including maintenance costs.

Are there expenses I cannot deduct?

You may not deduct the costs of special diets, even if they are prescribed by a doctor. Examples of special diets are liquid diets, nutritional supplements, and any item that can be purchased with SNAP benefits, including prescribed foods.

How will my caseworker calculate my deduction?

Depending on your State, your caseworker will either apply a standard deduction from your income or calculate your deduction based on the medical expenses you anticipate being billed for during your certification period. Your caseworker will consider your most recent month's medical bills and discuss with you whether those expenses are likely to remain the same. Your caseworker will explain options you have in calculating medical expenses that repeat or vary monthly.

Will I have to provide proof of my expenses?

You must provide proof (verification) to support your SNAP application and to answer questions has about your medical expenses or insurance payments. Your caseworker will give you a list of the types of verification you can provide.

What do I tell my caseworker at recertification?

When you recertify for benefits, tell your caseworker about any changes to your medical expenses. You do not have to file reports about medical expenses during your certification period.

Who can help me with my SNAP case?

For specific information about SNAP in your State or for questions about your SNAP case, please contact your local office. To find your local office, visit: https://www.fns.usda.gov/snap/state-directory.

10 Facts about the Supplemental Nutrition Assistance Program (SNAP) Excess Medical Expenses Deduction

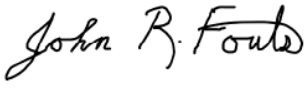
1. You must be elderly or disabled to be allowed to deduct (subtract) certain medical expenses from your SNAP income calculation.
2. You may only deduct the cost of medical expenses you pay out-of-pocket and that are more than $35 a month when added together.
3. You may deduct most medical expenses that are prescribed by a State-licensed or qualified health professional.
4. You may deduct the reasonable costs of transportation and lodging to get medical treatment or services.
5. You may deduct the cost of health insurance premiums and Medicaid cost-sharing or spend down expenses.
6. You may not deduct the costs of special diets, even if they are prescribed by a doctor.
7. You may not deduct the cost of any item that can be purchased with SNAP benefits, including prescribed foods.
8. You must provide proof (verification) to support your SNAP application and to resolve any questions your caseworker has about your medical expenses or insurance payments.
9. You do not have to file reports about medical expenses during your certification period.
10. When you recertify for benefits, you must tell your caseworker about any changes to your medical expenses.

For specific information about SNAP in your State or for questions about your SNAP case, please contact your local office. To find your local office, visit:

https://www.fns.usda.gov/snap/state-directory.

John R. Foote

Reservation of Rights: Plaintiff reserves the right to provide additional evidence and context as discovery progresses.



End of EXHIBIT-USDA-FNS-SNAP-Guide-To-Medical-Deductions-Cover

EXHIBIT

Justice Department Finds Arizona's Department of Child Safety Discriminated Against Parents and Children with Disabilities

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Introduction:

This exhibit contains a comprehensive article detailing the **findings of the U.S. Department of Justice** regarding the **Arizona Department of Child Safety's systemic discrimination against parents and children with disabilities.**

The investigation revealed **violations of the Americans with Disabilities Act (ADA), highlighting failures to provide reasonable accommodations and equal access to services,** as well as **discriminatory practices that disproportionately harmed families with disabilities.**

This exhibit is **included to emphasize the broader pattern of systemic discrimination against individuals with disabilities in government systems, underscoring the relevance of the ADA, Olmstead Act principles, and the necessity for compliance and accountability at all levels.**

The parallels between the issues presented in this article and the discrimination and systemic failures detailed in this case further substantiate the claims of pervasive ADA violations and related harm.

(https://cvent.me/Gla1bb)

Justice Department finds Arizona's Department of Child Safety discriminated against parents and children with disabilities

Posted on December 16, 2024

The Justice Department announced its findings that Arizona's Department of Child Safety (DCS) violates the Americans with Disabilities Act (ADA) by discriminating against parents, including foster parents and other caregivers, and children with disabilities.

DCS did not communicate effectively with parents and children with hearing disabilities and failed to reasonably accommodate the needs of parents with disabilities by, for example, not providing information in an easy-to-understand form. It also denied parents with disabilities an equal chance to participate in DCS services.

To learn more, please read the press release (https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.justice.gov%2Fopa%2Fpr%2Fjustice-department-finds-arizonas-department-child-safety-discriminates-against-parents-and/1/01000193d0d5abcd-1e87ae44-445d-490f-a10e-425407cc01a5-000000/ScPt3X-gIDCqBkCSbzZwnFPV6KIu7ztL6Rk-yqQ8Vnw=383). If you or someone you know has a complaint about disability discrimination by DCS, please call 1-888-394-3540 (for TTY, dial 711 first) or file a complaint here (https://links-1.govdelivery.com/CL0/https:%2F%2Fcivilrights.justice.gov%2Freport%2F%3Futm_campaign=e9a1a71e-80b9-4eba-9706-c1c4ea2fa3ca/1/01000193d0d5abcd-1e87ae44-445d-490f-a10e-425407cc01a5-000000/MLfgxVjaJTDREzl80kXCgiDBFCN5AeDguP97C1i0Aso=383).

Recent news

New resource to help state and local governments plan for ADA web rule compliance (https://www.adapacific.org/new-resource-to-help-state-and-local-governments-plan-for-ada-web-rule-compliance/)

Posted on January 9, 2025

Federal employment discrimination laws and the use of monitoring technology in the workplace (https://www.adapacific.org/the-use-of-wearables-and-other-monitoring-technology-and-federal-employment-discrimination-laws/)

Posted on January 3, 2025

DOT adopts Access Board's Public Right-of-Way Accessibility Guidelines (https://www.adapacific.org/dot-adopts-access-boards-public-right-of-way-accessibility-guidelines/)

Posted on December 19, 2024

Bell Road Tire to pay $64,500 to settle disability discrimination case (https://www.adapacific.org/bell-road-tire-to-pay-64500-to-settle-a-disability-discrimination-case/)

Posted on December 18, 2024

BayMark Health Services to pay $55,000 in EEOC disability discrimination charge (https://www.adapacific.org/baymark-health-services-to-pay-55000-in-eeoc-disability-discrimination-charge/)

Posted on December 18, 2024

All news » (/news)

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Sitemap (https://www.adapacific.org/sitemap/)
Site accessibility (https://www.adapacific.org/site-accessibility/)

Powered by (https://proudcity.com)

John R. Foutz

END OF EXHIBIT

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA
Case No. 3:24-cv-09325-AMO

NOTICE OF SUBMISSION OF EXHIBIT 10
SYSTEMIC INCONSISTENCIES IN MEDICAL RECORD SYSTEMS AND THEIR IMPACT ON INDIVIDUALS WITH RARE OR COMPLEX CONDITIONS

TO THE HONORABLE COURT, ALL PARTIES, AND THEIR ATTORNEYS OF RECORD:

Plaintiff John R. Fouts hereby submits Exhibit 10 as evidence supporting claims and motions previously filed in this case. This exhibit directly relates to the following docket entries:

1. **Docket Entry 4** - *MOTION for Preliminary Injunction*: Exhibit 10 demonstrates systemic failures that have directly contributed to barriers in accessing appropriate medical care, exacerbating the urgency for injunctive relief.
2. **Docket Entry 14** - *First MOTION to Compel Defendants to Accommodate Disability Needs under the ADA*: The exhibit highlights the critical impact of inconsistent medical records on the ability to receive ADA-mandated accommodations.
3. **Docket Entry 28** - *EXHIBIT-UNJUST-LEASE-TERMINATION-HOUSING-CRISIS-VIOLATIONS-ADA-OLMSTEAD*: The exhibit underscores systemic discrimination, which disproportionately affects those with disabilities in housing and healthcare.
4. **Docket Entry 35** - *EXHIBIT LONG COVID MICROCLOTS AND RELATED HEALTH MATTERS INVOLVED IN CHRONIC AND COMPLEX ILLNESS*: The inconsistencies outlined in Exhibit 10 create significant barriers to effectively treating complex health conditions.
5. **Docket Entry 36** - *EXHIBIT-USDA-FNS-SNAP-Guide-To-Medical-Deductions-Handbook*: Accurate medical records are essential for substantiating claims for federally mandated benefits, as evidenced in this docket entry.

SUMMARY OF EXHIBIT 10

Exhibit 10 contains examples of systemic inconsistencies in medical record systems, both across different organizations and within the same organization. These inconsistencies include:

- Missing or incomplete diagnoses and symptoms.

- Discrepancies in record formats and access policies.
- Lack of transparency for patients, including restrictions on viewing official diagnoses.

These issues disproportionately harm individuals with rare or complex conditions, obstructing access to timely, necessary care.

REQUEST FOR COURT ACTION

Given the widespread harm caused by these inconsistencies, Plaintiff respectfully requests the Court to:

1. **Mandate Corrective Action**: Order all named defendants and their affiliates to implement consistent, accurate, and accessible medical record-keeping practices.
2. **Ensure Compliance**: Require regular audits and reporting to prevent future harm.
3. **Address Plaintiff-Specific Issues**: Directly engage with Plaintiff to resolve discrepancies and correct inaccuracies in his medical records.

ADA REQUEST

As a disabled individual, Plaintiff requires all communications to be provided in writing via email, fax, and USPS mail to comply with the Americans with Disabilities Act (ADA). Plaintiff has substantial disabilities, including but not limited to chronic fatigue syndrome, small fiber neuropathy, and long COVID with confirmed microclots. These accommodations are essential for ensuring timely, accessible communication in this matter.

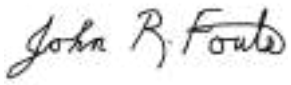
RIGHT TO AMEND

Plaintiff reserves the right to amend or supplement this submission as further evidence, developments, or arguments become available.

Date: 2025-01-14

DATED: January 14, 2025

Respectfully submitted,



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Louisville, KY 40299
Email: Fouts.John@gmail.com
Phone: 502-956-0052 (Text Only)

Fax: 502-996-8246

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

Introduction:

This exhibit documents instances of heavy police presence at the Station JTown apartment complex (9601 Balsam Way, Jeffersontown, Louisville, KY 40299), with no explanations or information provided to residents. These incidents, including one on November 17, 2024, occurred months after a murder in June 2024 within the same area. Despite inquiries, no crime reports or public information were available, leaving residents in the dark about the nature of these events.

The unexplained and repeated police presence creates a climate of fear and insecurity, especially for vulnerable residents such as the disabled and those with special needs. For myself, a disabled parent, and my special needs, autistic, transgender child, the lack of communication exacerbates feelings of unsafety and mistrust toward management and authorities.

Key Points:

1. **Unexplained Police Activity**: Multiple police SUVs were observed in the area on several occasions with no transparency or updates provided to residents.
2. **Proximity to Residents**: Photographic evidence illustrates the closeness of the police activity to the living spaces of residents, including views directly from apartment windows.
3. **Impact on Vulnerable Populations**: These events contribute to heightened fear and anxiety for disabled residents and their families, undermining a sense of safety and stability.
4. **Violation of Trust**: The absence of communication from property management and law enforcement raises concerns about accountability and transparency.
5. **Potential Legal Implications**: Lack of disclosure may implicate civil rights concerns under ADA provisions related to ensuring safe and informed living environments for disabled residents.

This exhibit supports claims of mismanagement and negligence by Station JTown and its management company, further demonstrating the harmful living conditions perpetuated by their practices.

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

EXHIBIT INDEX

Exhibit Title: Heavy Police Presence at Station JTown: Unexplained and Ongoing Safety Concerns
Plaintiff: John R. Fouts
Case Number: 24-CV-03925-AMO
Exhibit Filing Date: January 15, 2025

Relevant Docket Items:

1. **Docket #4**: **Motion for Preliminary Injunction**
    - This motion emphasizes the urgency of addressing systemic issues, including unexplained police activities and retaliatory conduct that create unsafe and discriminatory conditions.
2. **Docket #14**: **Motion to Compel ADA Accommodations**
    - The failure to communicate clearly regarding police activity or provide ADA-mandated written explanations contributes to ongoing procedural harm.
3. **Docket #28**: **Exhibit on Unjust Lease Termination and Housing Crisis**
    - The police presence may be linked to retaliatory actions, underscoring broader housing discrimination and safety issues.
4. **Docket #30**: **Exhibit on Mail Tracking Records Demonstrating Neglect**
    - Demonstrates neglect in addressing Plaintiff's critical communications, paralleling the lack of transparency in explaining police presence.
5. **Docket #31**: **Emergency Motion to Reassign Case**
    - Highlights the urgency of addressing systemic barriers, including the unexplained police presence, under a new judicial assignment.
6. **Docket #38**: **Exhibit on Systemic Failures in Healthcare Documentation**
    - Connects procedural neglect in healthcare systems to the procedural neglect in addressing Plaintiff's housing and safety concerns.

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

SUPPLEMENTAL SHEET: SYSTEMIC CONNECTIONS

The unexplained heavy police presence at Station JTown raises significant concerns about systemic retaliatory and discriminatory practices. These incidents are not isolated but are part of broader patterns of harm caused by procedural neglect, as illustrated in related docket items. Below is a detailed summary:

1. **Docket #4 (Motion for Preliminary Injunction)**
   The police presence contributes to a hostile and unsafe environment, escalating stress and health risks for the Plaintiff. This urgent matter supports the need for immediate injunctive relief.
2. **Docket #14 (Motion to Compel ADA Accommodations)**
   The lack of transparency and failure to provide written explanations violates ADA provisions, particularly regarding accessible communication for individuals with disabilities.
3. **Docket #28 (Exhibit on Unjust Lease Termination and Housing Crisis)**
   The timing and pattern of police activities align with retaliatory actions following Plaintiff's advocacy for federally guaranteed rights.
4. **Docket #30 (Exhibit on Mail Tracking Records Demonstrating Neglect)**
   The absence of clear responses or documentation regarding police presence parallels the broader failure to acknowledge or act on Plaintiff's formal communications.
5. **Docket #31 (Emergency Motion to Reassign Case)**
   Judicial reassignment is critical to addressing systemic barriers, including the unexplained police activities, which exemplify ongoing harm and neglect.
6. **Docket #38 (Exhibit on Systemic Failures in Healthcare Documentation)**
   Similar to inconsistencies in healthcare documentation, the unexplained police presence reflects systemic procedural failures that disproportionately harm individuals with disabilities.

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

ADA Accommodations Statement

This exhibit underscores the need for ADA-mandated accommodations, including written explanations for all actions taken by Station J-Town a Vida-Management, Inc. property.

Procedural harm caused by noncompliance violates federal laws protecting individuals with disabilities.

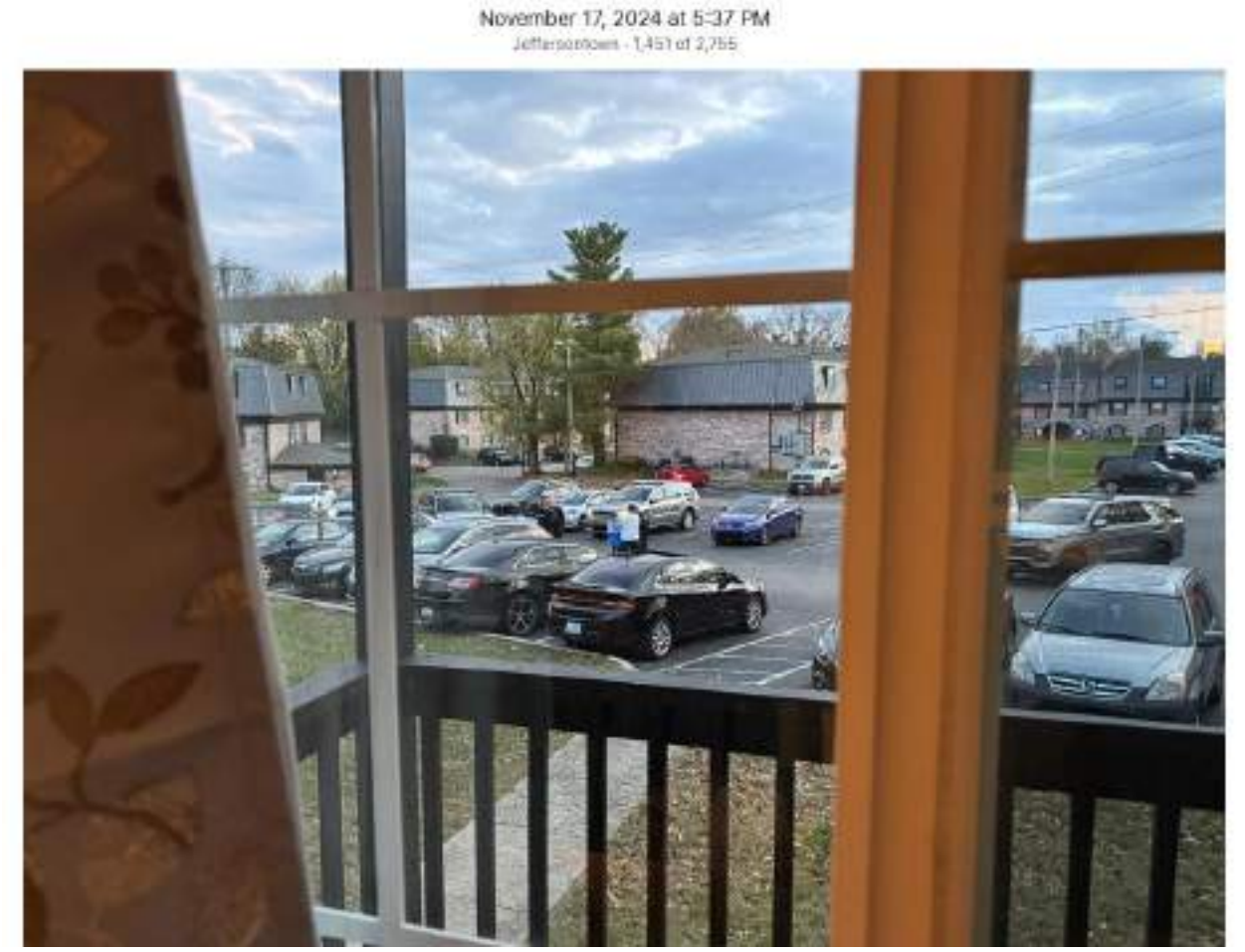
Reserve Rights Clause

The Plaintiff reserves all rights to amend or supplement this exhibit as additional evidence becomes available. The ongoing retaliatory and discriminatory actions necessitate continuous documentation.

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

4 POLICE SUVS OUTSIDE THE APARTMENT COMPLEX – NO EXPLANATION GIVEN AS TO WHAT WAS HAPPENING (THIS WAS MONTHS AFTER A MURDER TOOK PLACE IN THE SAME AREA. STATION JTOWN – 9601 BALSAM WAY – JEFFERSONTOWN (LOUISVILLE), KY 40299

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

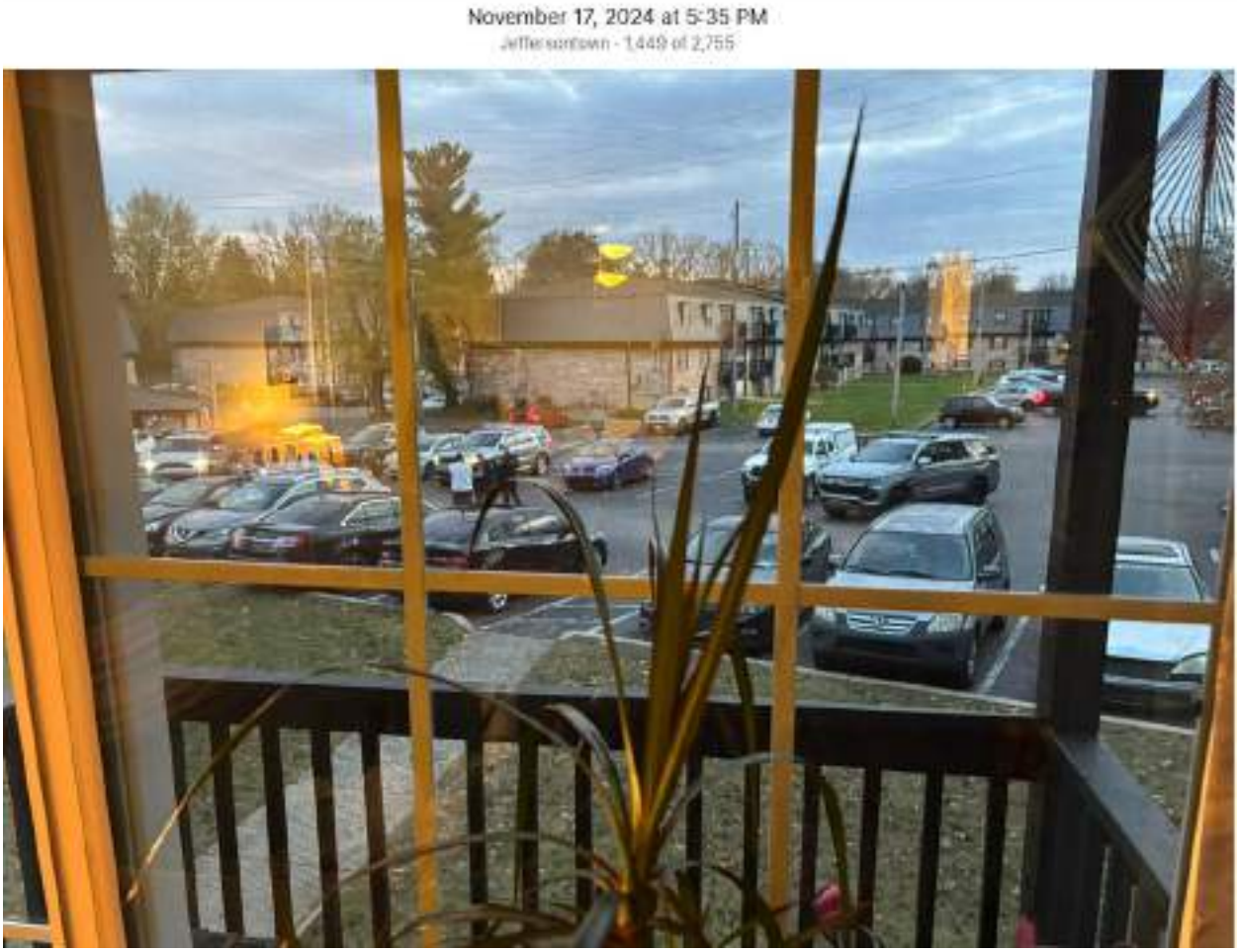


EXTRA PICTURE (ADDITIONAL) SHOWING SEVERAL POLICE SUVS – AGAIN NO EXPLANATION

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

AS EVENING APPROACHED ON NOVEMBER 17TH, 2024 – MANY POLICE STILL PRESENT – THE QUESTION IS WHY – NO ANSWERS – NOTHING IN THE CRIME REPORT FOR THE AREA – WHY WERE THEY AT STATION JTOWN? WHAT WAS HAPPENING? MAKES ONE FEEL VERY UNSAFE TO HAVE NO INFORMATION.

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS



HEAVY UNEXPLAINED POLICE PRESENCE

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

November 17, 2024 at 5:35 PM
Jeffersontown - 1,448 of 2,755

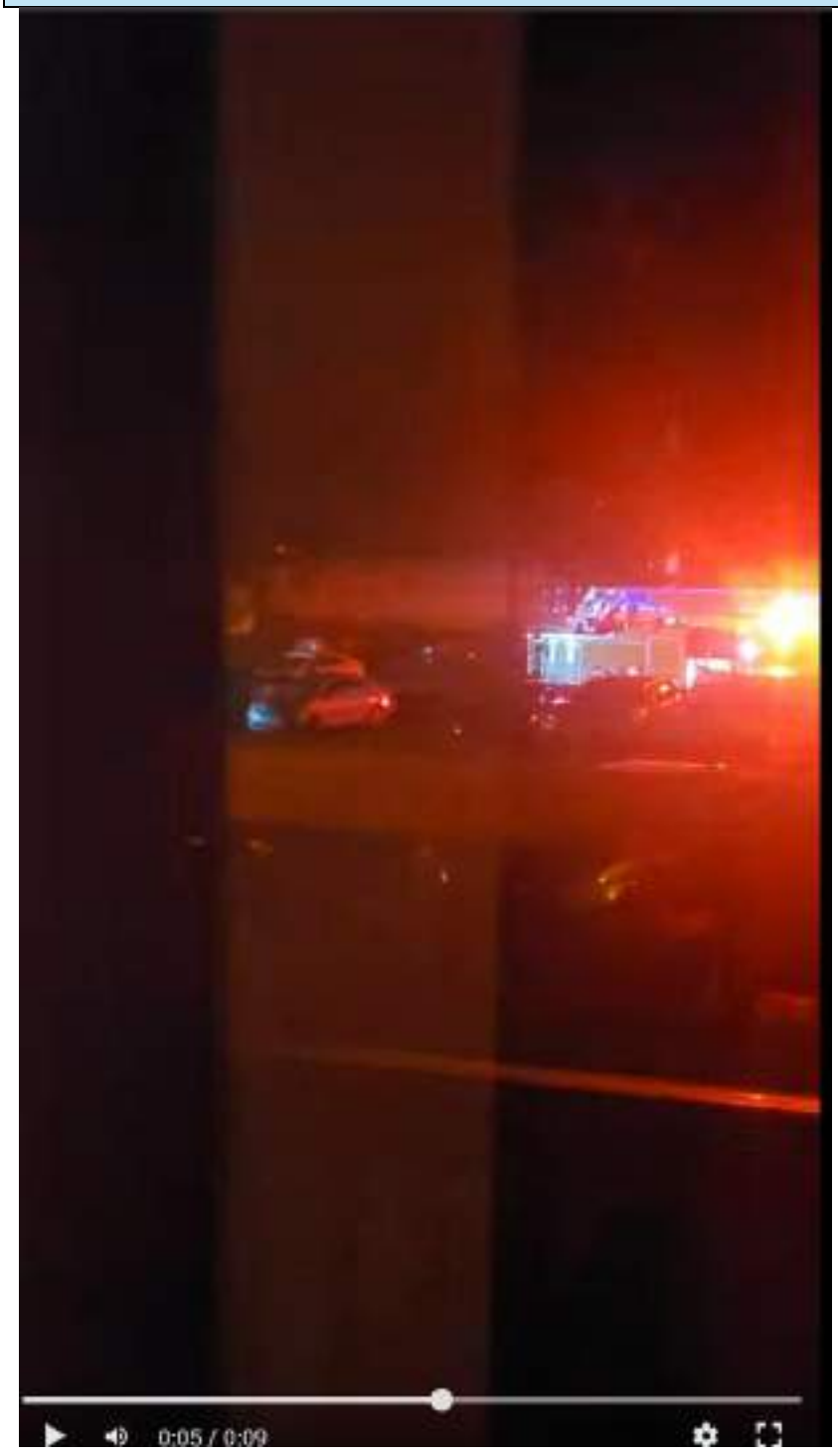
AFTER A MURDER TOOK PLACE HERE EARLIER IN THE YEAR – IN JUNE 2024 – WHENEVER I OBSERVED HEAVY POLICE PRESENCE, IT MADE ME FEEL FEARFUL FOR THE SAFETY OF MY SPECIAL NEEDS AUTISTIC TRANSGENDER CHILD THAT IS DISABLED, AND MYSELF (ALSO A DISABLED PERSON – 'MEMBER OF A PROTECTED CLASS')

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

MORE POLICE PRESENCE AT STATION JTOWN – THIS TIME AT NIGHT ALTHOUGH THIS MAY HAVE BEEN THE NIGHT THE PERSON WAS MURDERED – YOU CAN SEE THE CLOSE PROXIMITY TO WHERE ME AND MY CHILD LIVE – THIS SHOT WAS TAKEN FROM OUR LIVING ROOM WINDOW.

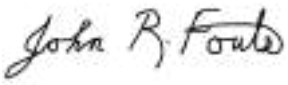
EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS



ANOTHER PICTURE TAKEN FROM MY LIVING ROOM WINDOW OF THE EDGE OF THE MURDER SCENE OF CRIME SHOWING EMERGENCY AND POLICE PRESENT

EXHIBIT-HEAVY-POLICE-PRESENCE-AT-STATION-JTOWN-VIDA-MANAGEMENT-UNEXPLAINED-AND-UNSETTLING-SAFETY-CONCERNS

END OF EXHIBIT Heavy-Police-Presence-Station-Jtown-VIDA-MANAGEMENT-Unexplained UNSETTLING-Ongoing-Safety-Concerns



United States District Court
Northern District of California

UNITED STATES DISTRICT COURT

NORTHERN DISTRICT OF CALIFORNIA

JOHN R. FOUTS, et al.,

Plaintiffs,

v.

COMMONWEALTH OF KENTUCKY, et al.,

Defendants.

Case No. 24-cv-09325-AMO

ORDER TRANSFERRING ACTION TO WESTERN DISTRICT OF KENTUCKY

Re: Dkt. Nos. 1, 4

Before the Court are pro se Plaintiff John R. Fouts and his minor child's complaint, motion for preliminary injunction, permanent restraining order, and permanent protective order ("Motion"), and several other filings and requests.[1] ECF 1, 4. Fouts and his child are residents of Kentucky who suffer from multiple medical conditions. ECF 4 at 3. Fouts alleges dozens of statutory and constitutional violations against myriad Kentucky and federal agencies apparently arising from, among other things, alleged failure to receive social security checks and prescription drugs by mail, exposure to mold and other hazardous conditions in Fouts's dwelling and subsequent inability to obtain adequate medical care, as well as being subject to an improper Child Protective Services investigation, all in Kentucky. *See id.* at 8-35. Having read Fouts's papers and carefully considered the arguments therein, as well as the relevant legal authority, the Court hereby **TRANSFERS** this action to the Western District of Kentucky pursuant to 28 U.S.C. § 1406, or alternatively, 28 U.S.C. § 1404(a), for the following reasons.

[1] Since initiating this lawsuit, Fouts has filed a series of additional documents, including a "Motion to Compel Compliance with ADA Accommodations," ECF 14, "Ophthalmological Records Highlighting Critical Unmet Medical Needs," ECF 16, "HUD Correspondence Highlighting Systemic Failures, Discrimination, ADA Violations, and Neglect," ECF 17, and "Notification of Use of Artificial Intelligence in Document Drafting," ECF 19, among others. Because the Court finds it appropriate to transfer the case, it does not address these filings.

On December 23, 2024, the Court issued an order to show cause why the complaint should not be dismissed or transferred for improper venue, as no party or event described in Fouts's papers had any apparent connection to the Northern District of California. ECF 12. Venue is proper in a judicial district in which (1) any defendant resides, if all defendants are residents of the state in which the district is located; (2) a substantial part of the events or omissions giving rise to the claim occurred, or a substantial part of property that is the subject of the action is situated; or (3) if there is no district in which an action may otherwise be brought as provided in this section, any judicial district in which any defendant is subject to the court's personal jurisdiction with respect to such action. 28 U.S.C. § 1391(b). Similarly, where a defendant is an agency of the United States, venue is proper "in any judicial district in which (A) a defendant in the action resides, (B) a substantial part of the events or omissions giving rise to the claim occurred, or a substantial part of property that is the subject of the action is situated, or (C) the plaintiff resides if no real property is involved in the action." 28 U.S.C. § 1391(e)(1).

A district court, in its discretion, "shall dismiss, or if it be in the interest of justice, transfer" an action under 28 U.S.C. § 1406(a) if venue is improper. *See King v. Russell*, 963 F.2d 1301, 1304 (9th Cir. 1992). Courts may *sua sponte* raise improper venue if, as here, the defendant has not filed a responsive pleading and the parties are provided with an opportunity to respond to the issue. *Costlow v. Weeks*, 790 F.2d 1486, 1488 (9th Cir. 1986). Even where venue is proper under § 1391, a district court may transfer the case to another district for the convenience of the parties and witnesses. *See* 28 U.S.C. § 1404(a) ("For the convenience of parties and witnesses, in the interest of justice, a district court may transfer any civil action to any other district or division where it might have been brought."). The purpose of such transfer is to "prevent the waste of 'time, energy and money' and to 'protect litigants, witnesses, and the public against unnecessary inconvenience and expense.' " *Van Dusen v. Barrack*, 376 U.S. 612 (1964). Courts may also transfer cases under § 1404(a) *sua sponte*.

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Venue is not proper in this District. Fouts and his child reside in Louisville, Kentucky, as do many Defendants.[2] Moreover, as far as the Court can discern from Fouts's submissions, all relevant events and omissions occurred in Kentucky. *See, e.g.*, ECF 4 at 14 (stating that Fouts and his child suffered significant harm due to hazardous living conditions at an apartment with a Louisville, Kentucky address); *id.* at 22-25 (describing inadequate care by medical care providers at Baptist Health Louisville and University of Louisville). In his response to the Court's Order, Fouts does not assert that any Plaintiff or Kentucky agency or individual establishes proper venue in this District, nor does he state that any events or omissions occurred in this District. To the extent Fouts suggests that venue is proper here because some Defendants are federal agencies, that is not so. "Venue does not lie in every judicial district where a federal agency has a regional office," *Williams v. United States*, No. C-01-0024 EDL, 2001 WL 1352885, at *1 (N.D. Cal. Oct. 23, 2001) (citing *Reuben H. Donnelly Corp. v. Federal Trade Comm'n*, 580 F.2d 264, 267 (7th Cir. 1978)), and courts in the Ninth Circuit have often found that federal agencies are deemed residents of the District of Columbia, regardless of where any regional offices may be located. *See, e.g.*, *Al Hada v. Pompeo*, Case No. CV 18-8002-DMG (JPRx), 2018 WL 6264999, at *2 (C.D. Cal. Sept. 17, 2018) (denying motion for preliminary injunction where venue was improper against federal agency defendants); *Tsi Akim Maidu of Taylorsville Rancheria v. United States Dep't of Interior*, Case No. 16-cv-07189-LB, 2017 WL 2289203, at *2 (N.D. Cal. May 25, 2017) (explaining that "[g]enerally, all federal defendants reside in Washington, D.C.," and "[v]enue does not lie in every judicial district where a federal agency has a regional office" (citations and internal quotation marks omitted)). While Fouts states that "[n]ationwide programs are directly implicated, and their administration in California is relevant to this case," ECF 15 at 1, Fouts's submissions do not allege any such relevance, and the Court cannot discern any. Fouts reiterates the urgency of his situation and past experiences of discrimination in Kentucky, but such factors

[2] Fouts filed a 22-page exhibit to his Motion listing dozens of Defendants. ECF 15-4. While the residence of each Defendant is not expressly alleged in Fouts's complaint or otherwise listed in Fouts's submissions, Fouts lists Louisville, Kentucky addresses for many Defendants. *See id.* at 19-20. Indeed, every address listed for a Defendant is an address outside of California, and as to those Defendants for whom no address is listed, there is no discernable connection to California.

do not establish proper venue here. Plaintiffs and many Defendants reside in Louisville, Kentucky, which is also where the relevant events occurred. Because no party resides in this District, and because the events giving rise to Fouts's claims did not occur here, the Court thus determines that under 28 U.S.C. § 1391, venue is not proper.

The Court must next determine if it would be in the interest of justice to transfer the case. *See* 28 U.S.C. § 1406(a). "[T]ransfer will generally be in the interest of justice." *Amity Rubberized Pen Co. v. Mkt. Quest Grp. Inc.*, 793 F.3d 991, 996 (9th Cir. 2015) (internal quotations omitted) (noting the Ninth Circuit has "rarely found that transfer would not serve the interests of justice," and that the determination of whether transfer is in the interest of justice is "a low bar" that "will usually involve a very limited inquiry by the transferring court"). The Court concludes from its limited inquiry that transfer is in the interest of justice so that Fouts's case may be screened pursuant to 28 U.S.C. § 1915. Accordingly, pursuant to 28 U.S.C. § 1406(a), the Court **TRANSFERS** this action to the Western District of Kentucky, the proper venue for Louisville, Kentucky. Even if venue were proper in this District, because most parties reside in the Western District of Kentucky and the events at issue occurred there, it is clear that the Western District of Kentucky is a more convenient forum under 28 U.S.C. § 1404(a).

IT IS SO ORDERED.

Dated: January 15, 2025

ARACELI MARTÍNEZ-OLGUÍN
United States District Judge

Exhibit

Systemic Failures of LMHA and Station JTown in Compliance with Federal Standards

INTRODUCTION:

This exhibit presents documented evidence of systemic failures by Station J-Town, a Vida-Management, Inc. property formerly known as Chestnut Ridge Apartments under the jurisdiction of the Louisville Metro Housing Authority (LMHA), in meeting housing inspection standards.

The records reveal multiple failed inspections, delays in corrective actions, and adverse impacts on tenants reliant on Housing Choice Voucher programs. These documents underscore persistent non-compliance with federal standards, neglect of obligations under the ADA, and patterns of discriminatory and retaliatory practices.

This exhibit correlates directly with previous submissions highlighting LMHA and HUD violations and serves as further evidence of systemic issues requiring immediate federal oversight and action.

Relevant Docket Items and Exhibit Tie-Ins

Docket Items:

The following docket items are directly tied to the evidence presented in this exhibit:

1. **Item 7** - Summary of ADA-related claims and LMHA failures.
2. **Item 14** - Overview of retaliatory practices and their impact on federally guaranteed housing rights.
3. **Item 23** - Prior documentation of non-compliance by Station J-Town, Vida-Management Inc. property formerly known as Chestnut Ridge Apartments, management, and LMHA and HUD.
4. **Item 30** - Federal claims relating to discrimination and failure to accommodate disabilities in housing.

Exhibit

Systemic Failures of LMHA and Station JTown in Compliance with Federal Standards

CONTEXT:

This exhibit ties into these docket items by providing concrete, detailed examples of how LMHA's failure to enforce federal housing standards and address violations has adversely affected the health and safety of tenants. It also illustrates a broader pattern of systemic neglect requiring immediate corrective actions.

Louisville-Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: 502-554-4695 **Email:** Brandon.Ellison@louisvilleky.gov

Case Number: ENF-HQS-24-01021-8003146084

4/11/2024

Interested Party:
JOHN FOUTS
2904 SITKA DR
JEFFERSONTOWN, KY 40299

Location: 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299
Parcel: 003805500000
Client ID: 130030

Failed Inspection Notice: Please be Present for Re-Inspection

LANDLORD ATTORNEY FAILED INSPECTION

Your prior inspection has failed. Please (1) **fix** your violations and (2) **be present** for your next inspection.
Location: 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299
Your Next Inspection is Scheduled For: 04/29/2024
Time: between 8:00 AM and 4:00 PM.
If you have any questions about your next inspection please call 502.574.3619

An inspection of the property located at 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299 was conducted to determine if the unit met the required Housing Quality Standards and the Louisville Metro Property Maintenance Code and all other applicable ordinances. On **Wednesday, April 10, 2024 a ANNUAL/INTERIM INSPECTION was conducted and the inspection Failed.** Please see the following pages for details of the violations and above for your next inspection date.

Violations must be corrected by dates indicated on the attached list for inspection the following working day. On date listed, in the grey box above, an inspection will be done between 8:00 AM and 4:00 PM. The inspector MUST be able to gain entry to the unit to verify that the violations were corrected.

The inspector has attempted to assign a responsible party to each violation based upon their observations. However, the final determination rests between the owner and tenant. All violations must be corrected to bring the unit into compliance with Housing Quality Standards. Payments and/or program participation may be suspended for continued noncompliance.

Please be advised: If the violations are not corrected by dates listed on each violation your housing assistance payments could be abated. If this is the case, the Housing authority will contact you.

If you have questions about your assistance, other than inspection information, please call 569-6060 and not the number listed above.

Louisville-Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division

444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: 502-554-4695 **Email:** Brandon.Ellison@louisvilleky.gov

Case Number: ENF-HQS-24-01021-8003146084

NOTICE: On January 31,2022 HUD published PIH Notice 2022-01. This notice requires all units receiving HUD funding which have a fuel-burning appliance, fuel-burning fireplace, fuel-burning furnace, fuel-burning water heater, and/or attached garage to have Carbon Monoxide (CO) detector(s) installed in the unit. HUD will enforce this, beginning December 27, 2022. Please ensure compliance with this directive in advance of that date.

Units constructed after January 1, 2019, require hard-wired detectors. Units constructed prior to this date may substitute 10-year lithium battery detectors.

Brandon Ellison

Inspector
502-554-4695
Brandon.Ellison@louisvilleky.gov

Louisville-Jefferson County Metro Government
Department of Codes & Regulations
Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202
one: 502-554-4695 **Email:** Brandon.Ellison@louisvilleky.gov

[redacted]

se Number: ENF-HQS-24-01021-8003146084

Violations

3 - ELECT. RECEPTACLE OUTLET(S) - {156.184-B} Not Due

Inspector Comments: several loose outlets plugs fall from wall. Several plugs work intermittently must repair or replace.

{156.184-B}

Responsible: Owner
Subject violation needs to be in compliance on 4/27/2024

100 - INOPERABLE MECHANICAL EQUIP. - {156.182-A} New Violation

Inspector Comments: light under microwave is not working. replace light.

{156.182-A}

Responsible: Owner
Subject violation needs to be in compliance on 5/10/2024

05 - BATHTUB/SHOWER - {156.151-A,B,C -156.155-A - 156.153-A - 156.054-C-2 - 156.154-C, I New Violation

Inspector Comments: shower stand loose in wall, spout fixture, and head bathtub faucet pressure is very low.

{156.151-A,B,C -156.155-A - 156.153-A - 156.054-C-2 - 156.154-C, D}

Responsible: Owner
Subject violation needs to be in compliance on 4/27/2024

07 - DOOR (EXTERIOR) - {156.053-O-1, 156.053-O-2} Not Due

Inspector Comments: Will not latch Hardware out of adjustment patio door

{156.053-O-1, 156.053-O-2}

Responsible: Ow

Louisville-Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division

444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: 502-554-4695 **Email:** Brandon.Ellison@louisvilleky.gov

Case Number: ENF-HQS-24-01021-8003146084

Subject violation needs to be in compliance on 4/27/2024

Louisville Jefferson County Metro Government
Department of Codes & Regulations
Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202
DKA
Phone: (502)773-2077 **Email:** Terry.Rothman@louisvilleky.gov
Case Number: ENF-HQS-24-01021-8003146084

11/1/2024

Interested Party:
JOHN FOUTS
2904 SITKA DR
JEFFERSONTOWN, KY 40299

Location: 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299
Parcel: 003805500000
Client ID: 130030

Failed Inspection Notice: Please be Present for Re-Inspection

LANDLORD FAILED TO FIX INSPECTION ITEMS

Your prior inspection has failed. Please (1) **fix** your violations and (2) **be present** for your next inspection.
Location: 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299
Your Next Inspection is Scheduled For: 12/02/2024
Time: between 8:00 AM and 4:00 PM.
If you have any questions about your next inspection please call 502.574.3619

ON DEC. 4th → STILL MANY COCKROACHES → SEE PICS
ON JAN. 11-12, 2025 → EVEN STILL ROACH CRAWLING ON BEDROOM WALL

An inspection of the property located at 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299 was conducted to determine if the unit met the required Housing Quality Standards and the Louisville Metro Property Maintenance Code and all other applicable ordinances. On **Thursday, October 31, 2024 a ANNUAL/INTERIM INSPECTION was conducted and the inspection Failed.** Please see the following pages for details of the violations and above for your next inspection date.

Violations must be corrected by dates indicated on the attached list for inspection the following working day. On date listed, in the grey box above, an inspection will be done between 8:00 AM and 4:00 PM. The inspector MUST be able to gain entry to the unit to verify that the violations were corrected.

The inspector has attempted to assign a responsible party to each violation based upon their observations. However, the final determination rests between the owner and tenant. All violations must be corrected to bring the unit into compliance with Housing Quality Standards. Payments and/or program participation may be suspended for continued noncompliance.

Please be advised: If the violations are not corrected by dates listed on each violation your housing assistance payments could be abated. If this is the case, the Housing authority will contact you.

If you have questions about your assistance, other than inspection information, please call 569-6060 and not the number listed above.

Louisville-Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: (502)773-2077 **Email:** Terry.Rothman@louisvilleky.gov

Case Number: ENF-HQS-24-01021-8003146084

NOTICE: On January 31,2022 HUD published PIH Notice 2022-01. This notice requires all units receiving HUD funding which have a fuel-burning appliance, fuel-burning fireplace, fuel-burning furnace, fuel-burning water heater, and/or attached garage to have Carbon Monoxide (CO) detector(s) installed in the unit. HUD will enforce this, beginning December 27, 2022. Please ensure compliance with this directive in advance of that date.

Units constructed after January 1, 2019, require hard-wired detectors. Units constructed prior to this date may substitute 10-year lithium battery detectors.

Terry Rothman
Inspector
(502)773-2077
Terry.Rothman@louisvilleky.gov

Louisville-Jefferson County Metro Government
Department of Codes & Regulations
Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202
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Case Number: ENF-HQS-24-01021-8003146084

Violations

I17 - PEST INFESTATION OF INTERIOR - {156.056-A,B,C,D}

New Violation

Inspector Comments: Must treat and remove roaches
{156.056-A,B,C,D}

Responsible: Owner
Subject violation needs to be in compliance on 11/30/2024

Nov 4,2024

Case 3:24-cv-09325-AMO Document 42 Filed 01/15/25 Page 10 of 14

DEPARTMENT OF CODES & REGULATIONS
444 SOUTH 5TH STREET, STE. 200
LOUISVILLE, KENTUCKY 40202

Hasler
11/08/2024
US POSTAGE $000.62

XX11-07-2024 CIN OH 452 $0.00

Rec'd
11-8-2024

73 1TK-NMB 40299

EXHIBIT SYSTEMIC FAILURES OF LMHA AND STATION JTOWN IN COMPLIANCE WITH FEDERAL STANDARDS
Page 10 of 14

Louisville Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: (502)773-2077 **Email:** Terry.Rothman@louisvilleky.gov
Case Number: ENF-HQS-24-01021-8003146084

3/29/2024

Interested Party:
JOHN FOUTS
2904 SITKA DR
JEFFERSONTOWN, KY 40299

Location: 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299
Parcel: 003805500000
Client ID: 130030

Failed Inspection Notice: Please be Present for Re-Inspection

Your prior inspection has failed. Please (1) **fix** your violations and (2) **be present** for your next inspection.
Location: 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299
Your Next Inspection is Scheduled For: 04/29/2024
Time: between 8:00 AM and 4:00 PM.
If you have any questions about your next inspection please call 502.574.3619

An inspection of the property located at 2904 SITKA DR 29, JEFFERSONTOWN, KY 40299 was conducted to determine if the unit met the required Housing Quality Standards and the Louisville Metro Property Maintenance Code and all other applicable ordinances. On **Thursday, March 28, 2024 a ANNUAL/INTERIM INSPECTION was conducted and the inspection Failed.** Please see the following pages for details of the violations and above for your next inspection date.

Violations must be corrected by dates indicated on the attached list for inspection the following working day. On date listed, in the grey box above, an inspection will be done between 8:00 AM and 4:00 PM. The inspector MUST be able to gain entry to the unit to verify that the violations were corrected.

The inspector has attempted to assign a responsible party to each violation based upon their observations. However, the final determination rests between the owner and tenant. All violations must be corrected to bring the unit into compliance with Housing Quality Standards. Payments and/or program participation may be suspended for continued noncompliance.

Please be advised: If the violations are not corrected by dates listed on each violation your housing assistance payments could be abated. If this is the case, the Housing authority will contact you.

If you have questions about your assistance, other than inspection information, please call 569-6060 and not the number listed above.

Louisville-Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: (502)773-2077 **Email:** Terry.Rothman@louisvilleky.gov

Case Number: ENF-HQS-24-01021-8003146084

NOTICE: On January 31,2022 HUD published PIH Notice 2022-01. This notice requires all units receiving HUD funding which have a fuel-burning appliance, fuel-burning fireplace, fuel-burning furnace, fuel-burning water heater, and/or attached garage to have Carbon Monoxide (CO) detector(s) installed in the unit. HUD will enforce this, beginning December 27, 2022. Please ensure compliance with this directive in advance of that date.

Units constructed after January 1, 2019, require hard-wired detectors. Units constructed prior to this date may substitute 10-year lithium battery detectors.

Terry Rothman

Inspector
(502)773-2077
Terry.Rothman@louisvilleky.gov

LANDLORD VIOLATIONS

Louisville-Jefferson County Metro Government

Department of Codes & Regulations

Property Maintenance Division
444 S. 5th Street, Suite 200 - Louisville, KY 40202

Phone: (502)773-2077 Email: Terry.Rothman@louisvilleky.gov

Case Number: ENF-HQS-24-01021-8003146084

Violations

E03 - ELECT. RECEPTACLE OUTLET(S) - {156.184-B} — New Violation

Inspector Comments: several loose outlets plugs fall from wall. Several plugs work intermittently must repair or replace.
{156.184-B}

John R. Foute

Responsible: Owner
Subject violation needs to be in compliance on 4/27/2024

T05 - BATHTUB/SHOWER - {156.151-A,B,C -156.155-A - 156.153-A - 156.054-C-2 - 156.154-C, D} — New Violation

Inspector Comments: shower stand loose in wall, spout fixture, and head
{156.151-A,B,C -156.155-A - 156.153-A - 156.054-C-2 - 156.154-C, D}

Responsible: Owner
Subject violation needs to be in compliance on 4/27/2024

FURTHER LANDLORD VIOLATIONS

X07 - DOOR (EXTERIOR) - {156.053-O-1, 156.053-O-2} — New Violation

Inspector Comments: Will not latch Hardware out of adjustment patio door
{156.053-O-1, 156.053-O-2}

Responsible: Owner
Subject violation needs to be in compliance on 4/27/2024

FILE

LOUISVILLE METRO HOUSING AUTHORITY
600 S. 7TH STREET
LOUISVILLE, KY 40203

Office: 502-569-6060
www.lmha1.org
Fax: 502-587-1027
TDD: 502-587-0381

May 1, 2024

John Fouts
2904 Sitka Dr 29
Louisville, KY 40299
Tenant Code: 130030

New Chestnut Ridge Apartments LLC
9601 Balsam Way
Louisville, KY 40299
Owner Code: s412817

Dear John Fouts and New Chestnut Ridge Apartments LLC:
RE: Suspension and Loss of Assistance Payments for Unit Noncompliance for:
2904 Sitka Dr 29 Louisville, KY 40299

LANDLORD FAILED 2ND INSPECTION & FACED LOSS OF PMT → LOSING ONE REASON FOR RESTRICTION & DISCRIMINATION

We recently received a copy of the letter sent to you by the Dept. of Codes & Regulations to advise you that the unit referenced above failed a second consecutive Annual or Complaint Inspection for the Housing Choice Voucher program. Currently the unit does not meet program requirements for participation in the Housing Choice Voucher program. However, we are going to delay removal of this unit from the program and are providing you a final opportunity to repair this unit. Please be advised that payments for this unit have been temporarily suspended and no further payments will be made until confirmation that repairs have been made is provided as noted below. Abatements are effective the first day of the month. If your unit failed after our payment processing, you will see this payment removed from your account on our next processing day.

Additionally, please be advised that failure to make the necessary repairs and provide confirmation will result in forfeiture of rental assistance payments to the date that the LMHA is notified that all required repairs have been made. Further, if the unit is not brought into compliance in a reasonable period of time, then the unit will be removed from the Housing Choice Voucher program. In order to avoid lost revenues we strongly urge you to take care of this matter immediately and make the required written notification to the LMHA. Tenant violations not corrected may lead to termination of the participant's voucher.

We ask that repairs be made, and written confirmation be provided from the Landlord to this office immediately. The written confirmation can be sent to 600 S. 7th Street, Louisville, KY 40203, or faxed to 587-7322, or e-mailed to Roseberry@LMHA1.org and/or mjordan@lmha1.org. After receipt of your written confirmation, we will schedule another inspection. Once the unit is certified to be in compliance with Housing Quality Standards the suspension of housing assistance payments will be removed, and payments will resume effective with date of repairs/confirmation. Confirmation must be in writing - will not be accepted by phone or phone message.

Respectfully,

Mark Roseberry and Peggy Jordan
Customer Service Ombudsman/Field Representative
HCV-RL-2ndfailinsp

Notice of Right of Reasonable Accommodation: If you or someone else in your household has a disability - and as a result of this disability, this person needs a reasonable accommodation in order to participate fully in the Housing Choice Voucher Program - please contact the Housing Authority to discuss accommodation options. (Revised RR 1/2015)